



Healthcare Support Hypnosis
with Roger Moore

Hypnosis for Autoimmune Disease

2018 Virtual Hypnosis Convention Special Edition

Introductory Course

2018 Virtual Hypnosis Convention Special Edited Edition

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Introductory Course

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Special Edition

I thank you for watching and I hope that you find value in this introductory class on Autoimmune Disease. This is a special edited edition of my **Introductory Course to Autoimmune Disease**.

If you would like my full Introductory Course to Autoimmune Disease, email me and I will happily send you a link at no additional charge for the full Introductory Course.

In the very near future, my complete **Hypnosis for Autoimmune Disease** course will be available. I will be offering a special pricing for those of you who attended the 2018 Virtual Hypnosis Convention and watched the **Introductory** course. If you wish to take advantage of the special pricing, please send me an email and I will make the special price offer available to you when the full course is completed.

In the complete **Hypnosis for Autoimmune Disease** course I will go into in-depth detail the processes that I use with clients for Autoimmune Disease.

I also, invite you to go to RogerMooreInstitute.com and click on the tab Courses.

Here, you will find Healthcare Support Hypnosis courses from many excellent teachers.

And, I invite you to go to HypnosisHealthInfo.com and sign up to receive my daily blog posts. I have more than 3800 published posts and more than 485 published pages. Be sure to check out the Library and the Store. They are packed with resources for you.

If I can be of support, please call me at 206-903-1232 or send me an email:
[Roger @HypnosisHealthInfo.com](mailto:Roger@HypnosisHealthInfo.com).

Again, Thank you.



Roger Moore Bio

Hi. I'm Roger Moore. I'm the director of Roger Moore's Counseling & Hypnotherapy LLC, the Roger Moore Institute of Hypnotherapy and Slender For Life™ Weight Loss Hypnosis. I am also the creator of Hypnosis Health Info.

Thank you for attending this course on **Hypnosis for Autoimmune Disease**. This is the Introductory Class. In the remaining classes, I will go into the details of each session and explain the tools and techniques that I use with my clients.

I've been a counselor for more than 40 years in a wide variety of settings. Small agencies, large agencies and since 1997, in private practice in the Medical and Dental Building I downtown Seattle, on Bainbridge Island and more recently, worldwide online. In a typical week I will see about 30 clients. Approximately 80% of these people are coming to me for Healthcare Support Hypnosis.

I'm passionate about supporting people with healthy lifestyle changes. Early in my private practice people started coming to me seeking help for an autoimmune disease. Twenty years ago, I had no idea what I or hypnosis could do that might be of benefit, but people were desperate for help.

I began reading and studying autoimmune disease and medical hypnosis. At times it felt like I was drinking from a fire hose. I learned the most from my clients and that is my hope for you - that you take the information that I share and learn how to best use it from your clients.

My mantra with clients is something that I learned from my good friend Michael Ellner. The body was made to be healthy and it was made it heal. The person sitting across from you has all the answers within them for their own wellness. Our job is to be the tour guide and help them to discover the opportunities from within for health.

So let's begin.

Scope of Practice

You must know your own scope of practice based on your training, experience and the legal requirements of where you practice. The information I offer in this video and in the manual is for educational purposes and should never be considered as medical advice. Hypnosis can be a powerful complementary therapy for persons living with Autoimmune Disease and should not be used as an alternative to medical treatment. This is a therapy that is to be used in conjunction with a client's personal physician. Hypnosis is not a cure for Autoimmune Disease or any other disease or illness. As a hypnotherapist it is important that you know and understand your scope of practice and that you stay within its limits. Never give medical advice and never make recommendations contrary to the treatment prescribed by the health care professionals. Never suggest that you or your services heal or cure anyone or anything.

Hypnosis is not a medical treatment for Autoimmune Disease, but there is an important role for hypnosis in managing Autoimmune Disease. Hypnosis has been effective in helping patients reduce pain, stress, and depression, and calm fears and anxiety.

Roger Moore's Autoimmune Disease Session Protocol

Session 1 – Getting Started (1.5 hours)

- Review of Confidential Questionnaire
- Have you been listening to *Orange Blossom*?
- Why are you here?
- What is their story?
- Journey to this point in time with disease
- Family, work, financial issues
- Diet
- Exercise
- Managing Stress - Stress Reduction technique
- Introduction to Hypnosis
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
- Hypnosis Therapy

Session 2 – Life Without Pain (55 minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Managing Stress
 - Roger's Wiggle
 - Time Line for Stress Reduction & Sleep
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
- Pain Control Techniques
- Hypnosis Therapy

Session 3 – Emotional Detox (55 minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
- Emotional Detox adapted from Michael Ellner
- Inner Child
- Hypnosis Therapy

Session 4 – Learning self-hypnosis (55 minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day
- Teach Light Switch Self-hypnosis
- Hypnosis Therapy

Session 5 – Hypnotic Suggestions (55 minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Teach Written Suggestions
- Hypnosis Therapy

Session 6 – Positive Self-talk (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- NLP Modalities
- Hypnosis Therapy

Session 7 – Neuroplasticity (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Introduce concept of neuroplasticity
 - Show Addiction Clip from What the Bleep
 - Discuss Greatest Expression of You
 - Write 1 to 3 sentences that describe the Greatest Expression of You
- Hypnosis Therapy

Session 8 – Greatest Expression of You (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Explain *Greatest Expression of You* process
- Hypnosis Therapy

Session 9 – Workshop of the Mind (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Workshop and Mastermind adapted from Napoleon Hill
- Hypnosis Therapy

Session 10 – Control Room of the Body (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Control Room of the Body (continuation of Workshop of the Mind)
- Hypnosis Therapy

Session 11 – Cellular Reprogramming (55 Minutes)

- Review and update from the week
- Daily Symptom Tracking Sheet
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Holographic Therapy adapted from Keith Clark
- Hypnosis Therapy

Session 12 – Review and Clean Up (55 Minutes)

- Review and update from the week
- Schedule Phase II
- Daily Symptom Tracking Sheet
- Where are we?
 - Skill review
 - Focus on Future - Creating Future to Be Greater Than Past
- Home Work
 - Daily Symptom Tracking Sheet
 - Listen to Hypnosis MP3 Daily
 - Practice Self-hypnosis 5 times each day with Written Suggestions
- Hypnosis Therapy

Phase II:

Phase II sessions are 30 – 35 minute sessions scheduled approximately every other week. These sessions are generally tune-up sessions often focusing on stress reduction and dealing with everyday life.

