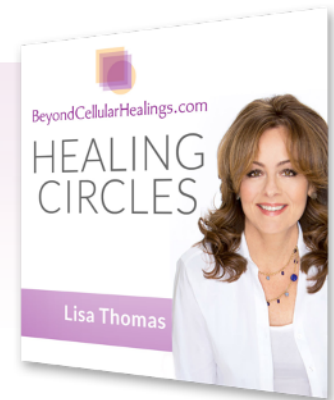




beyond cellular healings
with Lisa Thomas



A Visualization for Releasing Weight

Imagine a round circle, about a foot in diameter, on the ground directly in front of your feet. As you look closer, you realize it's a metal lid. You bend over and lift the lid, and you discover that what lies beneath the lid is a **portal that goes to the center of the earth** — and it ends about three feet above a pool of flowing lava, where everything that falls into the lava is recycled naturally for positive and support energy for all those that need it.

Your portal to the center of the earth is lined with special material that prevents anything from getting stuck. The extra energetic weight and extra physical weight fall easily into the lava to be recycled to help all those in need.

This is the extra weight that does not serve your body frames highest good,



This portal is also used to release negative emotions, traumas and any unhealthy habits. Imagine in your mind's eye, as they fall easily down your portal into the center of the earth and explode like fireworks as they drop in the hot lava, to be recycled for positive supportive energy for individuals throughout the world.

Weight is no longer here to stay, because you are no longer attached to the weight that doesn't serve your highest good.