

CCRC – Cognitive Cell Re-Coding

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Purpose – Consciousness in the Service of the Body

Philosophical Basis – The essence of the connection between body and soul is clear and evident to all of us, although not fully defined. The basis for the CCRC model is the resemblance between processes in the subconscious and processes in the biology of cancer.

Biology of Cancer – A malignant disease develops due to a sequence of events, including genetic mutations (mostly acquired and, in a minority, congenital). This model is called the MULTI-HIT THEORY. For the lion to escape from the cage, several bars had to be opened. Take, for example, lymphoma (lymphatic cancer) of the stomach: the stomach is not a lymphatic organ. The development of lymphatic tissue in the stomach occurs due to infection with a bacterium called HELICOBACTER PYLORI, and it needs to be eradicated. This is the first HIT. At a later stage, the creature stands up against its creator, and that ectopic lymphatic tissue (out of place) thrives and divides spontaneously, leading to cancer development. Uncontrolled prosperity and proliferation are the last HIT in the chain. If lymphoma of the stomach will be a thought paradigm for us, then the first HIT is characterized by responding to a need and conferring a survival advantage, while the latter HIT is characterized by automation, by the cell's departure from the herd/community, so that it no longer obeys the regulatory laws.

Epigenetics – A field in biology that deals with the influence of the environment on genetic expression. In other words, the cell reacts to the environment, to the tissue, to the MICROENVIRONMENT in which it is found. Epigenetics is a direct continuation of the thinking of Lamarck, a biologist born in the 18th century, who believed that the cell is an intelligent entity that responds to its environment, including genetic mutations. This is in contrast to Darwin, a contemporary, who believed that mutations occur randomly, and those with a survival advantage will continue upward in evolution.

The Autonomic Nervous System – As its name implies, it works autonomously, independently, not consciously. It is divided into a sympathetic system and a parasympathetic system. The sympathetic system is called FIGHT OR FLIGHT and is activated in STRESS situations to create the ability to fight or flee, in order to survive. It is characterized by the production and secretion of hormones and cytokines such as cortisol, adrenaline, norepinephrine, and more. The parasympathetic system is called REST AND DIGEST, meaning our relaxation system, and is characterized by a different fan of secreted substances - acetylcholine, prolactin, dopamine, oxytocin, and more.

Subconscious/Unconscious Processes – It is acceptable that the subconscious makes up about 95% of our consciousness, while the conscious only about 5%. The subconscious works automatically, as a reflex. This gives us freedom from conscious thought at every step, and necessarily survival protection. This is the reason that combat teachings or the order of operations in cardio-pulmonary resuscitation (CPR) are learned in such a way that they are assimilated into the subconscious and become automatic. The automatic process eliminates the need for thinking in times of crisis, hence its advantage. During our life, and especially during childhood, we burn in the hard drive, which is in the subconscious, a lot of beliefs, basic assumptions. The source of these beliefs is the parents, the environment, the culture, as well as our personal experiences that have given rise to certain conclusions. These beliefs had survival value, once upon a time. It is worth noting that in a child's experience, receiving love, appreciation, recognition, warmth, is equivalent to survival.

Examples of basic cultural beliefs: money corrupts, money doesn't grow on trees, you have to work hard to be successful, growth comes from difficulty, you have to save, reward and punishment....

Examples of basic beliefs that were inferred as a result of personal experiences:

A girl came to know that every time she falls from the swing or the slide, her mother is freed from her activities and showers her with attention. It is possible that the same girl will conclude that she only gets attention when she is injured/bruised/something happens to her.

A girl who grew up in a Kibbutz learned that her father (and therefore she too) is denounced by society because of his steadfast and uncompromising adherence to his opinions and principles, without heeding the kibbutz manifesto. She may adopt a belief that it is better to humble and eliminate her personal wishes and ego to secure her place in society.

Characteristics of root beliefs-

Responding to a survival need

Binary in being. Black and white vision. That is: 'either or,' 'only,' unlike 'also,' from an array of colors and options.

Act automatically, by virtue of being in the subconscious and not in the conscious.

These beliefs give rise to mechanisms and behavior patterns, which in turn will validate the belief, thereby strengthening it. And so on. Snowball. PERPETUUM MOBILE. A scratch on a record. For example, the girl who receives attention from her mother with every fall or injury may adopt patterns of behavior and life, which create dramas and crises, to gain attention, and in this way, her life will be shaped. We won't be surprised if the kibbutz girl leads a life that limits her emotions and thoughts.