Some people choose these sessions for two or three months and others for two or three years. Often after three to six months, sessions are decreased to monthly or quarterly or even semiannually.

The goal in Phase II is to help people to move beyond their perceived upper limit. An aspect of the human condition is that we reach a level of success (health, relationships, career, financial...) where we are comfortable and then we stop doing the successful behaviors that got us to this point. Then when we begin to wonder why we are in trouble again.

About 75% of my clients choose to continue with Phase II.

Important Links:

- Here is a link to a list of Autoimmune Diseases:
<https://www.aarda.org/diseaselist/>
- Google Scholar: <https://scholar.google.com/>
- WebMD: <https://www.webmd.com/default.htm>
- PubMed: <https://www.ncbi.nlm.nih.gov/pubmed/>
- American Autoimmune Related Diseases Association:
<https://www.aarda.org/>
- Roger Moore Institute of Hypnotherapy:
<https://rogermooreinstitute.com/courses/>
- Hypnosis Health Info: <https://hypnosishealthinfo.com/>
- **Orange Blossom**: <https://hypnosishealthinfo.com/stress/orange-blossom/>

Induction

Just sit back and relax and let's begin by taking 3 long deep breaths. Breathing in through your nose taking in pure relaxation and exhaling slowly through your mouth. Letting go of all the stress, all the tension. And, once again, breathing in pure relaxation and exhaling any tension. Letting go. And, one last deep breath. As you exhale just begin to completely relax.

Clear your mind now. Sweep all thoughts from your mind. Just close your eyes and allow your mind and your body to completely relax. Each time you exhale you are relaxing more and more. Feeling more comfortable, more content. Letting go of all tension and worry. Allowing yourself to just relax completely.

As you listen to my voice, you actually feel all the tension and stress just flow from your body. Concentrate and relax all the muscles in your scalp and your facial muscles, allowing the muscles in your forehead to relax. Your cheeks and your jaw muscles, allowing them to just let go, to loosen and to soften.

Take a moment now, and look into your mind's eye and imagine that space between your eyes. That space is infinite. It has no beginning and has no end. Allow your mind to concentrate intensely on that space. And as you do so, it seems as though all tension, all stress has completely disappeared. It feels so good. Allow yourself to relax in this way.

Now this relaxation is spreading down into the muscles of your neck. The muscles in the side of your neck feel relaxed along with the muscles of the back of your neck. Just imagine how a piece of rope is made. Strands of fiber that are twisted together. You just imagine that this piece of rope represents the muscles in the back of your neck.

You mentally loosen every fiber of that piece of rope and as you do so, you actually begin to feel the muscles in your neck, loosening, softening, relaxing. This relaxation is going down, down to your shoulders, your arms, your hands. Let your shoulder muscles relax. Just let them go. Allow your shoulder muscles to relax in their own ease.

Now relax the muscles in your arms, your upper arm, your forearm, both arms now, all the way down to your fingertips. As each and every finger relaxes more and more you go deeper and deeper and deeper relaxed. And this relaxation is

spreading down, down into your body, letting the muscles go throughout your chest, your back, your abdomen, all the way down to your hips, your thighs, and down both legs, your feet are relaxing helping you to go deeper and deeper and deeper relaxed.

Now in your mind, in your imagination, create a beautiful scene. Pick a place that you have been, perhaps, wherever it is, that indicates to you and means to you relaxation. Maybe it's an imaginary place, wherever it is, my voice will go with you. Now perhaps you choose a beach, or a grassy knoll, or a creek. The sun is beautiful. A golden disk in the sky. The sky is blue and the clouds are light and puffy. Slowly float by. The breeze is warm and gentle on your body and your desire to attain a level of peace and relaxation assists you in creating this calm, peaceful, warm relaxing experience.

As you continue to focus on my words, you move still deeper into greater levels of peace and relaxation, so that in a few moments, my words building one upon the other, strengthen you from within. Strengthening your determination, your desire, your power and giving you much more self-control. You hear my voice and no other sound in the room is important. Drifting down deeper relaxed now. Deeper relaxed.

Short Induction/Deepener

Just allow yourself now to enter into that trance in your own way and in your own time. Allowing that letting go to occur knowing that your conscious mind can and will do whatever it is it chooses to do, right now, while your unconscious mind continues to listen, to hear, to learn to understand all those things that perhaps I just might say now ... as you begin to relax and begin to remember all those other experiences of trance and re-experience all those changes in thought, in feeling and in sensation as you drift down now into that trance even more comfortably and effortlessly than before.

.... that's right.... Relaxing, drifting down, letting go, allowing all those thoughts to drift and images to appear and not needing to do anything at all not even needing to wonder what perhaps you just might learn now as my voice drifts down with you ... and you can allow that feeling of trance ... RIGHT NOW.

Therapy

Symphony for Crohn's Disease

By Melissa Roth and Roger Moore

I love to hear a symphony orchestra especially if I can watch as they play their instruments. Observing the conductor is fascinating as he plays every instrument with the guidance of his hands indeed his whole body animated dancing in place with the swoop of his arms. Fingers of one hand pointing ... cueing ...directing ... as the other hand sweeps the baton like a kite in the wind setting the tempo ... executing clear preparations and beats ... listening critically ... shaping the sound ... fine tuning the dynamics.

The conductor cues ... forecasting with certainty the exact moment that the beat occurs ... all the musicians affected by the cue begin playing in chorus ... articulating and phrasing clearly communicated to the whole body.

A symphony orchestra has many musicians on its roster Each section of the orchestra has a vital role ... all orchestrated together producing sounds provoking smells and colors. The brass, the strings, the woodwinds. ... The percussion setting the beat Creating musical poetry for all to enjoy.

