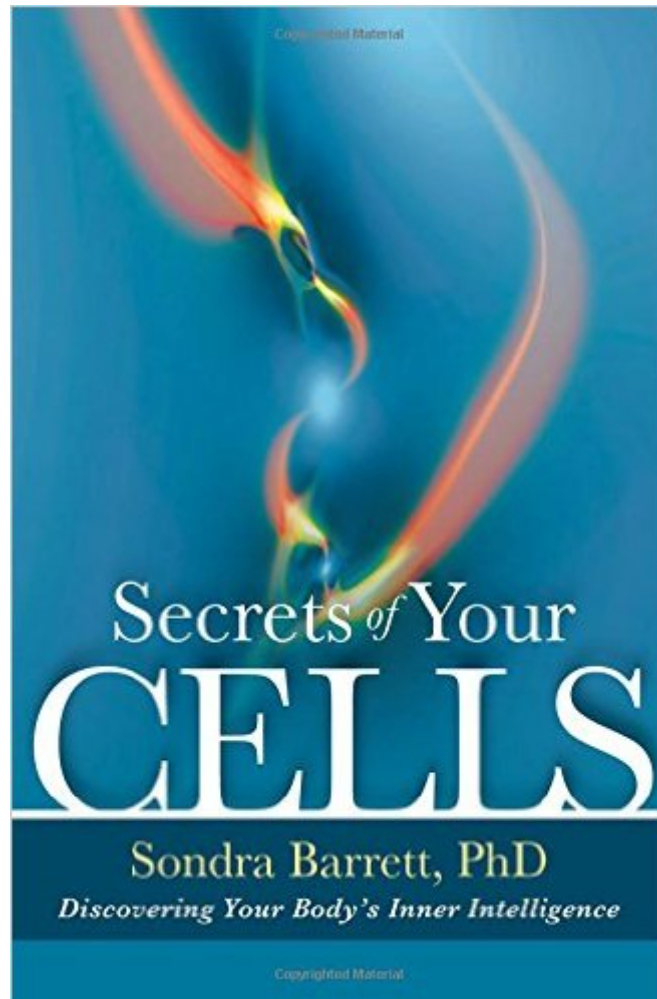


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# Secrets Of Your Cells: Discovering Your Body's Inner Intelligence



## 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." •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." •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." •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 that •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 actions Inner wisdom embedded in our cells about sanctuary, letting go, and being in the present moment What our cells can teach us about communication, cooperation, and purpose How the anatomy of our cells responds to energy, movement, and internal tension Cells 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

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## 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 methodologies 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.

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