The Psychology of Biology – The parallel and relationship between biological and psychological processes, as detailed above, and summarized below:

First HIT - an event that is a response to a need and provides a survival advantage.

Second/last HIT - automation of the same mechanism that was achieved in the first HIT, so that the dummy rises against its maker.

The cell environment - the cell reacts to the environment in which it exists. Most likely, its reaction and adaptation to an environment saturated with adrenaline and cortisol (activation products of the sympathetic system) will be different compared to those that will occur in a parasympathetic environment. It is known from scientific researches that malignant tissues are occupied with products of the sympathetic system.

Assuming that there is indeed a similarity between processes in the subconscious and those in the biology of cancer, why would a process at the level of consciousness affect the body?

As mentioned, basic beliefs create the reality of our lives at the end of the day. The girl who fell off the swing unconsciously invites dramas and illnesses into her life to gain attention. Our body is part of the reality of our lives, therefore by definition, it is an outgrowth of our basic beliefs.

Our STATE OF MIND affects the cytokine fan and the hormones we secrete, which in turn will form the cell's environment.

One can get an impression of the close interrelationships between processes and evolution that go through the individual and those that go through humanity as a whole. Therefore, I will call humanity MAXI ME. In the same way, you can say that the cell is a MINI ME and humanize it. 'As in the tops, so in the bottoms'.

In a somewhat artificial manner, we have separated the body from the soul, so there are those who deal and treat the body and those who deal with the soul. Even within the field of medicine, we have divided it into orthopedics, gynecologists, neurologists, etc. In practice, there is one stem from which these professions branch out. So, it is possible to grasp the stem, the origin, the 'subliminal'. Freud's journey represents a progression from neurology to psychology, and the conflict he experienced was addressed by embracing a holistic understanding of the mind that encompasses both neurological and psychological dimensions.

The CCRC model

The model is based on **three fundamental principles**, among which there is integration and reciprocity:

Biobehavioral Realm:

- a. Adoption of a parasympathetic lifestyle - This involves raising awareness and skill development. The goal is to create a cell environment regulated by non-stress hormones and cytokines.
- b. Induction of new synaptic connections in the brain, creating additional action channels beyond the automatic ones.

Psychological Dimension:

Response to the first HIT (Born for survival) by examining beliefs and content in the subconscious, recoding them to transform automatic responses into choices.

Spiritual/Transcendent Dimension:

Response to the last HIT, characterized by the cell unregulated proliferation, through what is termed 'unity consciousness'. This involves returning the cell to its 'herd', aligning it with the regulations of the cell community to which it belongs. This dimension is active during alpha and theta brainwaves, allowing for energetic healing, relaxation, connection to higher aspects of ourselves, embedding ideologies, and connecting with internal authority.

The First Step in Implementing the CCRC Model- Recognition that the **power is in our hands**. We are the architects of our reality, similar to driving a car where the destination determines the scenery. It's not just reacting to circumstances; it's also about shaping the path. Here, a distinction is made between 'responsibility' and 'blame,' with blame belonging to the conscious realm. We are not to blame for the development of an illness, but we can certainly take responsibility for it and, on our part, aspire and aim for personal growth and healing.

Willingness to Change - no more 'what was will be.' We change on a constant basis. Cells divide and die. Wrinkles accumulate. Emotions and thoughts change and interchange. Our essence is change. Part of the growth and healing journey requires deep internal renewal and change. In structures and the foundation of what we believe is "I".

It is all about LOVE – The three dimensions of the model are based on love.

In the behavioral dimension, the parasympathetic hormone, oxytocin, known as the love hormone, plays a significant role. It is secreted around birth and enables immediate bonding with the newborn. It is expressed in hugs and romantic love.

In the psychological dimension, many fundamental beliefs are formed to feel loved.

In the spiritual dimension, the characteristic frequency/energy of our higher, spiritual connection is love. This is different from fear, which is the earthly and survival mode. We go through a lifelong journey to return to our inner Eden, to feel again unconditional love and security. To exit the earthly matrix, which is the expulsion from heaven.

The healing process is made possible through the integration of the emotional, physical, mental, and spiritual dimensions.