But, sometimes, things can go wrong with one of the instruments. A string breaks on a violin or a reed needs to be cleaned on a clarinet ... or one of the drums might miss a beat. And for no good reason, an instrument might make a mistake and strike a discordant note. Or sometimes, when working on some piece of music an entire section might be having difficulty with the rhythm with a difficult chord harmonic, or maybe the timing is just OFF. Often the discord is inaudible to the untrained ear ... yet left unperfected can lead to a malady that painfully brings the symphony to a halt.

It's happened that a whole instrumental group can get out of sync with the rest of the orchestra. A musician ... even a whole section may become louder or faster ... in an attempt to out-perform the others, or maybe that section is just so wrapped up in what it's playing that it has forgotten to listen to the other parts.

There are many possible problems. Something needs to be done so that the instruments and the musicians can produce melodious music once again. But, just because an instrument may need to be tuned or even repaired, or a whole instrumental section might need to work on the timing or rhythm, there is nothing wrong with the orchestra. The orchestra can still be as vital and strong as ever.

Once the instrument has been tuned or that section has practiced more once the conductor has exerted his leadership over a player or section setting the tempo, dynamics and articulation.... then the orchestra is once again harmonious, rhythmic and attuned to itself ... creating harmony once again for all to enjoy.

Maybe it's because of my love for the symphony that I liken the body to an orchestra ... your un-conscious mind ... the conductor ... imagine yourself now as a symphony conductor dressed in formal evening attire. ... with the baton in your hand preparing to conduct your own healing symphony.... Realizing you can do this unconsciously and magnificently..... Calling to your orchestra bringing them to full attention..... Having them focus full attention on you.Tapping your baton on the podium signaling that your symphony is about to begin. And with a flourish ... sweeping all the parts of your healing symphony into lively action. ... accenting and modulating inflection.

If any cells are out of harmony or rhythm, have your conductor exert a little extra effort to help them return to a more functional and beneficial harmony. Cueing each part in its turn ... calming your immune system. Directing a musician or section more vigorously than others.... Signaling some to soften their approach..... Cueing others to wait their turn.... And, some may need to be told that they are not needed in this particular musical selection. Each section doing what it does best under the guidance of the conductor. Paying particular attention to quiet your immune system ... softening reminding it that it is a part of the Self ... to play harmoniously with your body's symphony ... as part of the whole.

Visualize all the instruments being brought into the healing symphony in their proper strength and at their proper timing. Each participating melodiously and then resting until it is their turn once again. Each one performing at the exact volume and tone with the correct intensity.

Macrophages ... T cells harmoniously directed by you ... the conductor. Your gastrointestinal tract from mouth to anus working perfectly in harmony with the entire orchestra.

Listen carefully as the former discordance is brought into harmony and your body makes beautiful music once again. Possibly you can even hear the music....or feel the pulsing of the beat.....Maybe you can see the conductor setting the pace and cueing all the different sections and instruments for their proper performance their precise directions.....that's right.....

Listen carefully as each cell resonates in harmony with the others. Just hear your body as it pulses to your own special rhythm. Your heart beating strong, rhythmically. Your blood circulating easily through your veins carrying life-giving nutrients, oxygen, healing cells and biochemicals to each and every living cell. Your immune cells, like medieval knights – champions of the cause, patrolling your body's pathways, vigilant for any foreign invaders or rogue cells and working in harmony with the rest of your body. Your digestive tract healing... free of inflammation. Bowel movements healthy and normal... defecating with ease and control. Your intestines absorb food and nutrients from the plant-based foods that you consume allowing you to be at a healthy ideal weight.

Now thank your conductor ... your un-conscious mind and have your symphony continue practicing this particular piece until they can and do perform it automatically, effortlessly, easily.

Think to yourself, "My body is like a symphony," "my immune system performs optimally now" and allow yourself to feel the wonderful rhythms of your body softly pulsing to their own special beat within you with flawless intonation dancing and swooping feeling harmony being restored right.....now....That's right.

And, each time you practice conducting your own music, day by day, in a never-ending cycle of wellness, all your instruments and sections are realigned into a more perfect rhythm and harmony. You accept and act upon all of these suggestions, experiencing tremendous feelings of pride in your own glorious music with a rousing ovation.

Symphony for Lichen Planopilaris

Paul Durbin, Melissa Roth, Dan Cleary and Roger Moore

Induction

Just close your eyes and take three deep breaths and silently count from one to five and say deeper and deeper. The best way to begin feeling more comfortable is just to begin by sitting as comfortable as you can right now. Go ahead and adjust yourself to the most comfortable position you like.

That's fine, now I'd like you to notice how much more comfortable you can feel by just taking one very big satisfying deep breath. Go ahead, a big deep, satisfying breath, that's good. You may already notice how good that feels. How warm your neck and shoulders feel.

Now as you continue breathing; calmly, smoothly, deeply, and rhythmically, and comfortably, picture in your mind or imagine or pretend that you are at the top of a staircase with 20 steps. The steps are covered with your favorite color of carpet.

All right you can began to get ready -20- Now take your first step down and feel your body relaxing -19- One step down the staircase, relaxing body and mind. -18-, -17- Three steps down the staircase and maybe you are already noticing how much more relaxed you can feel.

I wonder if there are places in your body that feel more relaxed than others. Perhaps your shoulders feel more relaxed than your neck. Perhaps your chest feels more relaxed than your arms. I don't know and it really doesn't matter. All that matters is that you feel comfortable and relaxed, that's all.

-16- Perhaps feeling already places in your body relaxing more and more. I wonder if you would allow your scalp muscles to relax and if so you may experience a slight tingling sensation throughout the scalp. Some people do, others do not...either is normal and natural...now experience your relaxation beginning to spread and flow. Flowing down across your eyes, down across your face. Allowing your cheek and jaw muscles to relax.

Symphony for Lichen Planopilaris
Roger Moore

-15- Five steps down, a quarter of the way down and already feeling your neck and shoulder muscles relaxing more and more. Beginning to really, really enjoy your relaxation and comfort.

-14- Now relaxing the chest, stomach and thighs, just letting go and feeling peaceful and comfortable. -13- Relaxing and perhaps noticing the sounds around you. Relaxing more and more with each sound of my voice, with each note of the music, and even allowing any distracting sounds to become a part of your experience of comfort and relaxation.

