

# CellpH Love

Breaking The Cycle of Acidic Thoughts

Presented by: Marcy Neumann, The HeartShift Coach



Let me ask you a quick question. **Do you want more?** Think about it...

Do you want more...

More of what? Well how about more happiness, more love, more health or more success just to start.

If you do want more, then **declare it!**

Say it right now, what you want, out loud...**I WANT MORE SUCCESS IN MY LIFE. I WANT MORE LOVE IN MY LIFE. I WANT MORE...** (you fill in the blank with what you want). Say it with authority. Say it to mean it.



Now, how do you feel about what you just declared out loud to me...to yourself..., to the world (and possibly to the dog or cat in the room with you.)



Are you uneasy about it? Do you feel good about it? Do you feel determined to make changes?

*I want you to keep those feelings in mind as we go on a journey tonight about how to get those very things you just declared.*

Today, you will finally learn why love, happiness, health and success have been elusive...why you may see fleeting glimpses of them come and go in your life, but nothing sticks.

And during this program, you will learn exactly what you can do to turn things around.

In fact, I'm going to reveal the **missing link to health and happiness** and how you can use it every single day to start to build the life you want, to transform from wishes and dreams into something real.

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**Welcome!** I'm Marcy Neumann, your Heart**Shift** coach.

Welcome to this incredible opportunity to find out how to get '**more**' out of life. The more you declared just a moment ago...and how to **get it to last** so that your life is transformed forever.

Today you will engage your heart and your spirit... But what does that even mean? ...

That means you will come to a place within you and you will learn to **listen to your spirit, and lead with your heart** so that the rest can **and will** follow. Things like more love, more health, more happiness and more success.

I know that that sounds like a big feat, it sounds like you have a huge challenge ahead of you but the truth of the matter is, this is really the essence of who you are.

What you are going to find out today is this will be much easier of a transition than you could ever imagine because you are reclaiming yourself, **your authentic self.**

I'll come back to that later on in the session...

But know this...after tonight, after having the missing link revealed to you, you won't look at situations the same ever again.

In fact,

- You **WILL** learn to tune in to your feelings
- You won't **react** without thought any longer
- You **WILL** put aside false beliefs;
- You **WILL** begin to recognize negative patterns and behaviors that are weighing you down;
- And...you **WILL** bring forth heart-centered actions that represent what you want more of...more love, happiness, health and success.

**Most importantly**, you will learn to recognize how your **every thought and emotion**, has a direct effect on the pH level of the cells in your body, and how this leads to not only physical distress (illness, disease) but emotional, mental and spiritual distress as well.

Think about that for a moment...every thought and emotion has a direct effect on the pH level of the cells in your body and it **can**, it **will** and it **does** lead to distress on your body, your mind and your spirit and keeps you separate and resistant to what you want (more love, more happiness, more health, more success)

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At this point, before we get into the heart of this lesson, If you are familiar with calling in your guides, guardians, teachers and healers, I encourage you to pause this recording and do so now, in a way that's familiar and soothing to you and call in the energy you need to open your heart to the flow of new thoughts and new beliefs.

If you are new to the process of creating the right energy to allow your heart to open to new concepts, new thought processes, new patterns, new beliefs and new light, that's ok. I'll give you a very basic exercise you can do right now.

Take a deep breath and think of something that made you laugh or smile recently...a funny cat video, a movie line, your friend saying something completely out of character, the funny man dancing in the park by himself...it doesn't matter what it might be, if it made you smile, think about it now. Breathe in deeply as you think about it and as you breathe out, think about spreading that back into the world as light emitting out. You're breathing in the energy of joy and laughter and happiness...you're breathing out the lightness you feel from experiencing it. Smile as you breathe in and out.

As you do this, you are **changing** the vibrational frequency of the energy around you and within you and **creating** a new acceptance, a new consciousness of acceptance and love.

This is part of the transformation process and this is where I'll begin to explain The Missing link to health and happiness, which is C e I I p H Love, pronounced self love.

You see, our thoughts and our emotions are a part of us, a part of our bodies. Our bodies are made up of molecules.

