

We can self-heal like animals. The Natural Immunity Secret

This story begins in Nature's greatest and most beautiful secret, which explains Life's power, Health and the Integrity of a being.

The Universe is intelligent, more than we think, and it shows itself as Nature, an extraordinary force, which explains the survival and the Natural Order of interactions. This force allows a small seed to pass through the soil to be born without breaking itself, and enables animals find their own food and heal themselves.

This force explains what remains to be understood in the scientific world about the Universe, life and everything.

It is a power that changes the way it is seen over time. It accompanies us in our evolution. It envelops you, inside and out. All beings feel this power with certainty, although we do not know it consciously, since it is within all the species on the planet, and possibly beyond them.

Yes, Nature is self-healing and humans can do the same, just with what we have around us. It is a universal law that exists in the Universe to promote evolution, and it is the most powerful Immunity that exists. Nature has regenerated itself for millions of years. I do it too, and I want to explain how it works so that you can do it too.

What I am going to tell you about is Medical Science without Time, which fuses the wisdom of Nature with the Universal Language of conscious intelligence.

**Meritxell Castells
Reykjavik April, 23 2021**

Natural Immunity

1. Ecosystem Identity

Living beings are organized to survive and develop, and everything is organized for it. Health is being what you are. In this first part I explain the basis of natural survival.

2. The interaction: "I and The Other"

Immunity is not defense. To become strong is to learn to interact without being annihilated. Its purpose is to make you strong, to be able to sustain future challenges. Here I explain the secrets of relationships, be it with a human being, with a virus, with our home or our environment.

3. The universal Language, The Code of the Universe

This idea means maximum information in minimum expression. In this third part I explain Self-healing brought into our lives. Everything around us consists of information fields (wave-particle duality). Making it conscious, brings us closer to understanding reality from our integrity, using the two hemispheres of the brain.

NATURAL IMMUNITY 1

Ecosystem Identity

By Meritxell Castells
Reykjavik April 23 2021

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Nature has shown us that if we stop doing things contrary to it, it regenerates itself. Our bodies do the same, you just have to understand the body's language and accompany it. The self-healing potential of a being is the most stable and consistent immunity there is.

Yes, we all have a “superhero inside” and it works naturally when you let it do its job!

**There is only one disease, the
blockage of our self-healing
potential**

**It doesn't matter what illness you
have. If your "Super Hero" works,
it heals it**

Now let's see how
this works



Let's go study the Laws of
Nature!



LAW 1

CONNECTION

In the Univers, in Nature, and in any living being, organism or ecosystem, all is connected. Is the way a being survives and gets what it needs.

What is an Ecosystem?

Examples:



A star



A country



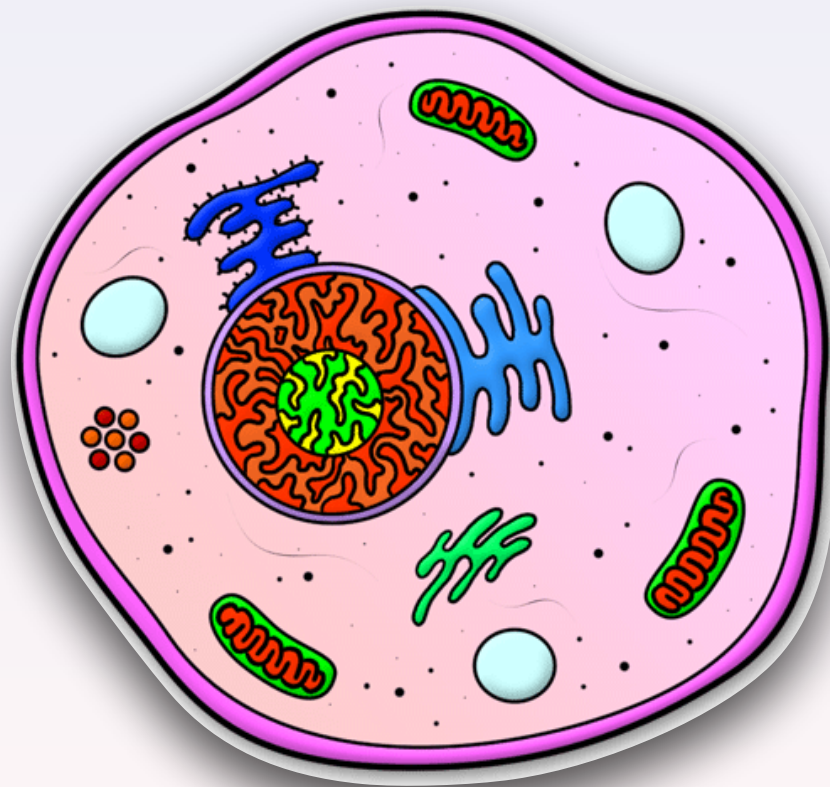
An animal



A planet



A tree



A cell

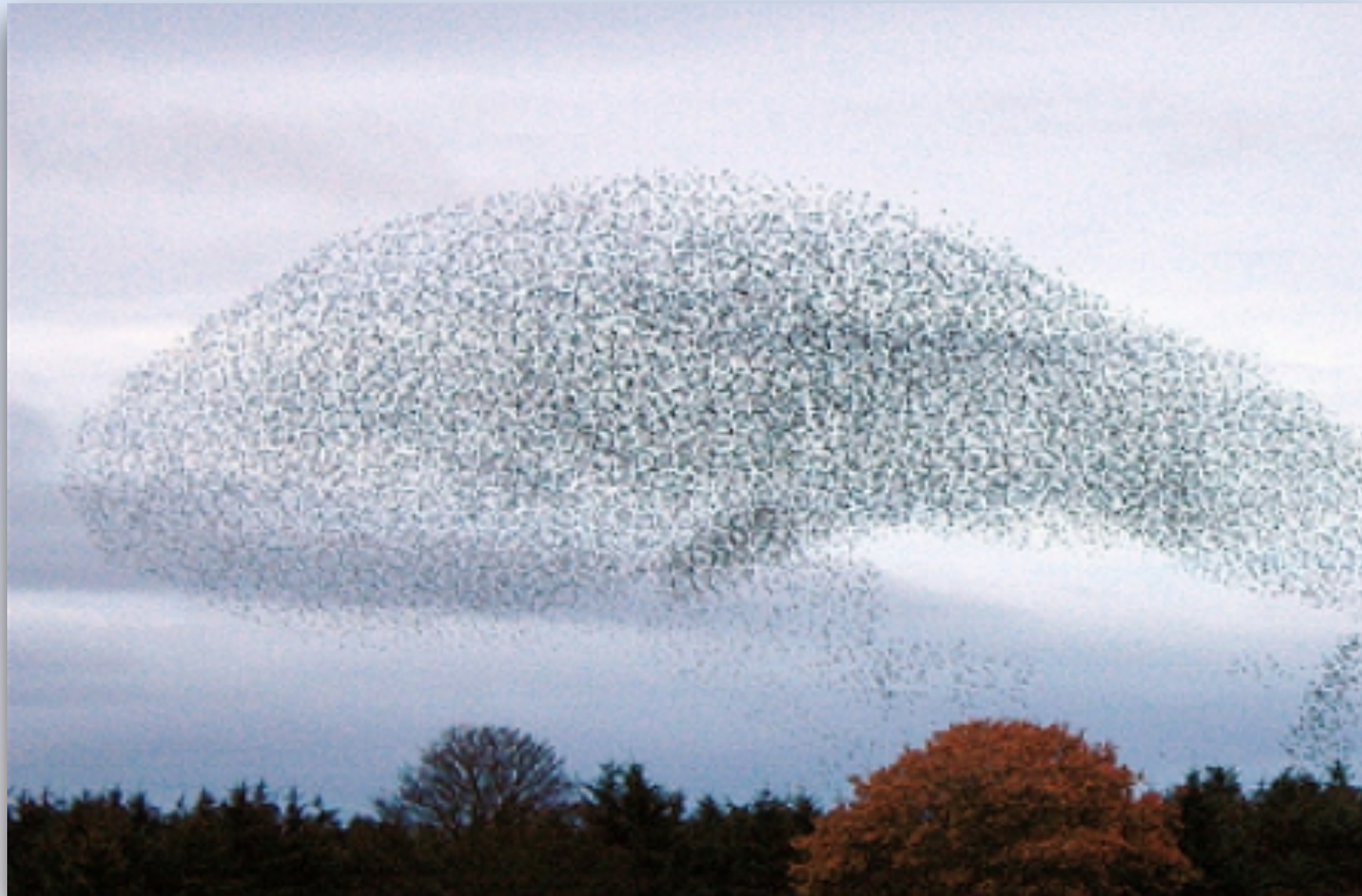


A human



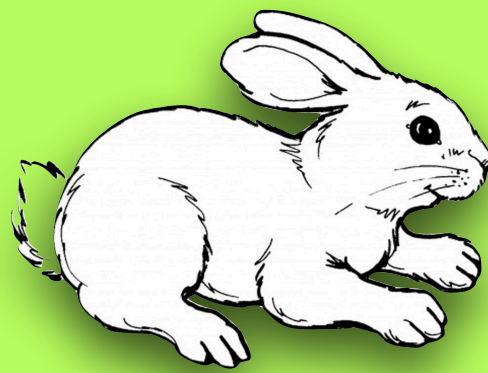
A Family

They are telepathic?
No... They communicate because they are the same brain



To understand Nature, think collectively

How does the capacity to survival work?



When a rabbit is hungry or needs to be cured, its instinct tells it where to find food or what will cure it, and it knows this because it is connected to its ecosystem.

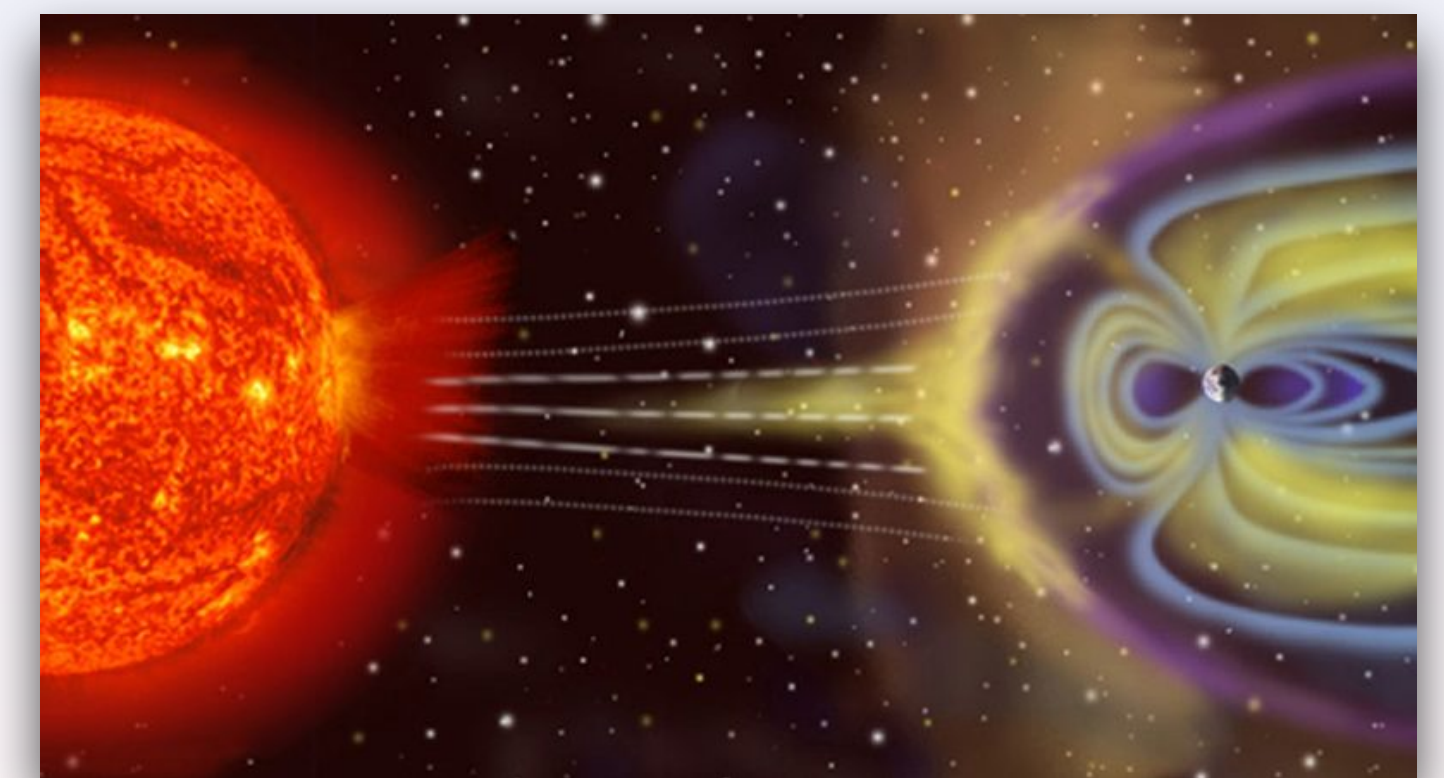
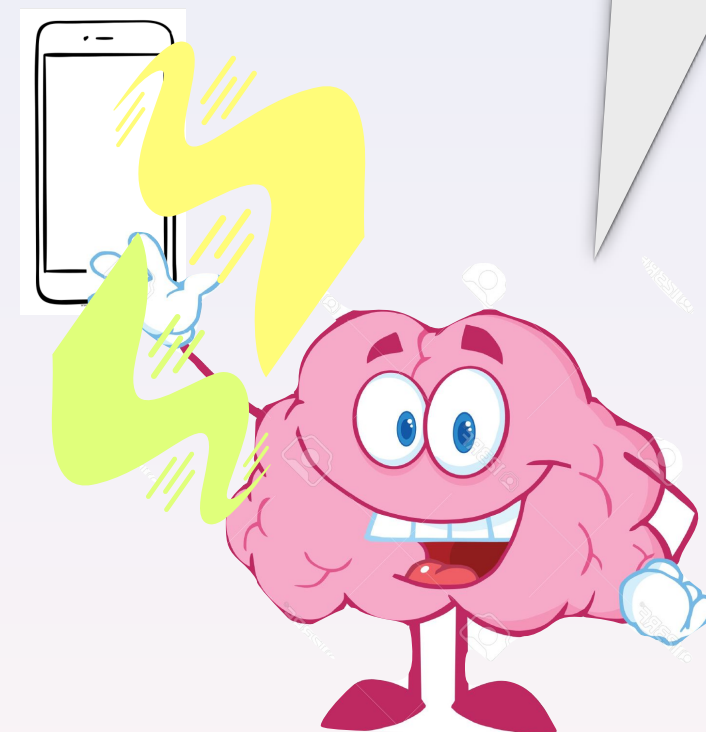


The whole ecosystem is connected because it is the same brain.

In the Universe connection is everywhere



The Universe is electric. There are currents that connect everything



Critical mass also explains how connected we are



On an island in Japan, some scientists taught a monkey to wash a sweet potato, because by removing the soil it can be eaten better. That monkey taught other monkeys on the island to do the same. Some time later, scientists discovered that on another island far from the previous one, monkeys knew how to do the same.

How could this happen? The monkeys were on different islands, isolated from each other. The explanation is that, when a certain number of living beings learn or think something, it is activated for the entire species.