-12- As you allow the relaxation to spread, allow the peaceful, restful and comfortable relaxation to spread down into your shoulders, into your arms. I wonder whether you notice one arm feeling heavier than the other. Perhaps your arms feel pleasantly light or comfortably heavy. I don't know, perhaps both feel equally comfortable.

-11- Just letting yourself become more and more aware of that comfortable relaxation. Breathing comfortably, slowly, and deeply. Noticing that relaxation really beginning to sink in as you continue to experience the pleasant, restful, comfortable relaxation just spreading through your body, down through your legs and out the soles of your feet.

-10- Ten steps down the staircase, halfway to the bottom wondering perhaps what might be happening, or wondering if anything at all is happening. Yet, knowing that it really doesn't matter, feeling so pleasantly restful, just continuing to notice the growing, spreading, comfortable relaxation.

-9- More and more comfortable as you become deeper and deeper relaxed. -8- I wonder if you, at times, hear my voice loud and clear and at other times, does it seem to be a long distance away? -7- Maybe your mind is wandering from time to time and from place to place and even on other things as you relax more and more, -6- Really enjoying this relaxation and comfort as you go deeper and deeper.

-5- Fifteen steps down. Three quarters of the way down deeper and deeper relaxed as your body seems to just sink down deeper and deeper into the chair, with nothing to bother, nothing to disturb. -4- Wonder perhaps what to expect at the bottom of the staircase, but realizing it will be a pleasant experience.

-3- Already becoming more and more relaxed. Really beginning to really enjoy your experience of comfortable relaxation with nothing to bother, nothing to

disturb. -2- Almost to the bottom as you continue to go deeper and deeper as you breathe, slowly, comfortably and restfully -1- Almost to the bottom, nothing to disturb you, feeling more and more comfortable -0- Bottom of the staircase; deeply, deeply relaxed. Deeply, deeply relaxed.

Therapy

I love to hear a symphony orchestra especially if I can watch as they play their instruments. Observing the conductor is fascinating as he plays every instrument with the guidance of his hands indeed his whole body animated dancing in place with the swoop of his arms. Fingers of one hand pointing ... cueing ...directing ... as the other hand sweeps the baton like a kite in the wind setting the tempo ... executing clear preparations and beats ... listening critically ... shaping the sound ... fine tuning the dynamics.

The conductor cues ... forecasting with certainty the exact moment that the beat occurs ... all the musicians affected by the cue begin playing in chorus ... articulating and phrasing clearly communicated to the whole body.

A symphony orchestra has many musicians on its roster Each section of the orchestra has a vital role ... all orchestrated together producing sounds provoking smells and colors. The brass, the strings, the woodwinds. ... The percussion setting the beat Creating musical poetry for all to enjoy.

But, sometimes, things can go wrong with one of the instruments. A string breaks on a violin or a reed needs to be cleaned on a clarinet ... or one of the drums might miss a beat. And for no good reason, an instrument might make a mistake and strike a discordant note. Or sometimes, when working on some piece of music an entire section might be having difficulty with the rhythm with a difficult chord harmonic, or maybe the timing is just OFF. And on occasion, an instrument gets bumped or dinged. Often the discord is inaudible to the untrained ear ... yet left unperfected can lead to a malady that painfully brings the symphony to a halt.

It's happened that a whole instrumental group can get out of sync with the rest of the orchestra. A musician ... even a whole section may become louder or faster ... in an attempt to out-perform the others, or maybe that section is just so wrapped up in what it's playing that it has forgotten to listen to the other parts.

There are many possible problems. Something needs to be done so that the instruments and the musicians can produce melodious music once again. But, just because an instrument may need to be tuned or even repaired, or a whole instrumental section might need to work on the timing or rhythm, there is nothing wrong with the *orchestra*. *The orchestra can still be as vital and strong as ever*. Once the instrument has been tuned or that section has practiced more once the conductor has exerted his leadership over a player or section setting the tempo, dynamics and articulation.... then the orchestra is once again harmonious, rhythmic and attuned to itself ... creating harmony once again for all to enjoy.

Maybe it's because of my love for the symphony that I liken the body to an orchestra ... your *un*-conscious mind ... the conductor ... imagine yourself now as a symphony conductor dressed in formal evening attire. ... with the baton in your hand preparing to conduct your own healing symphony.... Realizing you can do this unconsciously and magnificently..... Calling to your orchestra bringing them to full attention..... Having them focus full attention on you.Tapping your baton on the podium signaling that your symphony is about to begin. And with a flourish ... sweeping all the parts of your healing symphony into lively action. ... accenting and modulating inflection.

If any cells are out of harmony or rhythm, have your conductor exert a little extra effort to help them return to a more functional and beneficial harmony. Cueing each part in its turn ... guiding your immune system. Directing a musician or section more vigorously than others.... Signaling some to soften their approach..... Cueing others to wait their turn.... And, some may need to be told that they are not needed in this particular musical selection. Each section doing what it does best under the guidance of the conductor. Paying particular attention to your immune system reminding it that it is a part of the Self ... to play harmoniously with your body's symphony ... as part of the whole.

You're unconscious mind supporting your immune system....getting those pathogens down that can do damage to your body..... Your immune system is performing harmoniously every moment with your treatment and recovery.

Visualize all the instruments being brought into the healing symphony in their proper strength and at their proper timing. Each participating melodiously and then resting until it is their turn once again. Each one performing at the exact volume and tone with the correct intensity.

I'm sure you've seen pictures and heard descriptions of the spiral, the double helix that is called DNA. An elegant, twisting image, holding within itself all of the information of the physical reality and structure of our life.

Now, as this becomes easier and clearer in your mind, notice there are sixty-four gleaming points spread throughout this rotating image. Some of these points radiate in a manner that allows you know that they are currently active and others simply glow with the potential of activity. As they rotate there, your intuition... your inner guidance ... let's you know... that a natural aspect of these points is that at different times they switch off and on in various combinations to provide the necessary information to all the cells of your body, most effectively dealing with the constantly changing universe of your experience.

Now, there are times that these different combinations may be activated in ways that are mistaken or in reaction to mistaken understandings and now, you can trust you inner guidance to reset these beautiful, changing, radiating points to the most effective setting; enhancing health, vitality and the graceful, natural balance of life.