Behavioral Realm - Adopting a Parasympathetic Lifestyle

Nutrition - No endorsement of a specific diet except for a Mediterranean diet based on fish, olive oil, and vegetables. Emphasis on avoiding processed foods and excessive eating. The name of the game is balance and proportionality.

Connection to Nature - Advocacy for observing, immersing, and embedding oneself in nature. Nature provides calmness and serenity. The greatest understandings in the history of humanity were gained through observing nature. We are part of nature and can apply the intelligence of nature, including the body, to many aspects of our lives.

Physical Activity - Recommending balanced exercise, avoiding extremes. Suggested practices include Qigong, Yoga, Feldenkrais, and Alexander Technique.

Gratitude - In yoga, practitioners perform a sequence of poses called the "Salutation to the Sun" (Surya Namaskar). In Judaism, there is a morning ritual where individuals express gratitude, saying the "Modeh Ani" blessing. In Christianity, people join their hands, bow their heads, and express gratitude for the family dinner in the evening. The act of gratitude focuses awareness on what exists. Consequently, the 'is' grows, and the 'is not' diminishes. Just as darkness dissipates with the arrival of light, not because darkness actively retreats.

Responsibility for Consumed Content - avoiding the infiltration of our system with violent, frightening, and worrying content, etc. If we plant seeds of negativity in our consciousness, that is what will grow. I invite planting seeds of light, compassion, and love.

Giving - provides a sense of meaning to the giver. Meaning is one of our strongest motivators as human beings (see Dr. Viktor Frankl and the theory of logotherapy and existentialist psychology). Simultaneously, giving satisfies a need for receiving. It enables a flow of abundance. What doesn't flow becomes a stagnant pond. Like in the movie "Pay It Forward" - one person receives something they need from someone, and in turn, helps two other people, and so on. Giving is not for the sake of reciprocal receiving. Not for payment. Giving for the sake of giving. The place where altruism and egoism meet.

Responsibility for what we think, say, and do – to praise, empower, dance, sing, play music, rejoice, be with friends and family, do things we love... To avoid/minimize: complaining and grievances that don't lead to action, gossip and speaking ill of others, judgment, and criticism.

Breathing – to pause three times during the day and simply breathe consciously for about a minute or two. Lowering both the physical and metaphorical heartbeat. A slightly longer exhale than inhale optimally activates the Vagal nerve (the wandering nerve), which is the central nerve in the parasympathetic nervous system. The breath enables a connection to the soul. In Hebrew, both words share the same root.

Quality Sleep - Prioritizing good and synchronized sleep with natural rhythms.

Meditation – there are many types of meditations and practicing techniques, and all are worthwhile. Each person may connect with a different method, and it's likely to change and evolve over time. Everyone will find the right timing for their meditation practice. Some do it in the morning, and some in the evening, and doing it frequently is commendable. According to my approach, meditation achieves: 1. Relaxation at the simplest and most basic level, like a nap in the afternoon. 2. Brainwave patterns of theta and alpha (active during meditation) serve as a medium to connect with our "higher" parts, the knowing parts, the soul. It serves as a medium for understanding core beliefs, healing, implanting suggestions, encountering archetypes and different dimensions within us, for visualization, experience, and spiritual growth. Theta brainwaves characterize the fine seam between wakefulness and sleep. In this seam, we suddenly become capable of solving mathematical problems, for example, and arrive at insights and revelations. In meditation, one can intentionally reach this frequency and use it for their needs. 3. Recoding basic beliefs at alpha and theta brain waves might allow easier formation of new synapses. 4. Use of this medium for energetic healing.

Stress Reduction - in my estimation, stress is composed of: load, uncertainty, fear, but primarily internal conflicts – between different core beliefs, between beliefs and values, between beliefs and desires, between beliefs and reality. For example, if I have a belief that in order to be valued and worthy, I must please my environment, and simultaneously there is

a desire for personal time and fatigue from giving, the pull of these two internal forces generates stress. The way to overcome this internal dissonance is to ventilate the core beliefs, as explained later. This example also teaches how external load is often a result of core beliefs. Other examples of core beliefs that spawn stress include: I am valued and worthy only if I am constantly productive, I can only rely on myself, money doesn't grow on trees and requires hard work, what comes easily goes easily, and more. Load itself doesn't necessarily cause stress; often, it is a sign of creativity, movement, action, realization, and self-fulfillment. Here, too, moderation is the key. The way to deal with uncertainty and fear is by strengthening the CENTER and the inner sense of security, conceptualized by processes in the second and third orders (psychological and spiritual).