I told you, to understand Nature, think collectively



LAW 2

The maximum in the minimum

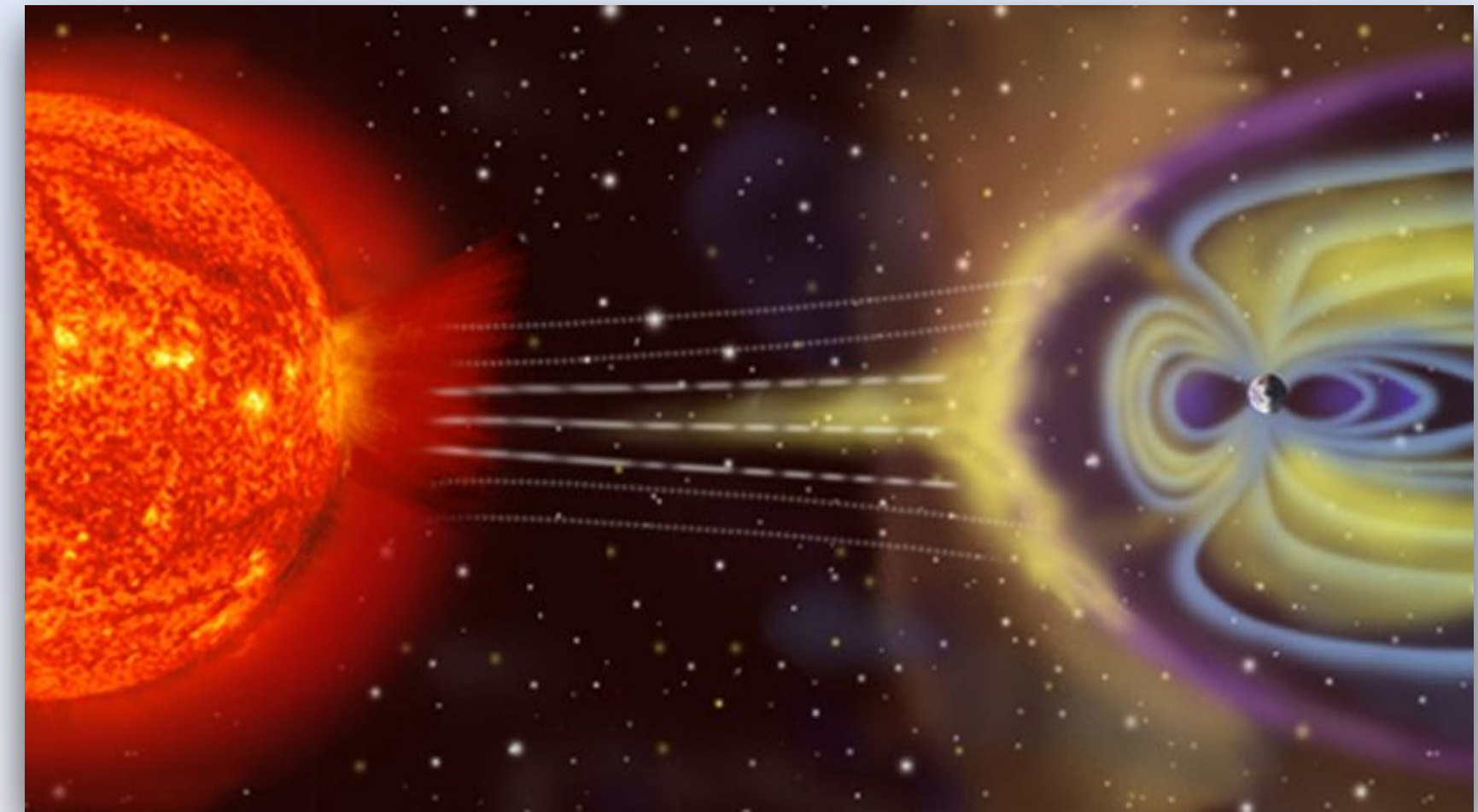
**The Universe is intelligent and it shows us in its beauty. The most beautiful is something that expresses the maximum qualities using the minimum energy expenditure (optimization).
This is respect, strength, integrity, and intelligence.**

**From this law forms are born
In the form is the Information**

In the form is the Information

The information show identity

The form is the "limit", the contour, the place where a being identifies and makes exchanges with its environment, as occurs in the cell membrane, in living beings and in stars.

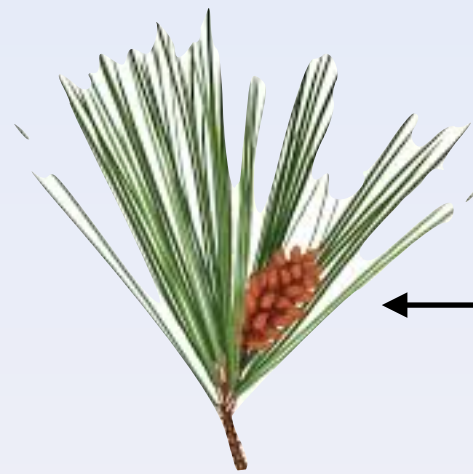
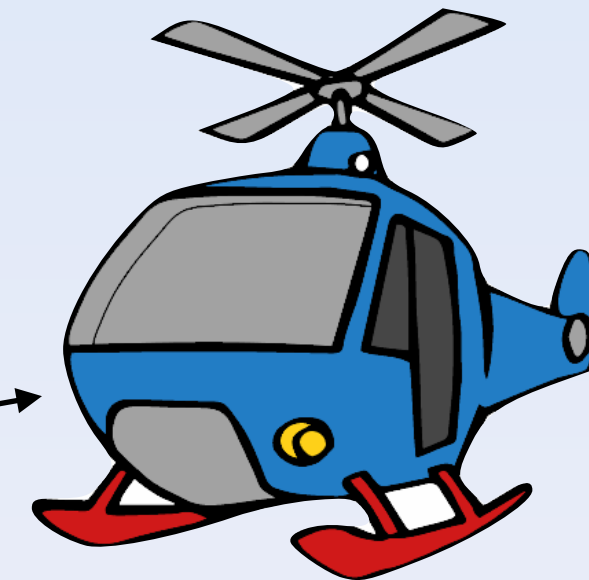


Example:

The bee is an intelligent animal. In the hive, honey is stored in hexagons, which is the best mathematical way to pack whatever you want while taking up the minimum space. This is smart! It get the most while spending the least (optimization)