Molecules vibrate and that means everything in this universe vibrates – this is an established scientific fact. Therefore, you, me and every person on this planet has a vibrational frequency all it's own.

Now consider this: Every thought you have and every emotion you feel effects your body and that in turn effects your energy, that vibrational frequency...your vibrational frequency. ..Keep that in mind as you continue to listen.

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Now in order to understand how CellpH Love is the missing link to health and happiness, you must first understand a couple of your body's basic processes.

First, your body depends on a balanced pH level to maintain itself. Not too acidic, not too alkaline.

Your body must metabolize what you take in (external influences like food, drink, toxins in the air).

If that metabolization results in the production of an acid, your body's pH level and your body's cells become acidic.

When your cells reproduce they do so at whatever that pH level happens to be and Acidic reproduction means physical illness and disease.

Second, the internal influences on your body (your thoughts and emotions) also **must be metabolized** by your cells.

**Think about that for a minute.** Let it sink in. **Your thoughts and emotions must be metabolized by your cells.**

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Now, let me ask you to do an exercise. You can write it down or just keep a list in your head.

How would you describe the word **acid** or **acidic**. Take a moment to think about this and write down your answers.

Are any of these on your list? Destructive, damaging, dangerous, harmful, harsh, biting or sour?

Now think about this...when you have unloving thoughts such as 'I am not worthy', I am unloveable, I am too fat, I'm stupid, I hate myself for not

being strong enough to leave a bad relationship, I always end up in bad relationships...these are **ACIDIC** thoughts and they elicit an emotion and then guess what?

Your cells metabolize, your cells reproduce and you have reproduced these acidic thoughts on a cellular level.

Think about that.

You are reproducing a destructive, damaging and harmful condition by continuing to have acidic thoughts.

**These** acidic thoughts and emotions are **destructive** to your being, **damaging** to your soul and **harmful** to your spirit and all of these things change your energy, your vibrational frequency and leave it in a state that keeps you from experiencing more love, more happiness, more health and more success.

Acidic thoughts **change your vibrational frequency** and in essence send out energy looking for the same...and that energy can come back to you in many different forms. (in the form of an abusive partner, self-loathing, lack of confidence, repeated poor decisions, addictions, disease/illness, lack of motivation...and the list goes on and on)

**So there you have The Missing Link** – No wonder you are disconnected and resistant to having the life you wish for.

No wonder there is a gap between where you are now and where you want to be.

Changes **MUST** be made on a cellular level to create a new environment in which your body, mind and spirit are in alignment with what you want (more love, more happiness, more health and more success just to name a few).

**The acidic cycle must be broken!**

So how is it done? How do you **break the acidic thought cycle, metabolize your emotions on the neutral to alkaline scale** and **change** your vibrational frequency and energy to **create more of** what you do want in your life.

## **Answer: CELLpH Love (Self Love)**

You create a new consciousness and you clear a path (a new awareness of love and self-acceptance) by changing the perspective and the reality that has been created in this acidic environment.

You may not always have control of a situation.

You cannot control another person's thoughts or actions.

There will be many things you cannot control no matter how you want to, no matter how hard you try...