Just let yourself, allow yourself, breathing in deeply and letting go completely to see, feel or experience the shifting of these many points until you are at the best setting for the present moment in your life. As you experience this, just let yourself drift, in your awareness and accept the natural state of balance and harmony you so richly deserve. Knowing now that these changes continue to enhance all aspects of your life.

Listen carefully as the former discordance is brought into harmony and your body makes beautiful music once again. Possibly you can even hear the music....or feel the pulsing of the beat.....Maybe you can *see* the conductor setting the pace and cueing all the different sections and instruments for their proper performance their precise directions.....that's right.....

Remember, your body was made to be healthy and it was made to heal. So using the inner realms of your being your unconscious mind can set to work while acting on your behalf to ease and soothe that part of you that was overdoing things over-producing beginning to smooth things out calming downletting you sooner than you might think really begin to notice pink smooth pure healthy skin.

Rapidly soothe and heal all those old scars leaving the skin and scalp good and clear and strong.

See your body completely restoring health and then watch your immune system cells patrol through your body in a loving and protective way.

All of your cells function optimally and express genes that provide ideal health and perfect function. Your cells are able to allow nutrients in sufficiently and toxins out efficiently.

Listen carefully as each cell resonates in harmony with the others. Just hear your body as it pulses to your own special rhythm. Your heart beating strong, rhythmically. Your blood circulating easily through your veins carrying life-giving nutrients, oxygen, healing cells and biochemicals to each and every living cell. Your Central Nervous System, Immune System, Inflammatory System, and Endocannabinoid system safely and happily adjust themselves.

You can really begin to sense the sensation of those parts of you that had been affected beginning to feel the healing like water starting to filter through a dry and barren land bringing such a cool comfortable healing almost as if you can see and hear and sense and feel this healing work upon you in this powerful healing time right now.

And this soothing healing that you set in motion here is going to be active even as you sleep so deeply tonight and in the nights to come so you can sometimes be so surprised and delighted by noting your own healing in the morning.

Your immune cells, like medieval knights – champions of the cause, patrolling your body's pathways, vigilant for any foreign invaders, pathogens or other rogue cells and working in harmony with the rest of your body. Soothing your skin leaving it soft and silky. Restoring healthy skin and scalp promoting the restoration of hair.

You are safe and healthy. You are happy and thriving in perfect health.

See and feel yourself being restored to a state of ideal health and appreciate and love yourself for taking the time to love and heal in this way.

Symphony for Lichen Planopilaris
Roger Moore

Now thank your conductor ... your un-conscious mind and have your symphony continue practicing this particular piece until they can and do perform it automatically, effortlessly, easily.

Think to yourself, "My body is like a symphony," "my immune system performs optimally now" and allow yourself to *feel* the wonderful rhythms of your body softly pulsing to their own special beat within you with flawless intonation dancing and swooping feeling harmony being restored right.....now....That's right.

And, each time you practice conducting your own music, day by day, in a never-ending cycle of wellness, all your instruments and sections are realigned into a more perfect rhythm and harmony. You accept and act upon all of these suggestions, experiencing tremendous feelings of pride in your own glorious music with a rousing ovation.

So tonight and in the nights to come have those healing dreams. Remembering the things that are safe and healthy and healing to remember and forgetting those things that are safe and healthy and healing to forget.

Allowing all these things I've suggested to your unconscious mind to now begin to exercise greater and greater influence over your thoughts, your feelings and your actions.

And now as I count from 1-5, allow each and every number to secure all these suggestions just as strongly, just as surely, just as powerfully wherever you may be as when you are here with me. At the count of 5, you awaken refreshed and alert. Feeling wonderful in every way.

So coming up now One, Holding that image of yourself with this soothing healing that you set in motion.

Two, Surprised and delighted by noting your own healing.

Three, Ready and willing now to do whatever it takes no matter what it is that's safe and healthy.

Four, Knowing that it is totally up to you. And,

Five, Eyes open. Fully alert!

The Holographic Body for The Holographic Body for Parkinson's Disease

Adapted from Keith D. Clark and Dan Cleary by Roger Moore

As we prepare to begin, ... perhaps you find yourself in a very comfortable position. It makes no difference if you are seated or reclining. And begin by first allowing yourselves to relax by taking a very deep breath through your nose and exhaling through your mouth...with the sound of "HAAA"....like in Hawaii. And, as you breathe in ... you feel very comfortable ... and breathing out ... you feel even more relaxed. Breathing in peaceful tranquility and breathing out ... relaxation. And as you continue to breathe in this manner, begin to create in your mind's eye ... a very secure ... very strong ... private place in which you may choose to leave all the thoughts and concerns of the day. Placing any feelings, any issues at all, into this place. Closing the door and locking it securely, NOW, and taking with you the only key. NOW.

And having done so, once again I am speaking directly and specifically to your unconscious mind. The part of your mind that is in charge of all changes ... and all maintenance of your body, NOW. That part of your mind that has given such magnificent care to your body throughout these years ... what a wonderful job you've done in maintaining ... the Self, now. And just as it is one of your charges to maintain the Self ... it is also your charge to allow all change that is desired to occur, now. And finding yourself, now, in a very comfortable place, in the room of trance - formation once again ... and as you find yourself there you notice ... a very brilliant ... yet defined beam of light coming down from the ceiling. As you study this beam of light, you notice that there is actually a figure within the light.

And upon closer observation you realize this figure is actually a hologram ... a hologram of your own body. Perfect ... in every way ... every size, shape and proportion. And as you look at this hologram, you realize that the body is made up of much more than simply ... flesh and blood. Even more so than the minute cells ... but actually even smaller sub-atomic particles that actually vibrate at a specific rate ... a specific rate unique to your body. And being aware of this ... you realize that just as you tune a radio ... that you can tune or change the frequency of the pitch or vibration of these sub-atomic particles of this vibration. And realizing you can actually do that as easily as you change clothes or change your mind, NOW ... finding yourself in control with the choice, you realize that you may NOW ...

sculpt and change this hologram of your body ... and as you move it ... as you shape it ... as you experience it ... you begin to realize the same change is taking place within your ... body now. Much as the hermetic principle of “as above, so below,” ... you find that by modifying or altering this hologram of your body, that indeed your body changes ...NOW.