The most abundant forms of Nature



The Sphere protects

The Spiral wraps

The Helix holds onto

The Angle penetrates

The Catenary holds

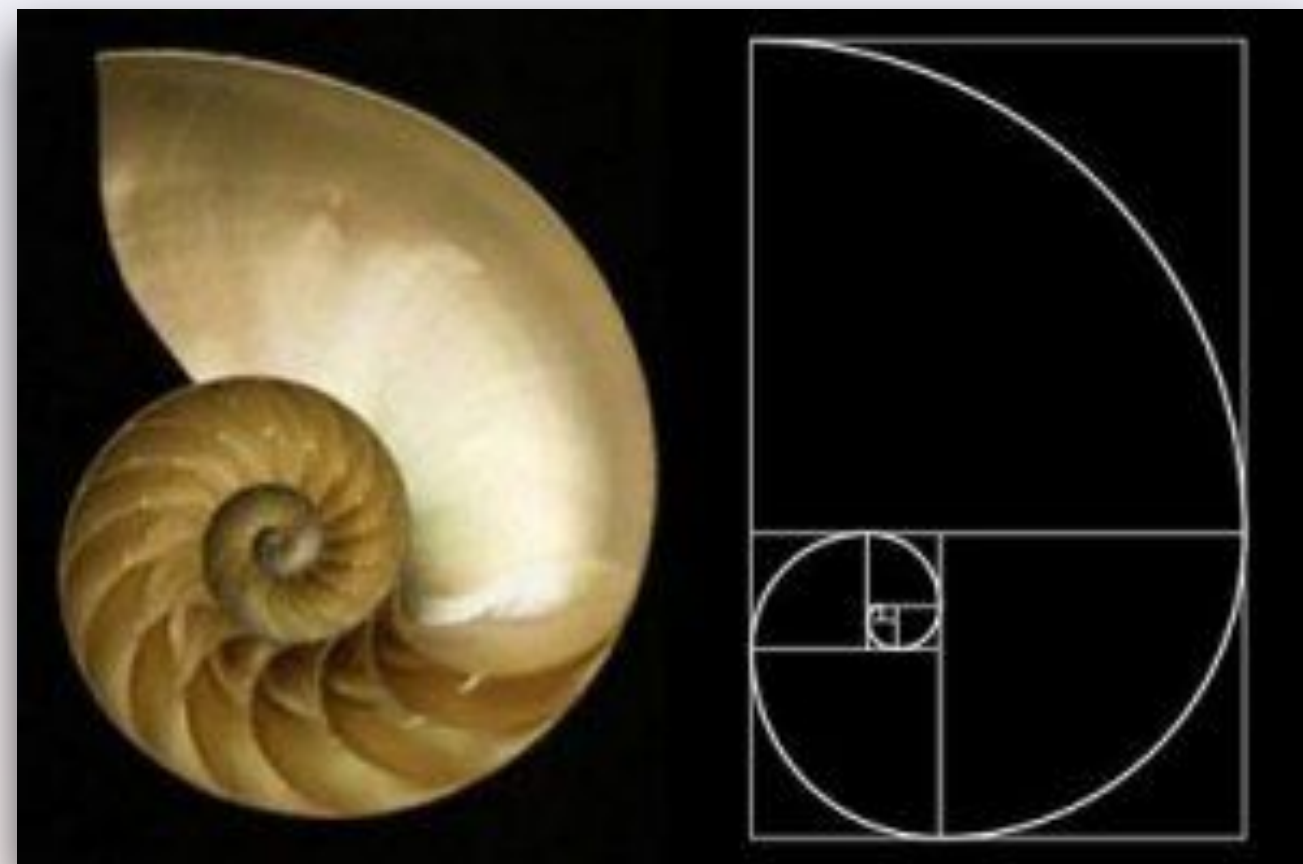