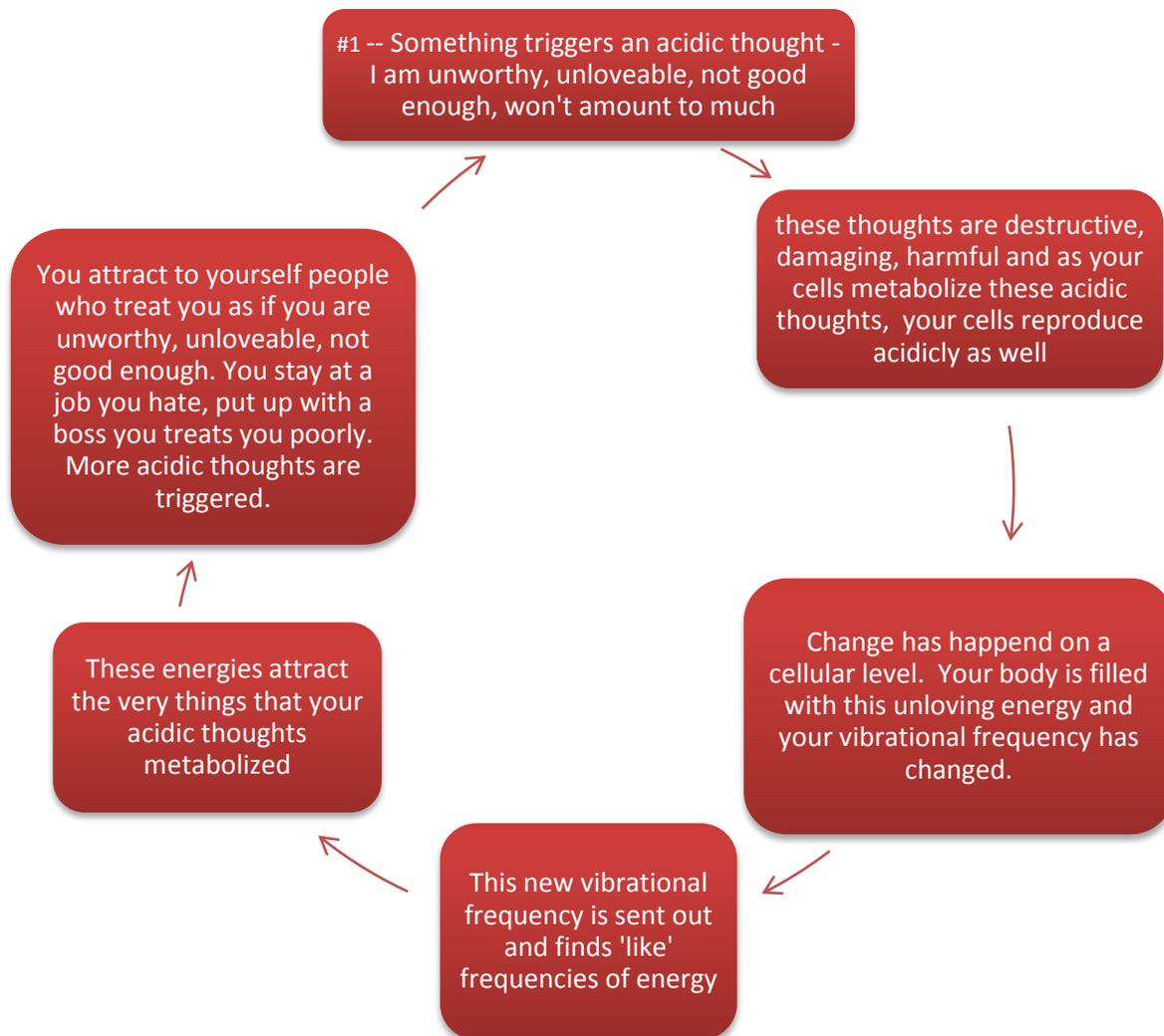
But what you **can** control and what you will **learn** to control is your own **perspective** and **your own response to situations**, thus clearing the path to your new consciousness.

We're talking about energetically shifting your own perception and creating your responses so that you are headed in the direction of your goals and you are in alignment with your spirit and you accept your authentic self with love.

And we do this by breaking the acidic thought cycle and set neutralizing thoughts in motion.

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## The acidic thought cycle:



As you can see, this is a vicious cycle.

It helps explain why you sometimes start out with love, happiness, health, success but something goes awry. It doesn't stick. It doesn't last. And it won't, until this cycle is broken, until you change your thoughts and emotions and create a new consciousness.

**So let's review:**

**Your body metabolizes thoughts and emotion just as it would the food you eat or the liquid you drink.**

**Therefore, acidic thoughts are metabolized on a cellular level and reproduce as acidic cells and in doing so it changes your vibrational energy/frequency.**

**This results in you inadvertently sending out that energy and receiving it back in ways you don't want, in ways that are keeping you small and in ways that resist the aligning of your spirit to bring forth more of what you actually do want (love, happiness, health and success).**

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So in order to break it, let's start at the beginning and that is...

