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The Cleanup Crew – Natural Killer Cell Reset

(((after chosen induction and deepening))))

You know…
……
There's something fascinating that happens when no one is looking.

Just beneath the surface of your awareness,
your body is always in motion… quietly cleaning up,
repairing, restoring, refining…

Like a well-run city at night…
when the lights dim and the streets clear…
a special crew comes out.

Not the flashy ones.
Not the emergency sirens.
But the quiet sweepers… the cleanup crew.
The ones that keep everything in balance without a single announcement.

And maybe…Just maybe…There are parts of you like that too.
Always working, always watching, always waiting…for the right moment.

And wouldn't it be interesting if…
those parts had been slowed down by something not quite natural…
Not something you invited.
Not something you asked for.

But something that got in the way.

Like a sticky fog over a radar,,,,or glue on a lock that keeps the right key from turning…

Something was sitting in the docking bay of your most powerful defenders…
your natural killer cells….the Pac-Men of the immune system.
Waiting to do their job.
But blocked.

By antibodies meant to do another job,
but showed up like unwanted guests who are always in the way and overstayed their welcome.

And now, just for a moment, you can begin to imagine…
What if those blockers could realize they were no longer welcome, and simply went away?
What if your immune cells could remember how to work freely and in balance again?

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Not with force.
Not with fear.
But with a deep remembering.

A wise, ancient rhythm…
where every part of your immune system knows exactly what to do.

Wouldn't it be interesting if…
Right now,,,your body began to turn off,
and release the antibodies and sticky glue that no longer serves it?

You don't even have to know how.
Your cells do.

That fog over the radar—clearing.
The glue on the lock—dissolving.

And now you begin to see…
those natural killer cells, the 'Pac-Man' cells of your immune system,
bright and strong,,,,scanning the environment.

They stretch.
They smile.
They remember their job.

And like Pac-Man with purpose,,,,they begin to seek out abnormal cells.
Cells that are no longer helpful.
Cells that were confused, or misguided, or mutated.

And with precision, the cleanup begins.

Soft pulses of light radiate from each NK cell… clearing what doesn't belong. The antibodies that overstayed their welcome have cleared the path, and the Natural Killer cells can reach their target. Your cells shutting down the production of spike proteins. Inflammation activators slowing down, turning off.

No fight. No war. Just a return to harmony.

It's like…
a rain after a long dry wind.
A cleansing tide.
The immune system returning to balance.

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The inflammation that once crackled in the background?
Dialed down like the volume on a distant radio.

The signal of life gets clearer now. The hum of healthy function.
The deep pulse of vitality.

You don't have to manage this. Your body already knows.

The cleanup crew is doing its job, like Pac-Man gobbling up the ghosts. They cannot run, they cannot hide. Your natural, balanced immune system is leveling up.

And you…you can rest.

Let your system reset…
Let the fog lift…
Let the light return...

And just breathe…

Because your body remembers. Your cells remember.

You are not broken….You are coming into balance.
Your mind guiding your body….Balance being restored.

Now and again…and again…

(Brief pause)

And when you're ready,,,,, you can bring this peaceful knowing with you.
Or simply allow the body to continue working in the background.

Because it's what it does best.

Even while you sleep.

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