Mindfulness – Mindfulness is not just a technique; it is also a way of life. It allows us to be fully present, engaged in the moment, rather than constantly dwelling on the past or worrying about the future. Mindfulness is a continuous practice that encourages a deep awareness of our thoughts, feelings, and surroundings. Paying attention to everything that happens around us and within us. It allows reconnection to our "human-being" rather than "human doing" way of living. The concept of shifting from a "human doing" state of mind to a "human being" state of mind is often associated with improved efficiency, and does not contradict efficiency. Awareness of automatic responses. Pausing reactions and expanding perspective. Deliberate and conscious choice of thinking, feeling and reacting mode. External events and circumstances can often be seen as mirrors reflecting our internal thoughts, emotions, and belief, and thus can serve as a platform for growth.

Language Alignment - adjusting language to the frequency/energy we aspire to apply – for example: making an effort to avoid words like 'control.' It is a concept of separation, unlike 'unity' that we aspire to. No more 'war.' In war, there are always losers. Beyond the war on cancer cells to their acceptance and love, just like wrapping the 'unruly' child in the class, instead of continuing to expel him.

The Psychological Plane – Examining Core Beliefs and Recoding Them

"From the tree, knowledge of good and evil – do not eat, for on the day you eat from it, you will surely die". (Genesis 2:17)

As mentioned, basic/root beliefs 'run' in the subconscious, and thus, they operate automatically and not out of conscious choice, even if sometimes a seemingly conscious choice is made. As in the quoted verse - root beliefs' origin is fear. Their purpose is survival. Their color – black/white (good/evil, binary). These beliefs influence behavior patterns, decisions, the environment, and relationships. They govern various aspects of life endlessly. Extracting them from the depths of the subconscious allows a transition from automatic to conscious choice. It enables constructing a rainbow prism for the eyes instead of black and white. It is the exit from slavery to freedom. Transforming from being managed to being a manager.

To identify basic beliefs and recode them, it is advisable to dwell in the 'frequency/unity mode.' That is, in the same state that allows communication with other parts of oneself. Similar to connecting to WiFi or tuning into an antenna to receive and broadcast.

Simultaneously, the physical body is engaged in action. Processing information requires not only connection to the network but also a conscious and understanding component capable of translating feelings/knowledge/experience into human understanding. Meditation is an excellent platform for attaining this 'frequency', as mentioned above.

Identifying basic/root beliefs-

We all have hundreds, if not thousands, of beliefs in the subconscious. In my estimation, a core/root belief associated with cancer is one that began as a response to a need, became a strength, and later gave rise to conflict and dissatisfaction. The need, beyond physical survival, is to be worthy, valued, loved, desirable, having a place, etc. This response can manifest as achievement, excellence, concern, adherence to rules and standards and more. This response becomes a defining quality of the individual, their fingerprint. Over time, that strength turns into a burden. The golem rises against its creator. Conflict arises beneath the surface between the quality that shaped the person and other parts within. This is a source of significant stress. For example, a public figure who grew up to be the darling of the public but internally resents the ABUSE the environment inflicts. The child who behaves 'within the lines' but rebels personally. Therefore, one way to identify the core belief is from the outside in: to clarify what my quality, excellence is. To check if dissatisfaction also exists in the same place and from there, tap into the core belief and its roots.

Searching for common mechanisms between malignancy and soul, where the cancer cell reflects emotional dissonance or on the other hand serves as an alter ego. For example: A. Cell accumulation is a characteristic of CLL (Chronic Lymphocytic Leukemia). Does accumulation also occur in other aspects of life? B. Cancer is characterized by "excessive action." Am I also like that? C. Lack of boundaries – did the cancer cell take upon itself what I prohibited myself? Am I not respectful to my limits and boundaries? D. Exploitation and victimhood relationships between the cancer cell and its environment – where do similar characteristics exist in my life?