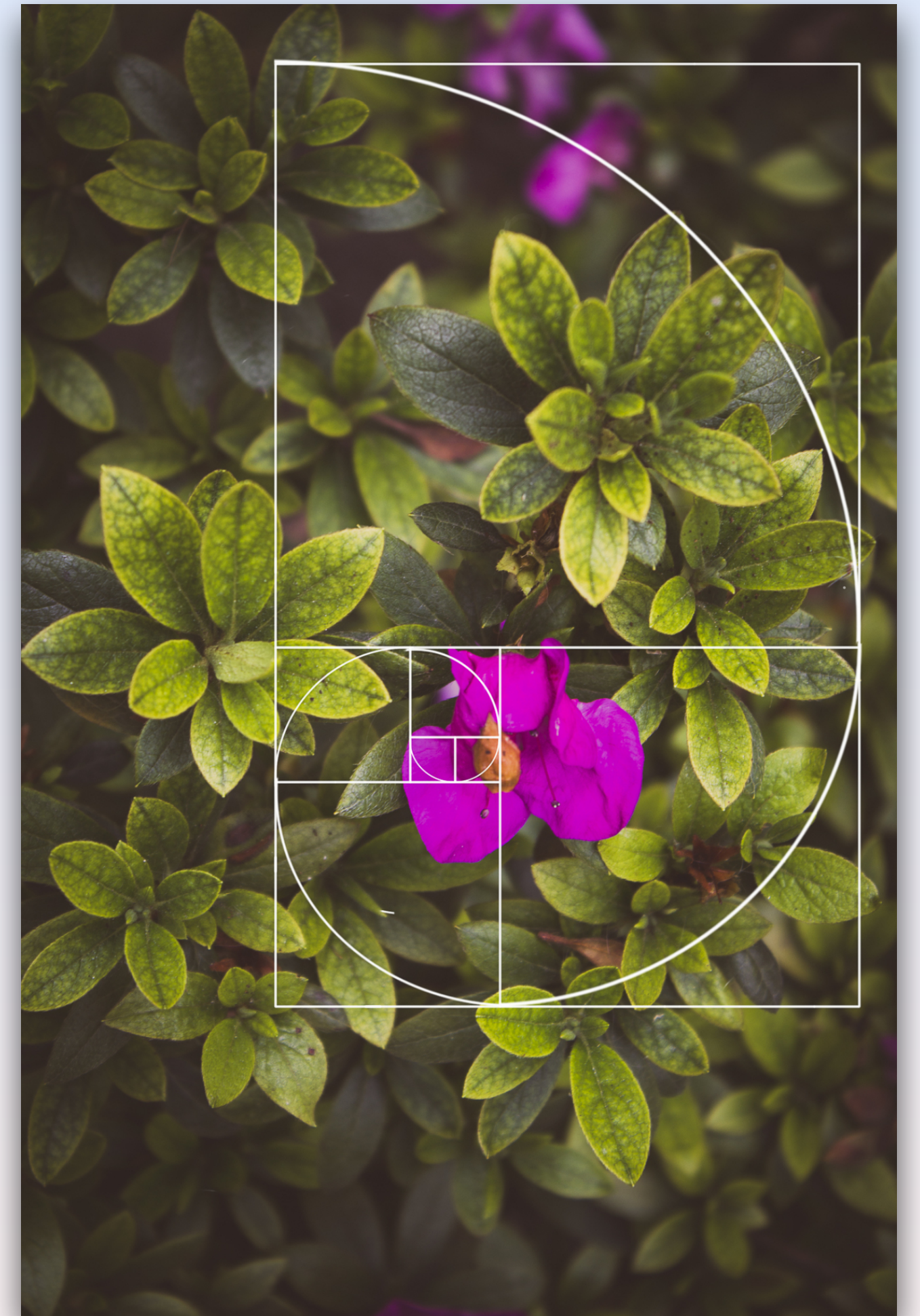
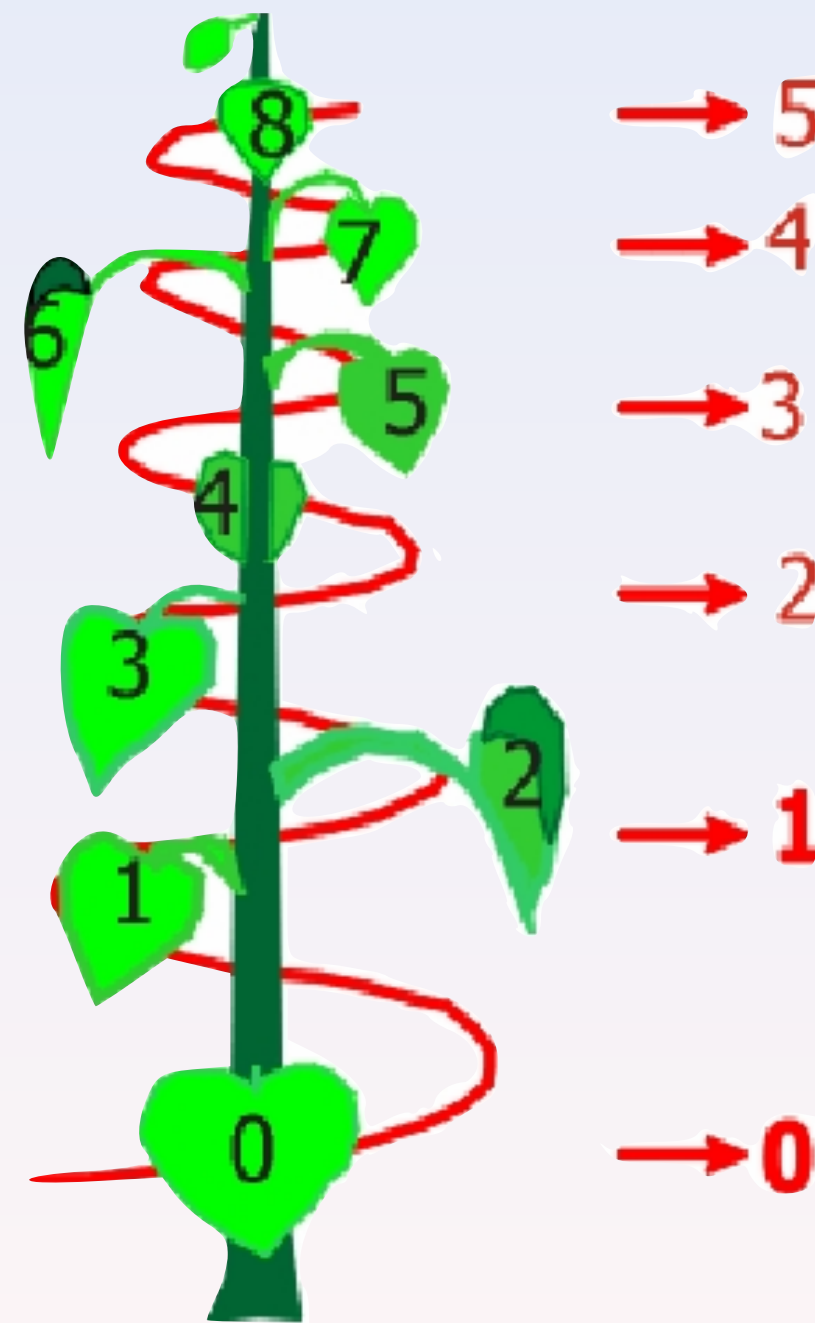
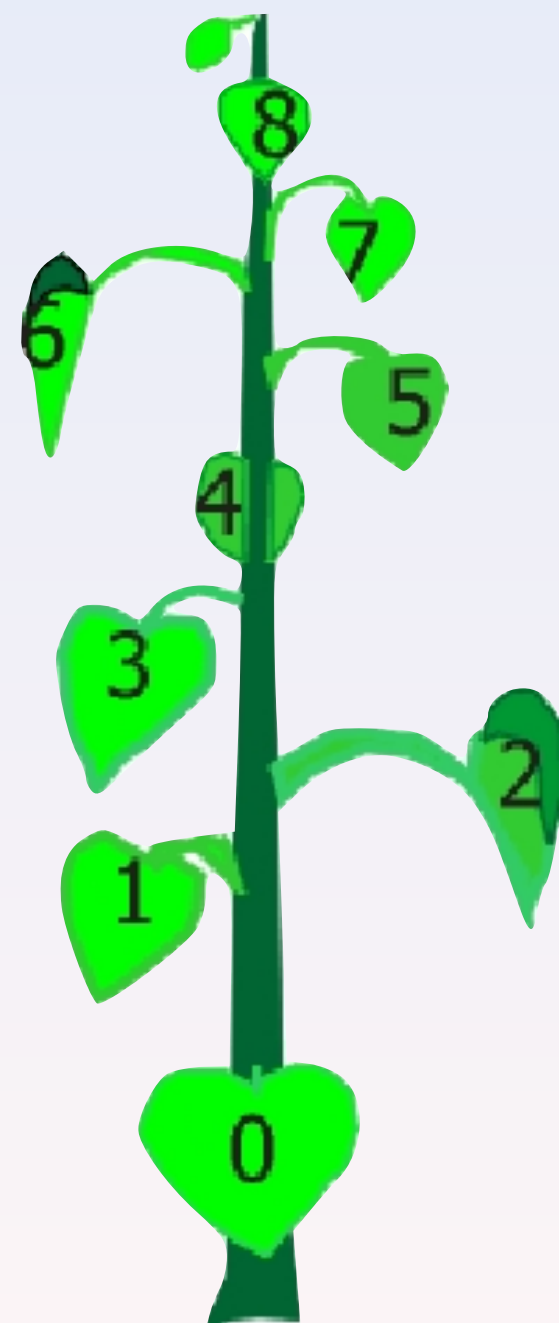
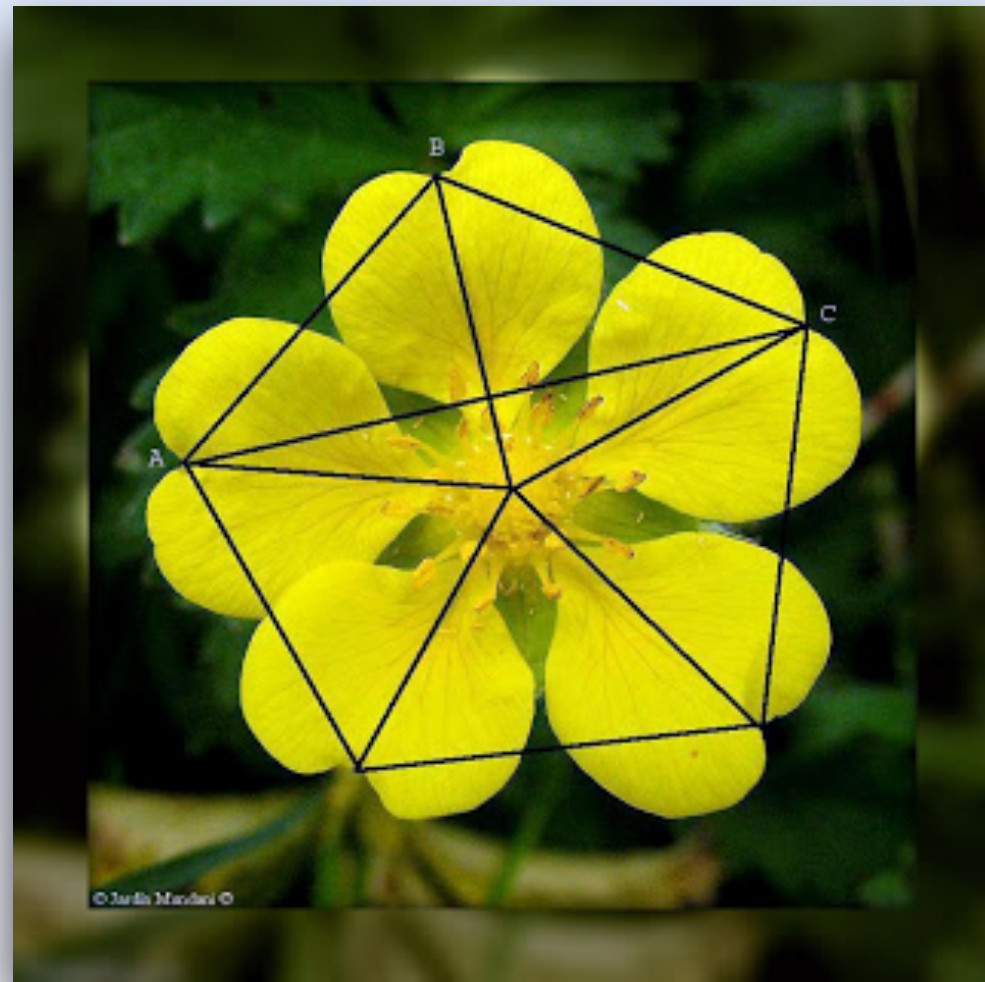
The Hexagon paves

