

CCDH & The Limbic System

The Limbic System has 2 primary, essential functions. It:

- . Participates in the generation of emotions and emotional behaviour
- . Plays an essential role in most kinds of learning

The Limbic System stores all the frequencies of joy and dis-ease - it is the memory bank of the DNA (like the hard drive in a computer). The application of CCDH works energetically on the Limbic System in line with the laws of physics (using the principle that two energy frequencies can cancel each other out) and introduces the appropriate frequencies for the individual to clear the DNA memory of old, unnecessary junk (extreme emotions, imbalance, etc). It's like running a virus checker on a computer and deleting the viruses! The application of the CCDH system restores balance of this area of the brain and will help the individual look at previously painful emotions in a more balanced and objective way. CCDH restores balance to the electrical activity in this part of the brain, and so previous extremes associated with painful emotions are addressed, restoring emotional health.

Here on Earth, there is no bypassing our University of the Soul (our learning experience) and so all learning has to come through our physical structure - the CCDH anchoring and positive focus exercises are then key to ensure that the individual is able to move forwards with balance and freedom from old habits.

The balancing of mind-body programming is achieved through directly locating and balancing energy meridians connected to the limbic system and autonomic systems.