And notice, if you will ... the changes taking place within your body ... notice how you can even become aware of the mental processes going on ... NOW. Noticing as you increase your own vibration ... to perhaps a more rapid ... or youthful vibration. Notice how your energy level increases ... your own vitality and youthfulness increases. And along with that goes the outward ... visual representation of youthfulness. Perhaps it brings to mind a time when you are full of energy ... full of vitality ... healthy and balanced ... as you are NOW. And being aware of how that time ... was different than those ... other times. And realizing that ... even recalling ... or trying to recall those other times, you realize how ... perhaps erroneous you were at that time ... unlike now ... as you recognize and realize your own power ... your own control ... of your own magnificence ... and destiny NOW.

For just as you had a choice as to ... when you would rise this morning ... and what you would wear ... and what foods you would eat, you also have a choice ... of allowing the development of your body and your mind to develop in ways that you would find most pleasing and appropriate to you NOW. That's right. Your body may develop the way you now consciously choose for it to do. That's right. As your *un* - conscious mind ... that I am speaking to now ... realizes that it is your charge to allow these changes to take place... NOW. And notice as you look at this hologram of your body ... that by simply thinking about a change or modification ... that the hologram does in fact, change now. As you notice those outward physical changes notice the inward changes ... NOW. That's right.

Notice as you recall a happy time, a pleasant time, and how the body feels. Perhaps we call it the healers voice. And notice how your body responds and how the vibration changes. We call in the field of the healers touch. Knowing that they would be touching you and you would be touching them. Being very aware of that feeling ... of that vibration ... of that choice you've made to experience it in this way NOW. That's right.

And know that you are at cause. That it is your choice to feel that way ...to have that experience and to connect it with those thoughts ... is your choice ... NOW.

Just as all other thoughts and feelings are a result of your choice. Even your emotions are your choice. As you are aware of the feelings that you have and the pictures you create in your mind ... and the sounds you hear connected with thoughts ... feelings or experiences. And, noticing how you have taken full and total charge of your life in every aspect, ... realizing that you have the choice to feel the way you choose to ... or respond to an experience the way that you choose to now. Just as simply as you made up your mind to change, now. That's right. Changing your thoughts, your feelings, your perceptions. Living life to the fullest way to choose to live, NOW. That's right. Perhaps abandoning old paradigms, beliefs that others gave you. Ways that you no longer choose to feel or relate to others. Fully experiencing your own magnificence and sharing that magnificence with others. Feeling the excitement and the creation and creativity of your own body ... your own thought processes. And noticing the acceptance of others of your thoughts ... of your beliefs ... perhaps even finding that you are creating new thought ... new ways of looking at things and experiencing things. Whether they are original thoughts of yours or extensions of others ... or perhaps just recollections of things that you at one time had been exposed to or abandoned ... and yet, now you find that even your own mental processes are increasing with rapidity. Finding out that your own awareness and acceptance of things is much greater, the scope of your experiences much wider than you ever realized before.

And realizing this ... you also become aware ... that just as cells divide and one becomes two. Two become four. Four become eight. And eight are sixteen and sixteen become thirty-two and thirty two to sixty four and on and on and on. Every second of every minute of every day and night of your life now. ... That just as that same token your thoughts and your beliefs and your mental process expands the same way. That one can lead to another. ... And another. ... And another. And as you are aware of that progression within your own body ... how one cell replaces another. And how you simply choose to limit the amount of cells that be placed in a portion of the body. Or increase the numbers to be replaced in another portion of the body. Now increase the number of killer cells.

Imagine, an image or awareness of the spiral, double helix that is called DNA. You've seen pictures and heard descriptions of this elegant, twisting image,

holding within itself all of the information of the physical reality and structure of our life.

Now, as this becomes easier and clearer in your mind, notice there are sixty-four gleaming points spread throughout this rotating image. Some of these points radiate in a manner that allows you to know that they are currently active and others simply glow with the potential of activity.

As they rotate there, your intuition... your inner guidance ... lets you know... that a natural aspect of these points is that at different times they switch off and on in various combinations to provide the necessary information to all the cells of your body, most effectively dealing with the constantly changing universe of your experience.

Now, there are times that these different combinations may be activated in ways that are mistaken or in reaction to mistaken understandings and now, you can trust your inner guidance to reset these beautiful, changing, radiating points to the most effective setting; enhancing health, vitality and the graceful, natural balance of life.

Just let yourself, allow yourself, breathing in deeply and letting go completely to see, feel or experience the shifting of these many points until you are at the best setting for the present moment in your life. As you experience this, just let yourself drift, in your awareness and accept the natural state of balance and harmony you so richly deserve. Knowing now that these changes continue to enhance all aspects of your life.

And realize that you truly are sculpting your own body. Healing and contouring your own body. For after all as your skin is replaced every thirty days, how would a cell know to become a wrinkle ... but by your choice. How would a cell know to become an eye, or a lung, or a hip, or fingernail, but by your choice. You the *unconscious* mind ... directing the cell production. That's right. Much more easily than common medical practices have changed things. Just as a skin graft that grew from one part of the body to another you may do this with your own mind, your UN-conscious mind. Accepting the feeling of power and control, your own creativeness with your own body, NOW. Realizing that as you allow these changes to occur, that you empower yourself ... as well as all of those around you by giving them the opportunity to see you in your own magnificence. Giving you the opportunity to share with them that they too may experience their own magnificence, now. For you're moving ahead of the crowd. Stepping out from in

front of the mundane, the ordinary. Building into your own magnificence your acceptance of self. You're outwardly displaying that this is the person that I **CHOOSE TO BE, NOW!** That's right. ... Complete, total choice and responsibility.

Realizing there may have been times in your life when you felt dependent and inadequate ... a sense of helplessness and loss ... times when you perhaps experienced tremors, slowed movement, rigid muscles, impaired posture and balance, loss of automatic movements, speech changes, and changes in small motor skills.

Your entire nervous system is made up of individual units called nerve cells. Nerve cells serve as a "communication network" within your body.

To communicate with each other, these nerve cells use a variety of chemical messengers called neurotransmitters - which carry messages between nerve cells by crossing the space between cells.

Neurotransmitters allow the nervous system to communicate with your body's muscles and translate thought into motion. One especially important messenger is dopamine, which is produced in your midbrain.