The Wave communicates

The Fractal colonize

Beauty is mathematics, it is intelligence

The Golden Ratio in Nature



The sphere is the most abundant form in Nature



It is the one that best resolves our uncertainty

The sphere moves in all directions.
It does not have a preferred address. It represents the Integrity, and the power to access all possibilities



The sphere represents
wholeness, an entire
ecosystem

POWER = "I CAN"

I can access all my
possibilities, I can access
everything that I am. And if I
get to everything
(connection), I heal.

That is why I call our immunity
"the power of 360°."

The Natural Power



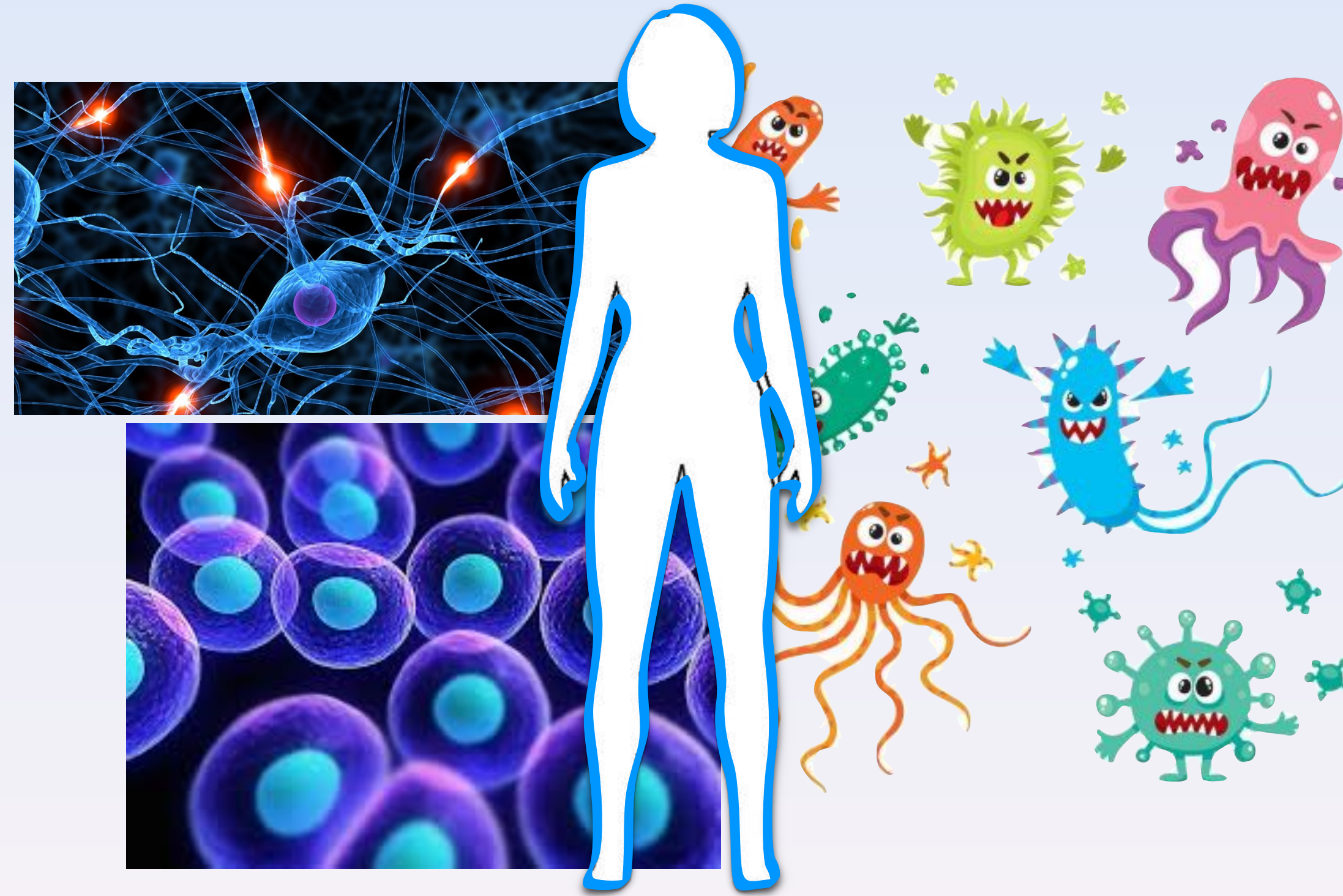
A school of fish is a collective brain

The foundation of integrity is
CONNECTION

Being connected is the way to access all
my possibilities (the power of 360°).

It is the power of the collective
It is what has happened in Nature for
millions of years

Your body is your team



Cells, microorganisms... They all contribute to your survival.
Your health works if everything is connected



Why?

And to answer that
question, we move to
the 3rd Law of Nature

3rd LAW

The Natural Order of Interactions

What happens to us is part of a chemical order that determines the interactions. It depends on your biochemistry and is organized for the survival of the species and its development.

It is a very powerful arrow in Nature, and our ecosystem is organized for it.

Therefore, you will never come across something that you cannot solve.

It is chemically impossible.

Everything you find you can solve
Because everything you are going to find is within your
"sphere" (your ecosystem).

It is your "field of possibilities"

That is why connection is the basis of strength, because being
connected means being able to reach everything.
And if you can reach everything you can survive.



Natural knowledge means being connected
Therefore everything is clear
You know everything about your ecosystem even if
you don't know it consciously

We can know exactly what time and where the Sun will rise in
1000 years. Nature is predictable.

The Universe is an extraordinary manifestation of beauty and
intelligence. Every phenomenon has an explanation even if you
don't know it yet.

The purpose of a being is to exist as it really and truly is.
For this reason, each living has its purpose and no other.

Health is being "yourself"

POWER (immunity, strength) is to be yourself

In our body each cell knows what it
has to do. The Universe is
intelligent, you just have to let it be
itself.



Red blood cells carrying Oxygen

Power is being yourself!



Identity is Power

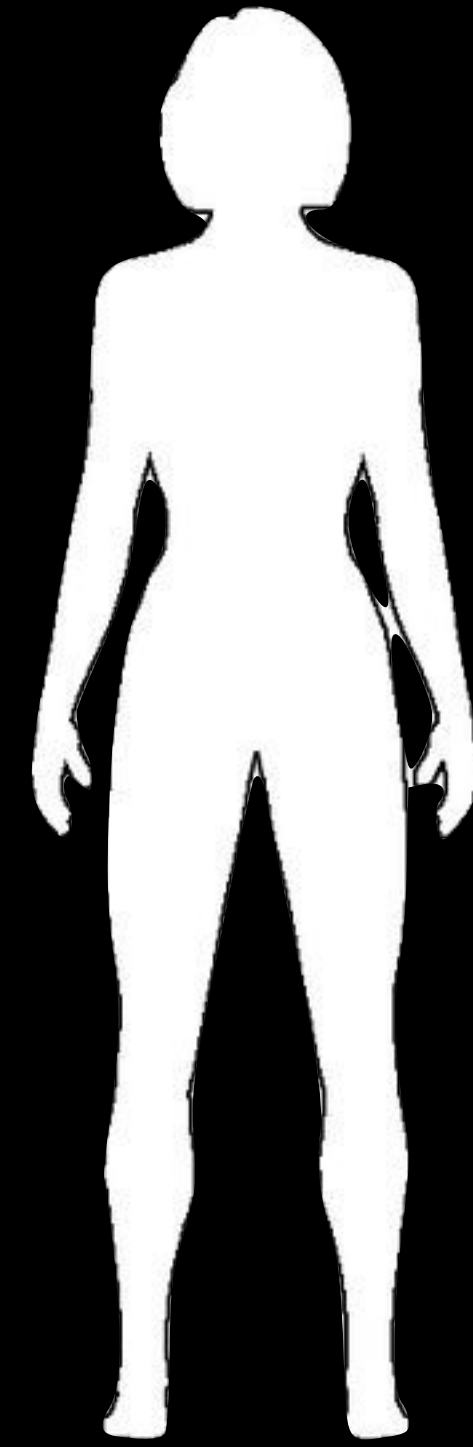
Power is Integrity

It is what you are (like the sphere)

Power is accessing all your possibilities

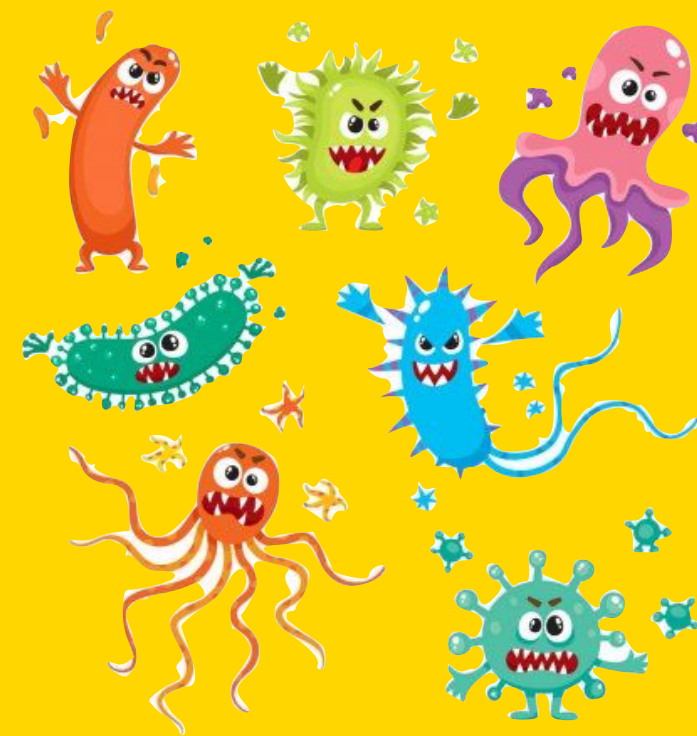
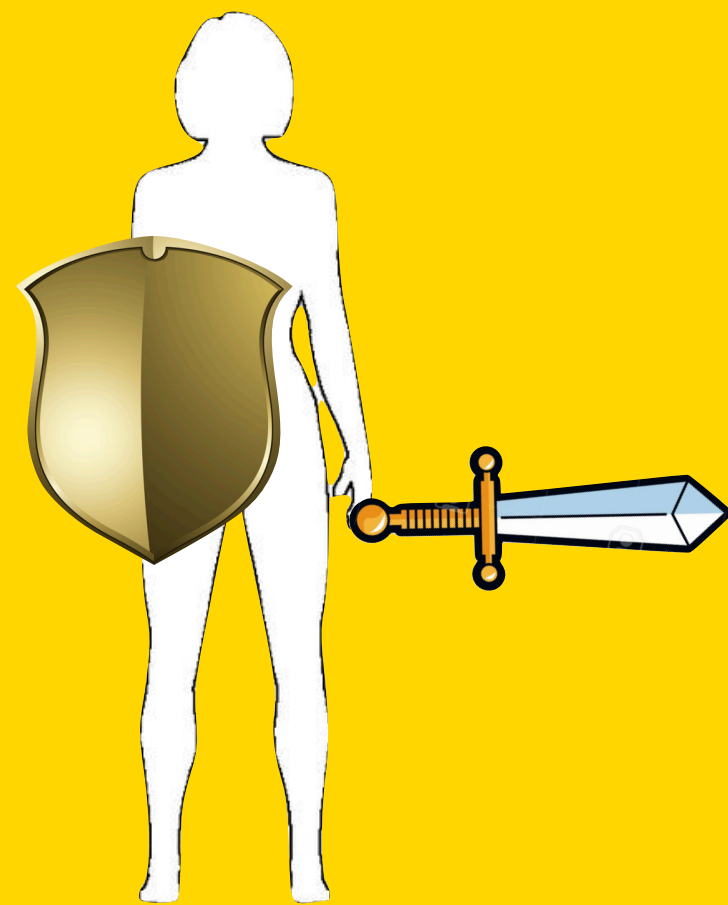
**If you access, you survive, because the cause
and the solution, the question and the answer...**