**Where do these acidic thoughts begin?**

Well, first of all, there is no such thing as a random thought. Think about that. **There is no such thing as a random thought.** You don't just wake up one day and say I'm not worthy or hey, I think I'm unloveable.

Thoughts actually begin as feelings. That feeling and the thought process associated with it then creates an emotion. An emotion is in response to past experiences, past beliefs and whether or not you reacted or responded.

But the problem is... you've been programmed to put those feelings, those emotions aside, to ignore them, to disregard them, to turn them off. It started long ago, it's ingrained and **it's on a cellular level.**

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Take a moment to imagine going up to a bonfire and putting your hand right into the flame. Consciously you wouldn't do that because you know from past experiences, from things you've seen, heard or maybe even felt that if you put your hand into fire, you **will** get burned and cause pain.

And yet so often, you put yourself in a situation where you know you are going to be acting exactly the same way, having the same sort of response from an emotional aspect, an energetic aspect.

You'll walk into a situation that you know you may be under attack or you surround yourself with people and circumstances that don't support you or serve your best interest.

And instead of knowing from past experience that this is something you shouldn't do (like sticking your hand in the fire), you continue to **trust the energy of others rather than what your spirit (your sub-conscious) is telling you.**

What I'd like to do right now is give you a few examples of how to become more conscious of your feelings.

- A knot in your stomach
- A shooting pain in your eye
- An empty, sinking feeling
- Cold chills, hair on the back of your neck standing up
- A sense of freedom
- A sense of walking into a soft, lovely waterfall

All of these are feelings that actually show up inside your body.

And of course, it's not limited to just those. Your body is like a satellite system. It receives energy and sends it out again.

Once you begin to consciously recognize that the **physical sensations** you feel really do mean something. That these feelings can be a warning or

they can be an invitation for more, you'll start to understand that the acidic thought cycle can be broken. It **can** be broken. **You** can break it with CellpH Love (Self Love).

**Perception is reality. It's a powerful statement and it is 100% true.**

When you are in a place of consuming and being consumed by acidic thoughts, you are looking at the world through those eyes.

**Every aspect** of your life is actually being created by these acidic thoughts and in turn, they create the way you view the world (your perspective). So let's take a look at that for a moment.

Just because you're thinking acidic thoughts, does that mean you are **actually** creating from that place?

The truth is yes.

Remember, there is no such thing as a random thought. It comes from somewhere and where it comes from is an emotion.

And where that emotion comes from is actually your past history and whether or not you reacted or responded to the messages that your spirit was giving you in a particular situation.

Imagine you are at a party. A crowd is gathered around one person and everyone is laughing, having a good time. Life of the party, everyone seems happy.

You want to experience that same thing, but as you approach and you hear this person's voice, you get a little knot in your stomach. Hmm, must just be nerves. You ignore that and you keep approaching, all the while the feeling gets stronger.

When you are finally introduced, cold chill or goose bumps...you feel something that doesn't feel right to you.

But when you look around, everyone else is laughing. No one else seems uncomfortable...so what happens now?

**You doubt yourself. You doubt your own feeling. You doubt that your own feeling is true** and you start to say to yourself there **has** to be something wrong with me, look around, I can see everybody else is so excited, everyone else seems to believe that this person and their message or their jokes are very worthwhile. **What's wrong with me** that I can't appreciate it?

And so you stay.

You stay in a place where you are uneasy, uncomfortable because of the fear that there is something wrong with you. The physical discomfort grows, maybe in the form of a headache or stomach ache but you continue to ignore it and ignore it and ignore it and explain it away as something other than what it **really** is.

This is a **prime example** of how your spirit is sending you a message but you chose to ignore it or explain it away. This message has a physical effect on your body.

Again...the message from your spirit manifested itself as having a physical effect on your body. But there is something else that happens.

What also happened was when you created thoughts where you began to believe there was something wrong with you, that you were in some way incapable of properly connecting with someone or you were incapable or incompetent to be in a crowd of people of this caliber.

That in turn subconsciously triggers past experiences where you felt exactly the same way. Ostracized as a child for being different, not good enough to participate, shunned by friends, not smart enough or pretty enough or well-dressed enough to fit in.