Observation of the body. Constructing metaphors through feelings, sensations and visions arising from the body allows an understanding of basic mechanisms and beliefs. In my estimation, the body is the most reliable source of knowledge about the subconscious. It harbors not only physical DNA but also spiritual. Different visions will be translated differently by different people, so I cannot create a dictionary that suits everyone. I provide examples for illustration – A. During meditation, the meditator sees an image of many circles converging from the direction of the ears to the third eye. The question is whether his seemingly internal knowledge (third eye) is primarily/necessarily fed from the outside. Considering external factors. Where is the power and knowledge? And then – why? When this mechanism was learned? What is its added value? B. In someone else, during meditation, the third eye warms up. The question is whether you are listening to yourself or easily dismiss inner feelings with a wave of your hand. Do you only pay attention when smoke rises, neglecting the warning lights? And then – why? When was this learned? What does it serve? Who will you be without this mechanism? C. In the third eye, the experience of the figure 8 lying down occurs. Do you always go the same way and never dare to diversify? Is there a Sisyphean feeling with no outlet?

Creating a dialogue with the cells. Placing a virtual stethoscope on the ailing cells and listening to what they have to say. What do they want to teach us? What do they need? Are they willing to complete their role?

Use of muscle strength (kinesiology) to confirm or refute a belief embedded in one's consciousness. For example, one can examine a list of common cultural beliefs and check if they hold true for them.

Non-judgmental observation of life's reality, in its various dimensions, and contemplation on it. How do the inner mechanisms within me reflect or influence the reality I experience. For instance - Why did I explode in specific circumstances? Why is the boss against me? Why doesn't my partner listen to me?

Non-judgmental observation of emotions. On the entire emotional spectrum, even the unpleasant ones. Suppressing emotions only creates more pressure. The goal is not to base oneself on emotions but to give them space and learn from them.

Memories – can illuminate and reveal key patterns by which a person operates, and equations that have burned into the subconscious. Memories do not have to be a 'certified copy'. What matters is the experience that has been lived.

Projective tests - using cards and stories that the patient tells in the context of the cards. Teaching about mechanisms that govern human behavior, emotions, perspectives.

Reprogramming/Re-coding Basic Beliefs:

Re-coding allows maintaining profit, quality, and learning without paying the price of commitment to the same belief. For example, one can decide when to excel and when to step back. The decision is made after ventilating the basic belief, accompanied by a sense of comfort. No more pulling ropes between different parts that coexist within. One characteristic of reprogramming is the transition from an 'ON-OFF switch' to a 'dimmer'.

The act of witnessing a belief by the conscious mind creates reprogramming.

Guided Imagination or Personal Imagery Generating a New Experience: The body reacts to imagination in the same way it reacts to reality. For example: A. just thinking about a lemon can make the mouth water. B. post-traumatic stress keeps a person alert, even when the event has already passed. Memory alone triggers the physiological response as if the person is present in the combat zone right now. Example from the therapy room: A patient with CLL (Chronic Lymphocytic Leukemia) saw her blood cells as blue and black balls. The metaphor in its entirety - the black balls march to provide food for the green fire-breathing dragon in the cave. As long as the dragon is alive, there is vitality. The blue balls beat the black ones, urging them to hurry. The blacks continue to march at the same pace. The blues grow and multiply to challenge the blacks until it becomes crowded, and breathing becomes difficult. According to the patient, all of this happens because there is a threat. In response to my question, she remembered that in her childhood, she experienced a threat and learned to run fast in times of danger. Since then, she is living under constant threat. It is easy to understand how the black balls symbolize hardworking ants, while the blue balls represent policemen - the white blood cells and the proliferating lymphocytes which is the hallmark of CLL. The treated person is recoding the physical/imaginative experience. She proposed several solutions and

envisioned them in her imagination – the blues operate in shifts, so there is no longer a need for so many of them. The blues trust the blacks to do their job faithfully. The blacks, and not only the blues, look to the sides and recognize danger.

Embedding Suggestions, Affirmations and new Perspectives based on Trust in the Physiology and Intelligence of the Body: Using trust in the physiology and intelligence of the body in order to reprogram. For example, if the belief arises that one needs to be involved and control everything, one can observe the body's physical response and connect to trust that the heart will beat the next beat without specific instruction. The kidneys will filter the blood and excrete urine without our intentional involvement. If the belief suggests creating a barrier between oneself and the world (to protect oneself and/or the environment), one can learn how the lungs are wrapped in a thin membrane (pleura) but are in contact with the environment through bronchi. Connecting to the inherent harmony and unity in the body. Connecting to the bio-rhythms, the rhythm of contraction, and relaxation, like the heart does. Cell relaxation allows healing. In the passing eras, we learned to praise the masculine energy, which contracts and tightens. Now is the time to appreciate the feminine frequency/energy that soothes and heals.