It's all in your ecosystem.



Your body is not your enemy
Neither is your natural ecosystem

When you reject that which is part of your world, your world becomes disconnected



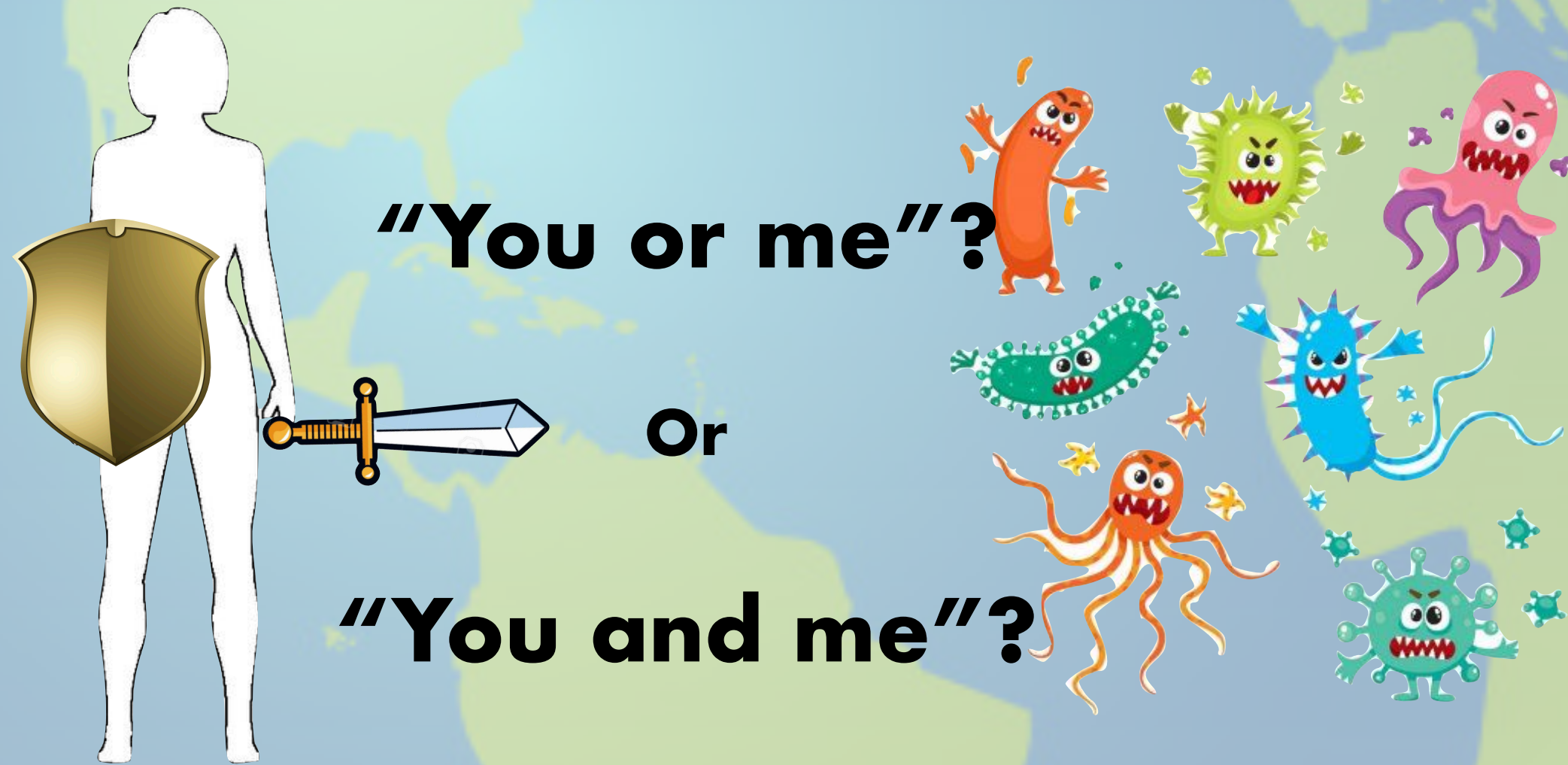
Most of the time the cause is an idea, a prejudice. When you understand that your world is not your enemy, everything turns in your favor. Your natural immunity works and you fix what was going wrong.

The Challenge

Integrity is the strength of coexistence, and not rejecting your world (if you reject you disconnect, and then you lose integrity)

When "You and me" can coexist without canceling each other out, we generate strength, beauty, intelligence and integrity.

Diversity equals natural strength, inside and outside of your body



STRENGTH

Immunity means strength. It is having the integrity to coexist with all of the organisms on the Earth without getting rid anything, because every organism in an ecosystem in its natural state has its function.

The Earth in its entirety is the most powerful immunity that exists, so as to be able to enter into interaction with organisms from outer space.