And what happens when you disregard the message of your spirit is those messages become faint whispers that are constantly in your thoughts and the fainter they become the more ingrained they have become... deep on a cellular level and this means you find yourself more often and repeatedly in situations where you are **completely out of alignment**...and it manifests in every aspect of your life

You continue to ignore the message and create from an acidic place and you continue to do so over and over and over.

This acid circulates in your body and **physical and emotional reaction to ignoring those messages begins to happen.**

- A feeling of dread or fear or anxiety or perhaps even anger.
- Anger may even be there for no apparent reason.
- A knot in the pit of your stomach,
- Maybe you can't even take a deep breath,
- Maybe you feel hot or flushed or clammy.
- Maybe you can't seem to get out of your own way.
- Maybe you can't formulate a clear thought,
- Maybe you've experienced your heart racing or
- Maybe you have a constant feeling that you're heavy and can't move forward.

These feelings and emotions now project an energy that is inconsistent with the real you, the authentic you and your spirit...and as this acid and this energy circulates within your body, pockets filled with the debris and toxins are created.

They continue to be created from that acidic place, a place of fear. Fear: (false evidence appearing real), from that place of false belief.

***When you learn to release these toxins, this debris and change your energy into one of love, into one of love and self-acceptance, into one of loving thoughts – then and only then can you neutralize the acidic thought cycle and break free from it!***

**Let me say that again...**To break the acidic thought cycle, you must release yourself, your body from these pockets of toxins and this debris and change the vibrational frequency of your energy from one of an acidic, unloving nature to a loving, self accepting energy.

**An energy of self love.**

So how do you do this?

**The CellpH love project** is all about creating the opportunities in your life to exercise **only** your loving thought muscles. It requires that you choose thoughts and you choose emotions that are supportive of the essence of your being, your spirit and to **allow** yourself to be set free of the acidic thoughts that energetically are in conflict with your true self.

***But... if it were that easy, you would have already done it, right?***

If you realize that you must change and you must create a new consciousness, there will be a resistance to this change. But why?

First of all, you should realize that this isn't your fault. But you must take some of the responsibility and that is that you did decide to perpetuate those false beliefs.

You see, many of you are raised to do exactly that, to put your own emotions aside, to disregard the messages.

You're told that other people's feelings and needs and thoughts and actions are more important than your own. You're told not to feel this, not to feel that, what's wrong with you if you do feel that. You become numb to it over time and so you ignore the messages.

But the time for that is over. **That was then and this is now.** It's my personal mantra we will talk about how to best use that to make a shift coming up later...

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Nothing is the same as it was a moment ago. A moment ago, you didn't realize that acidic thoughts played that big of a part in why you don't have everything you wish for in your life. A moment ago, your life changed when you realized that some of the physical feelings you get are **actually** your spirit sending you a message that something is out of alignment.

What you know now will allow you to move forward with the Cell pH process.

**CellpH love is the building block for everything that you want to create in this life.** The moment that you start to tune in to how you are feeling and allow and create that communication, you will begin to experience life in exactly the way that you want to be experiencing it; happy, healthy and whole with **more** of what you want out of life.

And it starts with creating the vibrational frequency/energy shift to realign with your spirit and project out what you want to get back.

**You see, love is the vibrational energy your body knows and wants.**

So by creating a more alkaline energy, a loving energy, an energy of self love as opposed to acidic thoughts, your body metabolizes these alkaline or

neutral thoughts and emotions and your cells become renewed and reproduce and are filled with the energy of love.

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When it comes to creating self love and the self love energy, you have to feed and fuel the very thing that you want to create.

If you are giving so much of your energy up to your past, to past reactions, responses and to your belief systems that these past reactions and responses were based upon, you can't possibly have what you need to create what it is that you want.

So let's move forward and let's talk about what it really takes to love yourself and create this love energy and frequency.

Is it just about going for a pedicure? Is it just about having a weekly massage? Is it just about eating the things that you love? No, it isn't. Those are all part of it, as long as they make you feel good but the real key to loving yourself is that it's actually loving yourself enough **to be authentic at any given moment.**

You must be able to embrace every aspect of yourself, the good and the bad and to recognize the importance of it. You begin to look at the experiences that you're having in your life and recognize that every single one of them is serving you in some way (some good, some bad) and it's creating a more expansive manifestation of yourself. So choose those experiences wisely.

