



by Sue Van Hook, HTCP

I have spent 11 years on a healing journey since a diagnosis of Stage III breast cancer. Before my mastectomy, I nourished my body with healthy, organic foods according to a macrobiotic diet and I got plenty of sleep. I learned how to meditate. I also continued to walk daily, but I did not dialogue with my cells! In the intervening years I have learned how to do just that. What a difference it makes in how my body responds to surgery, illness, stress, fatigue, even the small daily changes.

Since my cancer, I have also become interested in how our cells work. What did I or didn't I do to weaken my immune system and prevent it from detecting cancer cells? How do our cells respond to the internal and external environment? How are chemical signals received at the level of the cell membrane?

Neuroscience research has uncovered many of the chemical signals that trigger physiological changes in the body during trauma and recovery. These signals include the "molecules of emotion" so well explained by Dr. Candace Pert in her book by that title and also the signals from thoughts described by Dr. Bruce Lipton. In *The Biology of Belief* (2005) Lipton reveals the role the cell membrane plays in regulating cell activity. Embedded in the membrane are protein receptor molecules that sense incoming molecules (or signals). Lipton describes how these incoming molecules communicate what is present in the

environment so that the cell may appropriately respond. What is perceived may be the external environment such as temperature, amount of light, sounds, or the energy fields of others. Cells also perceive an internal environment, which includes our emotions, perceptions and our thoughts. Lipton then argues that we have the ability to regulate our genes to the degree that we change our thoughts and thought patterns. New thoughts will be perceived by proteins in cell membranes that will in turn regulate the expression of different genes – ones used in cell repair, reduction of pain or in generating good feelings. So healing can happen at the level of thought when we choose to engage our minds for our own highest good.

Julie Motz, author of *Hands of Life*, was one of the first intuitive energy healers invited into the operating room by Dr. Mehmet Oz, a cardiologist at Columbia Presbyterian Hospital in New York City. It was the mid-nineties.

After observing several heart transplant surgeries, she became aware of what the cells in the patient's body were communicating. Not only did she perceive the cell memory of the outgoing heart, she "read" the cell memory of the incoming heart and was then able to help the patient understand new feelings and new memories contained in this donor heart. Motz extended her work to prepare patients before surgery and assist with their recovery afterwards. By informing the patient's cells about what to expect during the pre-operative through post-operative procedures, the patient experienced reduced pain, decreased blood loss, and faster recovery time. Motz was soon asked to help prepare women for breast cancer surgeries and children for brain surgeries.

So how can you prepare for surgery in this way? It is simple. Include your cells among those you tell about the impending procedure. Dialogue with them. Let them know what to expect. If you are uncertain, ask a member of your surgical team to explain the details of the procedure. It need not be complex. I was able to test this during a minor surgery I had three years ago. I let my cells know about the insertion of an IV. I asked my skin cells and veins to readily accept the needle that would deliver anesthesia and keep me hydrated. I asked my cells to cooperate in being severed and in accepting all surgical instruments being used to restore my health. I asked them to conserve blood and reserve it for cell repair. I asked them to do all this without pain. Lastly I thanked my cells in advance for their cooperation. I also thanked my team for working together to bring healing. So it was really no surprise when the surgical

pain medication and anesthesia wore off - I experienced no pain. I kept waiting for it, but it never came. The site of surgery bled for two hours, not the predicted week. I have since used this technique for two oral surgeries with great success. I am convinced some of the pain we experience comes when our cells are taken by surprise. Let them know what to expect and they respond with ease instead of fear.

During the three years I have worked with clients in my Healing Touch practice, there have been many occasions where I placed my hands above a knee or missing ovary and perceived the cells still screaming years after a surgery. Even this cell memory can be erased. I was able to ask the skin, muscle, nerve, fat and bone cells at the site of my mastectomy for forgiveness nine years later - forgiveness for not having informed them of what to expect because I did not have this awareness at the time.

At Albany Medical Center, nurses are using Healing Touch techniques to prepare patients before surgery and assist them afterwards. In this energetic exchange between patient and practitioner, the body is able to relax, the breath is able to freely flow and energy goes where it is most needed. In this way our cells are informed and supported. It makes sense. No person likes being caught off guard – and neither do our cells.

Give a lasting gift to someone you know who is about to have surgery. Sue's CD: *Prepare Your Body for Surgery and Recovery* is available through the [Healing Touch Store](#).

BIOGRAPHY

Sue Van Hook grew up immersed in nature and believes that maintaining a connection to the earth is essential for well-being. As a Healing Touch Certified Practitioner, she uses gentle touch to foster relaxation and balance the energy field to support the body's natural abilities to heal. She often uses the Motz intuitive energy methods to identify and assist in the release of emotional memories at the root of pain, dysfunction, or illness. Sue brings her expertise in biology and personal experience with breast cancer, Reiki, shamanic journeying, and active dreamwork to her practice.