Dopamine is crucial to human movement and it is the neurotransmitter that helps transmit messages that both initiate and control your movement, balance and speech. These dopamine messages make sure that muscles work smoothly and under precise control.

Now feel the vibration increasing in your body. Fine tuning the flow of dopamine allowing you to create a perfect balance for health and wellness. Realizing that there may have been times in your life where it served you to experience loss ... and just as that may be the case realizing that you may now choose to change your thoughts and your emotions **NOW** so that your body derives the utmost benefit for healing.

Allowing you to move effortlessly with control, balance, strong flexible muscles. Your posture is straight, your unconscious movements are normal and natural, your fine motor skills are restored and your speech is loud, clear and with your natural inflections. Living with the greatest efficiency **NOW**. That's right.

It is the highest charge of the unconscious mind to have maximum efficiency in the body. Dis-ease causes depletion of body energy. And realize that any dis-ease is...

counterproductive to efficiency. So it would be within the charge of the unconscious mind now to maintain the body at the highest level ... the level of efficiency requiring the least amount of energy ... to be productive ... by increasing the vibratory rate.... Allowing for victory ... allowing for healing ... a state of healing ... a state of flexibility ... which is the highest charge of the unconscious mind, ... preservation of the self ... NOW. With this new balance in your life, this new vibration as you are in charge of every aspect of your life. NOW.

And even as you notice the hologram before you ... in its own perfection ... notice that you may now move towards it. Touching the union ... and actually stepping into it. Stepping into the hologram and feeling it ... feeling it all around your body and at one with you NOW. Your own ... state ... of perfection ... NOW.

The Holographic Body for Vitiligo

Adapted from Keith D. Clark and Dan Cleary by Roger Moore

As we prepare to begin, perhaps you find yourself in a very comfortable position. It makes no difference if you are seated or reclining. And begin by first allowing yourselves to relax by taking a very deep breath through your nose and exhaling through your mouth...with the sound of “HAAA”like in Hawaii. And, as you breathe in ... you feel very comfortable ... and breathing out ... you feel even more relaxed. Breathing in peaceful tranquility and breathing out ... relaxation. And as you continue to breathe in this manner, begin to create in your mind’s eye ... a very secure ... very strong ... private place in which you may choose to leave all the thoughts and concerns of the day. Placing any feelings, any issues at all, into this place. Closing the door and locking it securely, NOW, and taking with you the only key. NOW.

Therapy

Just allow yourself now to enter into trance in your own way and in your own time. Allowing that letting go to occur knowing that your conscious mind can and will do what ever it is it chooses to do right now while your unconscious mind continues to listen, to hear, to learn all those things that perhaps I just might say now as you relax and as you begin to remember those other experiences of trance even more easily and effortlessly than before, that’s right.... Relaxing, drifting down, letting go, allowing all those thoughts to drift and images to appear and not needing to do anything at all not even needing to wonder what perhaps I just might say now as my voice drifts down with you and you can allow that feeling of trance ... NOW.

And having done so, once again I am speaking directly and specifically to your unconscious mind. The part of your mind that is in charge of all changes ... and all maintenance of your body, NOW. That part of your mind that has given such magnificent care to your body throughout these years ... what a wonderful job you’ve done in maintaining ... the Self, now. And just as it is one of your charges to maintain the Self ... it is also your charge to allow all change that is desired to occur, now. And finding yourself, now, in a very comfortable place, in the room of trance - formation once again ... and as you find yourself there you notice ... a very

brilliant ... yet defined beam of light coming down from the ceiling. As you study this beam of light, you notice that there is actually a figure within the light.

And upon closer observation you realize this figure is actually a hologram ... a hologram of your own body. Perfect ... in every way ... every size, shape and proportion. And as you look at this hologram, you realize that the body is made up of much more than simply ... flesh and blood. Even more so than the minute cells ... but actually even smaller sub-atomic particles that actually vibrate at a specific rate ... a specific rate unique to your body. And being aware of this ... you realize that just as you tune a radio ... that you can tune or change the frequency of the pitch or vibration of these sub-atomic particles of this vibration. And realizing you can actually do that as easily as you change clothes or change your mind, NOW ... finding yourself in control with the choice, you realize that you may NOW ... sculpt and change this hologram of your body ... and as you move it ... as you shape it ... as you experience it ... you begin to realize the same change is taking place within your ... body now. Much as the principle of “as above, so below,” ... you find that by modifying or altering this hologram of your body, that indeed your body changes ...NOW.

And notice, if you will ... the changes taking place within your body ... notice how you can even become aware of the mental processes going on ... NOW. Noticing as you increase your own vibration ... to perhaps a more rapid ... or youthful vibration. Notice how your energy level increases ... your own vitality and youthfulness increases. And along with that goes the outward ... visual representation of youthfulness. Perhaps it brings to mind a time when you are full of energy ... full of vitality ... healthy and balanced... as you are NOW. And being aware of how that time ... was different than those ... other times. And realizing that ... even recalling ... or trying to recall those other times, you realize how ... perhaps erroneous you were at that time ... unlike now ... as you recognize and realize your own power ... your own control ... of your own magnificence ... and destiny NOW.

For just as you had a choice as to ... when you would rise this morning ... and what you would wear ... and what foods you would eat knowing that food is medicine. Feeding your body with only the best, the cleanest, and the most nutritious food so that your body can do what it was meant to do: heal and be healthy.

You also have a choice ... of allowing the development of your body and your mind to develop in ways that you would find most pleasing and appropriate to you

NOW. That's right. Your body may develop the way you now consciously choose for it to do. That's right.

As your *un* - conscious mind ... that I am speaking to now ... realizes that it is your charge to allow these changes to take place... NOW. And notice as you look at this hologram of your body ... that by simply thinking about a change or modification ... that the hologram does in fact, change now. As you notice those outward physical changes.... notice the inward changes ... NOW. That's right.

Notice as you recall a happy time, a pleasant time, and how the body feels. Perhaps we call it the healer's voice. And notice how your body responds and how the vibration changes. We call in the field of the healers touch. Knowing that they would be touching you and you would be touching them. Being very aware of that feeling ... of that vibration ... of that choice you've made to experience it in this way NOW. That's right.