And how do you choose them? You choose them simply first of all by **tuning in at any given moment** to how you are **feeling. As you become more aware of this process,** you become more powerful in your ability to choose the experiences that serve you well.

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Remember, it's the sensations of the messages of your spirit that will create an emotion. The emotion is created upon how well you listened to your spirit initially.

If you ignored it time and time and time again the emotion that's created is one based on fear.

BUT, When you are connected to your spirit and your cells are filled with the energy of love, **no fear can be present.**

The vibrational frequency of those two energies is so far disconnected you **cannot experience both.**

Let me say that again. The vibrational frequency of the energy of fear and the energy of love are so far apart that you **cannot** experience both at the same time.

If you recognize any experience or emotion whose basis is fear, you are out of alignment with love, and when you are out of alignment with love you begin to feel disconnected, you begin to feel separate.

All of your thoughts that will be created from that feeling are thoughts of being separate and disconnected and then more fear is created and then the false beliefs are triggered once again and you begin to believe them to be true...and you are right back in the acidic thought cycle, that quickly.

**Do you see how quickly that can happen if you're not consciously in tune with your spirit?**

Let's switch gears and talk about love for a moment. Love is real. It is the real belief, the true belief. It is what your spirit wants, what your body

needs and what your heart is open for. It's a conscious choice on your part whether you choose to be the energy of love. Now, you can continue to give power to acidic thoughts or ... you can choose to create the self love energy to move forward.

Every aspect of your life is determined by the amount of self love that you have activated within it. You see, this frequency of self-love, this energetic frequency is one that is completely in unison with your spirit. When you begin to invite that energy in, into your heart and into your body on a cellular level, you shift the energy frequency of yourself, of your whole being. When you do that, you create the opportunity to attract other things into your life that are in alignment with what you want (love, happiness, health, success just to name a few)

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So how do you start to move into a self-love energy and frequency?

### **Step 1 – Declare your intention**

You start by making a declaration. Declare that you are here and aware. This is important. Your intention right now sets the vibrational frequency and for everything that follows after it.

It sets the intention for your thoughts, for your actions, as well as for the future intentions that you will create.

Remember everything that you do comes from your spirit and your heart, the essence of your being and the more distant you are from receiving its messages, the more distant you will be from actually experiencing life the way you wish to experience it.

So make the declaration and set your intention. You can start with something like this.

I WILL become more aware of the physical messages my body is sending me.

I WILL evaluate the situation in which these messages manifest themselves and recognize the past memory or belief that is causing this disconnect with my spirit.

And then add an I AM statement. Something like this...

I AM in control of creating my health and my happiness.

## **Step 2 – Deserve what you declare**

One thing that is essential in the Cell pH process is to understand how deserving you are. You deserve to be in alignment with your spirit. You **deserve** to know your authentic self and show your authentic self to the world. You **deserve** to have the energy of love fill your cells and reproduce a loving environment within your body.

And so each and every time that you can abandon the belief systems that are *no longer serving you*, those that are keeping you small, those that are preventing you from having everything that is waiting for you, you must do it.

Each and every time you can put those aside, you take a step closer to actually living life the way you are meant to live and **that is** with more love, more happiness, more health, more success....live with '**more**' of what makes you happy and healthy.

## **Step 3 – Forgiveness Starts the Shift**

This is a hard one for a lot of you. But, it is a key part of the Cell pH process and in order to make lasting changes and create a new consciousness and vibrational shift, it is essential.

When a part of your past...a belief, a memory, past history, past responses, any part of your past has stood in your way and kept you from living the life you were meant to live, it's time to own it, accept it, even thank it for being part of who you are and then **letting it go**.

That's right, own it. Accept it, thank it and then let it go.

Instantaneously forgive yourself for all the time and effort you've spent continuing the false belief or false evidence that's kept you from letting in the love energy to align your spirit. Forgive any part of the past that has stood in your way.



