

# DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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## **Love can Overdo** -Mishelle Knuetson M.H

Dr. Christopher starts his ***Herbalist Seminar DVD course*** by talking about how “Love can overdo.” He taught in this lecture series that in order for a person to be healthy, attention must be placed on the mental as well as the physical level. Dr. Christopher mentions that cancer stems from the emotion of hate. His advice to the students was, “Until we find out why we are sick, let’s go on and learn about love and we will find that we get sick automatically, if we don’t do it, if we do it, we will get well.”

Dr. Christopher was known for being a loving and caring person, he loved everyone. When his feelings got hurt, in few minutes he would be happy again. He said he didn’t hold grudges. At one point in his life a doctor told him he had cancer of thyroid. With his experience, Dr. Christopher knew it came from hate, yet how.....he loved everybody. With the help of a well accomplished individual in the Dynetics field, he went down the time track of his life at different ages and remembered many things he hadn’t remembered before. When he reached the age of just over a year, hate portrayed itself. It was because his blood mother and father left him in an orphan’s home; at 14 months old he was left alone. He hated that woman for doing that “yet that hate was inside of me, it wasn’t outside. It was in the depth of my soul.” Then he realized this is where the cancer had come from and he knelt down and asked for forgiveness even though his blood mother was already dead. “I asked that she pick up the vibration and forgive me for hating her. I got well. The thyroid cleared. I was forgiven and the hate was out of my body. That hate can cause cancer in any part of the body, if we allow it to stay. ”

In the book ***Feelings Buried Alive Never Die*** it states, “There is a mind-body connection to the DNA. We can liken it unto a radio broadcast.” According to Dr. Chopra, the “mind is sending out impulses of intelligence, DNA receives them...” Dr Chopra further states, “You may not think that you can ‘talk’ to your DNA, but in fact you do continually. Thinking happens at the level of DNA, because without the brain cell sending out a neuro-peptide or other messengers, there can be no thought...Everything in life pours out of DNA -- flesh, bones, blood, heart, and nervous system; a baby’s first word and toddlers first step;...the play of emotions, thoughts and desires that flicker like summer lightning through every cell. All of this is DNA.”



The thoughts, feeling and emotions that we experience can affect each of our cells either negatively or positively. I think we should follow the lesson that Dr. Christopher was outlining for us... "Love can overdo." To come from love, forgiveness is the first step, as Dr. Christopher illustrated. Forgiveness is a dynamic, creative and practical force that has the power to manifest miracles. Let go of

judgment and come from love. Free yourself from not only the emotional pain that can come from holding on to past traumas, grudges or guilt, but the physical effects that it can have on your body as well. The power of forgiveness is misunderstood and underused. It is a sacred gift from faith in a higher power. Just the words "I forgive...I am forgiven...and Will you forgive me?" hold a great power for change.... A change to love.

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