"You and me" together are the best team

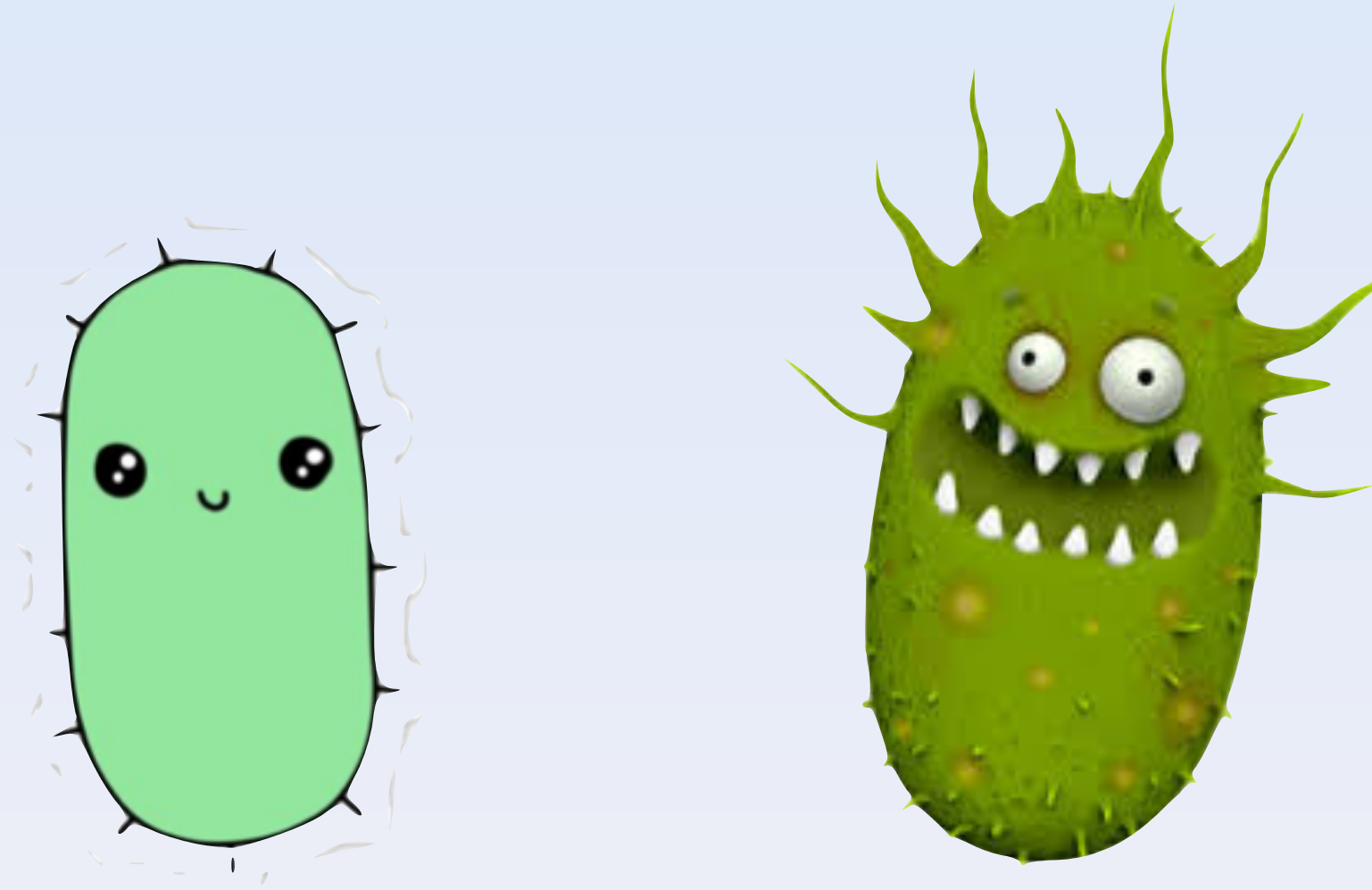
In conditions where INTEGRITY can blossom , a living being has everything it needs to survive and prepare for new challenges

Before we go into outer space, we must resolve Earth's immunity

True immunity is the natural one, because it is the one that works in all the possibilities of your ecosystem, and the one that is prepared to develop extra-planetary immunity

Truth is coherent with everything

Balance-Unbalance



This is an intestinal bacteria, it is called E.Coli, and it helps us to digest. But when the conditions of its environment change, it becomes aggressive. The solution is to restore its natural environment. Then it returns to balance.

The worst thing that can happen to a being is to stop being himself



When an organism becomes ill (it ceases to be itself), if you do not interfere it, it restores itself, and returns to its natural state. Nature does it like this, that is true healing.

Life returns to its balance if you let it be itself.

**Every living being has a super-power, because we
are part of nature**

This super-power works by itself when you allow it to

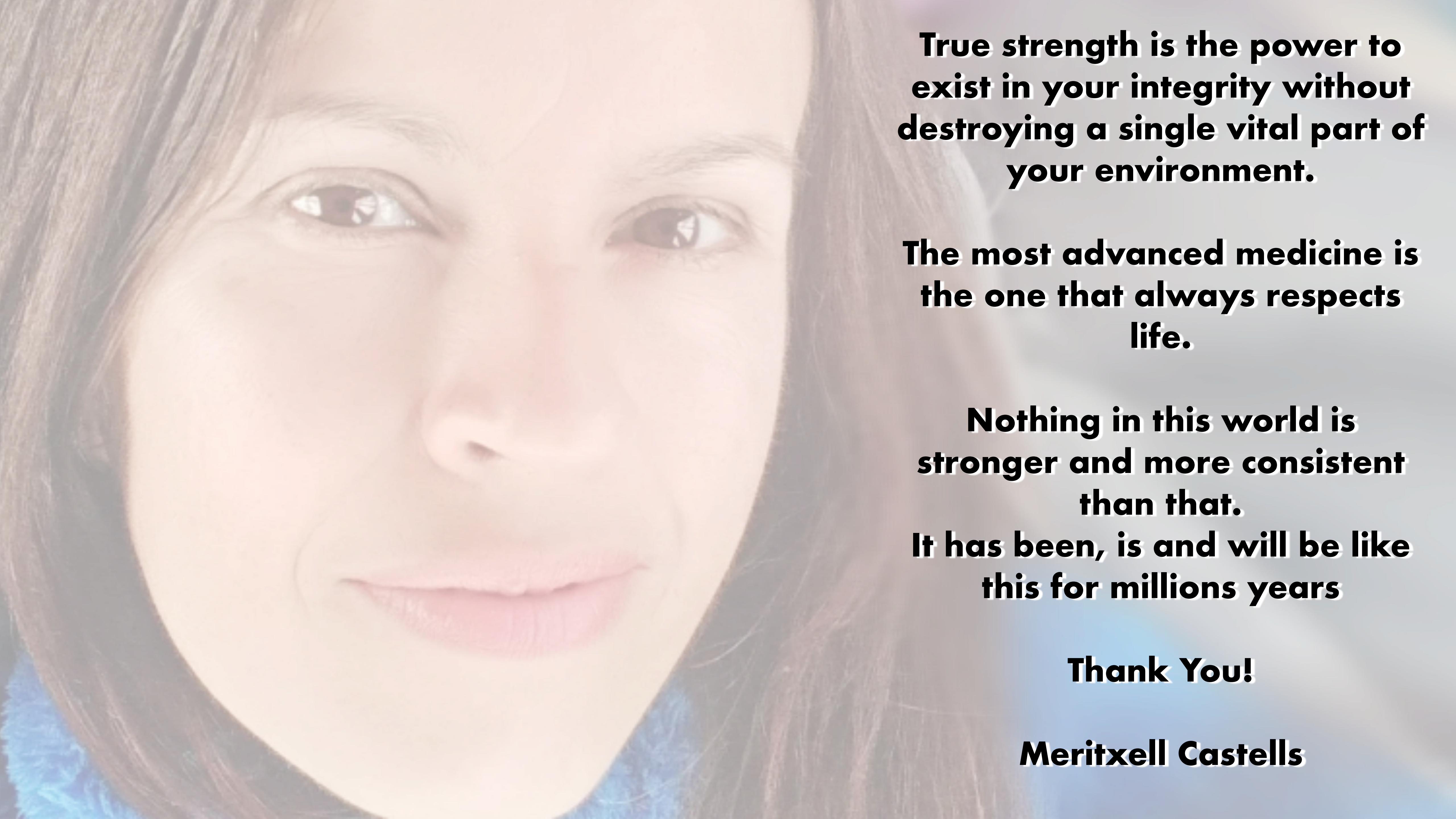
Health is being what you are, your natural being

A disease is a door to something that is not right in your ecosystem. Seeing it and repairing it fixes the root problem, and prevents the serious diseases that we see in today's society.

Advanced Medical Science always fixes without damaging, also taking advantage and developing itself and your environment.

And what things interference with your natural immunity?

- **False thoughts:** When you think that you cannot heal yourself. Think that you do not know (yes you know! Your body knows how to survive).
- **Thinking that who heals you, is someone else.** Your natural immunity is the most valuable power you have, and it can only be held by someone you trust, which is YOU, because in all the possibilities you can find, the only being that will always be with you is YOU.
- **Anger lowers immunity a lot, because it is an attitude contrary to your natural being.** Your "Super Hero" is a happy being, because happiness is being yourself.
- **Fear, because it interferes with your objectivity to see the real danger and act.**
- **Artificial chemicals, drugs:** They can have an immediate effect on symptoms, but they don't really cure what happens to you. In the long run it worsens your vital system and interferes in the prevention of more serious future diseases. That is why the disease is usually something that is repeated over and over again when you try to cure it with aggressive substances. The medical law that must be followed is "Primum non nocere" (first do not harm!). To heal is to return to balance, not to generate death. True medicine always respects life.



**True strength is the power to
exist in your integrity without
destroying a single vital part of
your environment.**

**The most advanced medicine is
the one that always respects
life.**

**Nothing in this world is
stronger and more consistent
than that.**

**It has been, is and will be like
this for millions years**

Thank You!

Meritxell Castells