To do this, take a nice deep breath in. Breathe in, breathe out. Invite the energy of love in, the life force energy that knows only love. Then state:

- I acknowledge that I have held on to my past.
- I acknowledge that my past is holding me back from my future.
- I acknowledge that to move forward, I must own my past, accept my past, thank my experiences and beliefs of the past and then let it go...let it ride like the wind out of sight carrying with it old patterns or beliefs that are no longer in alignment with my spirit.

Now declare to yourself:

- I AM here now and I AM dedicated to aligning my spirit
- I AM here now in direct communication with my spirit, my soul and I am declaring
- 'That was then and this is now'
- Say it again: That was **then** and this is **now** – That was then and this is now.

Allow the energy of those simple words to make their way through your body and through your mind and through your heart. As you say these

words, realize that your past is just that. **It was then.** Allow yourself forgiveness. Allow it to be instantaneous.

You are here now, you **are in the now** and only **you** can allow a memory to claim any power in the here and now. Open yourself to the energy of love and as you forgive yourself and you let go of your past, you open space in your heart to receive this self-love energy.

That was then and this is now.

You see, nothing can ever be the same as it was even a moment ago. When you engage your intention for change, change occurs...cellularly...energetically.

Your will is a powerful force in the universe.

The moment you focus your attention into forgiving, changing, being willing to change, being willing to let go and willing to let in you are creating that new consciousness, the new self-love energy, the new vibrational shift and in essence a new partnership with loving yourself.

#### **Step 4 – Resist the resistance**

And so as you go forward, if you feel resistance you need only to apply those words ‘That was then and this is now’ by taking a deep breath and breathe them into any part of your body where you actually may feel that resistance staking its claim.

Every time that you breathe your breath in it seeks out all the areas within you where it can reawaken your memory of your essence, the truth of who you are.

The moment that you can soothe yourself of any anxiety that you are feeling, you feel it in every aspect of your body and your mind it isn’t isolated. That’s how quickly the energy reaches its points.

*Remember, any time you allow your memories to have power over you, you **cheat yourself** from the power that is right here and right now waiting for you to utilize it.*

### **Step 5 – Stay in the heart space and in self-love energy**

Once you get there, how do you stay there.

First, you must know that it is very easy to fall out and fall back into the acidic thought cycle. It will happen and it may happen more than once. But the CellpH Love process has given you the opportunity to know when it happens and what to do to turn it around.



As you become diligent in tuning into how you are feeling at any given moment, you exercise those loving thought muscles.

And as you continue to exercise those muscles, you open a new path of communication directly with your spirit to interpret all the messages your spirit is sending you.

And then the moment that you create an action that is in alignment with those messages, you will begin to manifest what your heart desires. More love, happiness, health and success can be yours and will be yours when you embrace the Cell pH process, break the acidic thought cycle and shift your vibrational frequency to a self-love energy.

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As I close out tonight, I want to just recap what was discussed. It was a lot of information packed into a short amount of time.

Tonight you learned that your every thought and emotion has direct effect on the cells of your body.

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1. Acidic thoughts are metabolized and acidic cells are reproduced, causing physical illness and distress.
  2. Acidic thoughts and emotions are a vicious cycle that must be broken in order to change your body's vibrational frequency.
  3. Only when this frequency shifts, will you be able to attract to you what you actually want more of in your life
  4. You make the shift by learning to tune into your feelings at any given time and listen to the messages your spirit is sending you (you no longer ignore or explain anything away)
  5. And you also learned that you make sustainable changes by shifting on a cellular level.
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If the Cell pH project is something that resonates with you and you want to know more about additional training, go to

[www.marcyneumann.com/selflove2](http://www.marcyneumann.com/selflove2)

Thank you for joining me this evening.

As always, if you have any questions you can connect with me on Facebook (go to my website [www.heartshiftcoach.com](http://www.heartshiftcoach.com) and like the page to post a question) or better yet, let's connect in person to discuss how making cellular changes can help you get everything you want in life.

Again, thank you so much for joining me this evening. I look forward to hearing from you and celebrating the heartshifts you've made

Until then, I remain your HeartShift Coach, Marcy

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