Using Theta Healing ® for Re-coding: In short, request healing for all areas in all dimensions (physical, emotional, family...) that gave birth to the belief. Release the belief to the light of healing force/creator. Accept new and elevated perspectives/knowledge on the same issue. The new perspective comes down from the crown chakra into the body and is experienced as an image, smell, knowledge... Importance is given to receiving the 'testimony' of implanting the 'update.' Like in quantum physics, testimony is what brings out the potential from force into action.

Meditation and Guided Imagination Through the Seven Chakras: Meditation and guided imagination through the seven chakras, each characterized by a specific color along the spectrum. This practice facilitates the transition from a binary worldview to a rainbow perspective. And of course, can serve as a platform to metaphors arising from the body.

Working with the Inner Child: The root of most basic beliefs is embedded in our childhood, and, to a greater extent, in the basic need of every child for love and security. Love and security. That's the name of the game. Love - Mom, Security - Dad (not necessarily literally Mom or Dad but qualities of Mom and Dad, male and female energy. Both chromosomes wrapped in synchrony and whole in every cell in our body). The beliefs, and subsequently the mechanisms that arose from them, aspired to empower the inner child to accomplish love and security until he/she became their obedient servant. Through meditation and therapy, it is possible to have an imaginative encounter with the inner child, pouring the love and security the patient longed for. To do this from the mature place where we are now.

"Photosynthesis" of emotions: Repressed emotions, whether because they are unpleasant or not accepted by the environment, develop a life of their own and therefore unconsciously govern us. The way to cope with these suppressed emotions is to give them space, to breathe into them, and to expose them to the light, allowing a photosynthesis and processing to take place.

The Spiritual Plane - Unity Consciousness

"In the beginning, God created man from the dust of the earth and breathed into him the breath of life, and man became a living soul". (Genesis 2:7)

Unity between the Physical and Spiritual Parts, as quoted above: I deeply believe in the intertwining of the physical and spiritual dimensions. The physical part consists of the body, emotions, and thoughts. Describing the spiritual aspect is challenging in words; it is primarily experiential. These are moments of enlightenment during meditation, merging with nature, or in dreams (during sleep or wakefulness). These are flashes of inner knowledge, recognizing that we are not just our identified biography. That our essence is infinite. That we have a direct channel to deep knowledge, broad vision, and infinite compassion and love. I refer to the spiritual part as the spirit. I call the spiritual aspect, embodied in the body- soul.

According to my approach, 'spirituality' is the realm that recognizes an additional aspect beyond the physical and dares to engage with it. In my understanding, our primary role in the world is to actualize and fulfill the spiritual part within us. The path to this realization involves mastering the physical aspect, the ego, and separation. After becoming champions in the physical realm, we are called to infuse the soul into the vessel. Like a dancer who first trains on technique and only then dances with heart and soul. To create optimal integration between the soul and the body, the body (physical, emotional and mental parts) needs to straighten up, be uplifted – an 'instrument's training.' Instrument training is linked to the first two chapters – psychological and behavioral. Basic 'stuck' beliefs are like anchor chains pulling us down to the survival motive of our existence. While the spiritual part is not concerned primarily with survival but with love. As an example - To allow a bright light of a 500-watt bulb, we need to equip and upgrade the lamp we are, currently shining at 50 watts.

We are born in complete unity, not distinguishing between the self and the other, experiencing the connection as seamless. In that oneness, we feel unconditional love and inherent trust. With our growth, we separate and learn about the self, about separation, about what is called the ego. In our adulthood (according to the Kabbalah, starting from the age of 40), we return to the same initial unity, but from a different and mature place. Like returning to the Garden of Eden after being expelled from it. The inner Garden of Eden.