And know that you are at cause. That it is your choice to feel that way ...to have that experience.... and to connect it with those thoughts ... is your choice ... NOW. Just as all other thoughts and feelings are a result of your choice. Even your emotions are your choice. As you are aware of the feelings that you have and the pictures you create in your mind ... and the sounds you hear connected with thoughts ... feelings or experiences. And, noticing how you have taken full and total charge of your life in every aspect, ... realizing that you have the choice to feel the way you choose to ... or respond to an experience the way that you choose to now. Just as simply as you made up your mind to change, now. That's right. Changing your thoughts, your feelings, and your perceptions. Living life to the fullest way to choose to live, NOW. That's right.

Perhaps abandoning old paradigms, beliefs that others gave you. Ways that you no longer choose to feel or relate to others. Fully experiencing your own magnificence and sharing that magnificence with others. Feeling the excitement and the creation and creativity of your own body ... your own thought processes. And noticing the acceptance of others of your thoughts ... of your beliefs ... perhaps even finding that you are creating new thought ... new ways of looking at things and experiencing things. Whether they are original thoughts of yours or extensions of others ... or perhaps just recollections of things that you at one time had been exposed to or abandoned ... and yet, now you find that even your own mental processes are increasing with rapidity. Finding out that your own awareness and

acceptance of things is much greater, the scope of your experiences much wider than you ever realized before.

And realizing this ... you also become aware ... that just as cells divide and one becomes two. Two become four. Four become eight. And eight are sixteen and sixteen become thirty-two and thirty two to sixty four and on and on and on. Every second of every minute of every day and night of your life now. ... That just as that same token your thoughts and your beliefs and your mental process expands the same way. That one can lead to another. ... and another. ... and another. And as you are aware of that progression within your own body ... how one cell replaces another. And how you simply choose to limit the amount of cells that be placed in a portion of the body. Or increase the numbers to be replaced in another portion of the body.... creating a balance of healing cells.

Imagine, an image or awareness of the spiral, double helix that is called DNA. You've seen pictures and heard descriptions of this elegant, twisting image, holding within itself all of the information of the physical reality and structure of our life.

Now, as this becomes easier and clearer in your mind, notice there are sixty-four gleaming points spread throughout this rotating image. Some of these points radiate in a manner that allows you to know that they are currently active and others simply glow with the potential of activity.

As they rotate there, your intuition... your inner guidance ... lets you know... that a natural aspect of these points is that at different times they switch off and on in various combinations to provide the necessary information to all the cells of your body, most effectively dealing with the constantly changing universe of your experience.

Now, there are times that these different combinations may be activated in ways that are mistaken or in reaction to mistaken understandings and now, you can trust your inner guidance to reset these beautiful, changing, radiating points to the most effective setting; enhancing health, vitality and the graceful, natural balance of life.

Just let yourself, allow yourself, breathing in deeply and letting go completely to see, feel or experience the shifting of these many points until you are at the best setting for the present moment in your life. As you experience this, just let yourself drift, in your awareness and accept the natural state of balance and harmony you so richly deserve. Knowing now that these changes continue to enhance all aspects of your life.

And realize that you truly are sculpting your own body. Healing and contouring your own body. For after all as your skin is replaced every thirty days, how would a cell know to become a wrinkle ... but by your choice. How would a cell know to become an eye, or a lung, or a hip, or fingernail, but by your choice. You the *unconscious* mind ... directing the cell production creating balance. That's right. Much more easily than common medical practices have changed things. Just as a skin graft that grew from one part of the body to another you may do this with your own mind, your UN-conscious mind.

Accepting the feeling of power and control, your own creativeness with your own body, NOW. Realizing that as you allow these changes to occur, that you empower yourself ... as well as all of those around you by giving them the opportunity to see you in your own magnificence. Giving you the opportunity to share with them that they too may experience their own magnificence, now. For you're moving ahead of the crowd. Stepping out from in front of the mundane, the ordinary. Building into your own magnificence your acceptance of self. You're outwardly displaying that this is the person that I CHOOSE TO BE, NOW! That's right. ... Complete, total choice and responsibility.

Realizing there may have been times in your life when you felt dependent and inadequate ... a sense of helplessness and loss ... times when you perhaps experienced loss of skin color in blotches, skin discoloration, premature whitening or graying of hair, loss of color in the tissues that line the inside of your mouth and nose, loss of or change in color of the inner layer of the eyeball, discolored patches around the armpits, navel, genitals and rectum.

Now feel the vibration increasing in your body. Allowing you to create a perfect balance for health and wellness. Realizing that there may have been times in your life where it served you to experience loss ... and just as that may be the case realizing that you may now choose to change your thoughts and your emotions NOW so that your body derives the utmost benefit for healing. Knowing that your body remembers clearly how to produce pigment through the process of melanogenesis with the greatest efficiency NOW. That's right.

Your Central Nervous System, Immune System, Inflammatory System, Endocrine System, and Endocannabinoid system safely and happily adjust themselves to allow the melanogenesis process to fill in desired areas with melanocytes permanently.

Your body begins the process of melanogenesis - first the melanocytes are born through melanocyte embryogenesis and then the pigment is moved to desired areas through melanosome transfer to nearby keratinocytes.

Your body uses the melanocytes from all the nearest sources of pigment - hair follicles, areas of unaffected pigment, and nearby walls of pigment to assist repigmentation in desired areas.

It is the highest charge of the unconscious mind to have maximum efficiency in the body. Dis-ease causes depletion of body energy. And realize that any dis-ease is... counterproductive to efficiency. So it would be within the charge of the unconscious mind now to maintain the body at the highest level ... the level of efficiency requiring the least amount of energy ... to be productive ... by increasing the vibratory rate.... Allowing for victory ... allowing for healing ... a state of healing ... a state of balance ... which is the highest charge of the unconscious mind, ... preservation of the self ... NOW. With this new balance in your life, this new vibration as you are in charge of every aspect of your life. NOW.

And even as you notice the hologram before you ... in its own perfection ... notice that you may now move towards it. Touching the union ... and actually stepping into it. Stepping into the hologram and feeling it ... feeling it all around your body and at one with you NOW. Your own ... state ... of perfection ... NOW.