"Male and female, He created them.... And the Lord God built the rib that He had taken from the man into a woman... Therefore, a man shall leave his father and his mother, and shall cleave to his wife, and they shall become one flesh." (Genesis)

Unity of contradictions (and thanks to Jung for this profound concept): Following the discussion about the spectrum beyond black-and-white, about moving away from binaries and dichotomies. Unity expresses the balanced integration of all the parts within us. The right and the left. The masculine and the feminine. The yin and the yang. Peace between the different components within us is what creates wholeness. We are born in perfect connection. Subsequently, ruptures occurred—the separation of woman from man. The next stage is a renewed union, greater and higher after the previous disconnect. As the Chabad Rabbi of Kotzk said, "There is nothing as whole as a broken heart." Only the union of male and female who have matured can be fruitful.

"For man is a tree of the field:" Deuteronomy 20:19

Unity between the individual and its environment: The trunk and branches of the tree rise above the surface of the earth. The roots of the tree are planted beneath the ground. Similarly, with humans. The separateness, the differences, and the human ego are the parts above the surface, defining the physical aspect within us, our biography. On the other hand, unity, mutual interdependence, 'we are all part of one human fabric,' resonate with the roots beneath the surface of the earth. These intertwine with other roots, forming part of a network. In other words, our separateness is just the tip of the iceberg. It is part of a broader picture. The majority of our existence is unity. The metaphor of the tree can also be applied to understanding the unity within us. The leaves are responsible for photosynthesis. The roots are responsible for providing food and water. Life would not be possible without both the upper and lower parts of the tree. The tree can also teach us about the circle of life, which encompasses both birth and death. The fallen leaves become mulch for the new and budding ones, much like a sand clock that flips, sometimes upwards and sometimes downwards. It symbolizes the birth and death of cells, facilitating health and life. Cancer cells seemingly sanctify life, lacking understanding and respect for the fundamental law that life is made possible precisely through the fixed cycle of birth and death. Disregarding this basic law of nature ultimately leads to illness.

Unity is not uniformity: diversity is what allows for a harmonious and functional arrangement. Various musical instruments make up an orchestra, a single and vibrant body relying on different elements, each with unique roles and actions. The DNA content in every cell of the body is identical, yet each cell specializes for a unique function—nerve cell, bone cell, muscle cell, and so forth. Similarly, human beings have their individual fingerprint. .Personal and unique fulfillment enables unity

Quantum physics, too, is spiritual:

Everything is energy. Even what appears solid is energy. The difference lies in frequency, in vibration

There is one source for all energy

Everything happens simultaneously

The observer's agenda/belief influences the outcome, as well as the act of observation.

'Practical' applications of unity consciousness:

Merging with the universal energy enables transmission and reception. This facilitates healing, meditation, and insight. Healing is the ability to focus on the "energy rays" that surround us and redirect them for a defined purpose. The process is mental. I liken it to focusing sunlight through a lens or mirror. Hands can be used to channel the energy. Healing = connection to the energy network + intention + imagination+ testimony.

Connecting to the frequency of love. Love frequency is not a feeling of love. It is an energetic frequency in the energetic body. Emotions belong to the physical, material body. It can also

be called the frequency of light or any other name. Its characteristics include acceptance, compassion, and the absence of judgment. It's like a place 'above' with a broad and high perspective. This is the healing frequency, a kind of stream that carries healing and health.

Understanding that there is no real 'outside' and 'I.' The intertwined rope of 'external' and 'I' is precisely at its end.

Empowering the inner center through soul connection. Basic beliefs were born out of the need to align ourselves with the environment, to align with the external. Only in this way could we be part of a sheltered community/family. The spiritual process and personal development seek to shift authority from external to internal.

Returning a cancer cell to the herd. To the community. To the tissue. By that promoting healthy regulation of cell survival

Summary

The CCRC model explores the interconnectedness between the spiritual, mental, biological, and psychological aspects of the human experience. It suggests that our basic beliefs, formed during childhood and influenced by our surroundings, play a crucial role in shaping our lives and impacting our health.

The analogy between biology of cancer and the subconscious processes highlights the idea that certain patterns, once beneficial for survival, can turn harmful when automated or taken to extremes.

The microenvironment of cancer cells serves as a potential scientific bridge between psychology and biology. The autonomic nervous system, with its sympathetic and parasympathetic branches, is portrayed as dynamic regulators responding to stress and relaxation, influencing the microenvironment and potentially impacting cancer development and progression

From pathogenesis (creation of disease) to salutogenesis (creation of health) – This suggested process involves a different point of view from the traditional model that centers on treating diseases. It moves towards addressing the sources of health.