

Cell-In-Formation

THE COMPANION BOOK

FOR YOUR NEW FREQUENCY: MENTAL
PURIFICATION & FIELD CARE



Claudia Siriwan Spadafora

**WONDERFUL TO HAVE YOU HERE, TRANSFORMATION
SEEKER!**

**THIS COMPANION BOOK IS MORE THAN JUST PAPER AND
INK. IT IS THE BLUEPRINT FOR YOUR NEW FREQUENCY.**

**AFTER EXAMINING THE STRUCTURE OF YOUR INFORMATION
SYSTEM IN THE MAIN BOOK, WE USE THIS SPACE HERE TO
UNCOVER THE FOUNDATION.**

**CONSIDER THESE PAGES YOUR PRIVATE SANCTUARY—A
PLACE FOR CLARITY, FOCUS, AND THE UNSHAKABLE
DECISION TO UNLEASH YOUR FULL POTENTIAL.**

A SMALL MANIFESTO FOR YOUR EXPANSION:

- **HONORING YOUR PATH: YOUR CELLS ARE ALREADY
VIBRATING IN ELEGANCE.**
- **BE CONSISTENT: CELLULAR TRANSFORMATION
HAPPENS THROUGH REPETITION.**
- **EMBRACE COMPASSION: SHIFTING YOUR ANCESTRAL
QUANTUM BAGGAGE CAN HAPPEN AT YOUR OWN PACE.**

I AM WITH YOU EVERY STEP OF THE WAY.

WITH LOVE, GRATITUDE AND AN OPEN HEART,

CLAUDIA SIRIWAN SPADAFORA
TRANSFORMATION ARCHITECT OF CELL-IN-FORMATION

CELL-IN-FORMATION:

THE COMPANION BOOK FOR YOUR NEW FREQUENCY!

CONGRATULATIONS—YOU HAVE TAKEN THE FIRST STEP AND ACTIVATED YOUR
SOVEREIGN FREE WILL!

BEFORE WE BEGIN WITH THIS JOURNAL, PAUSE FOR A SINGLE MOMENT. HAVE YOU
ALREADY INITIATED THE TRANSFORMATION OF YOUR “ENERGETIC YOKE OF
SLAVERY” OR ARE WE ACTIVELY UNCOVERING YOUR TRUE FOUNDATION TODAY?

👉 WWW.ZELL-RESET.DE/EN

...BECAUSE A COHERENT CELL DEFINES THE NEW REALITY OF EVERYTHING
WE CO-CREATE HERE....

IMPORTANT REMINDER:

THIS JOURNAL IS A POWERFUL CATALYST FOR YOUR EXPANSION. IT IS A DAILY
PRACTICE THAT REQUIRES A DEDICATED PROCESS—NOT A ONE-TIME EVENT.

WHEN THE OLD YOKE DISSOLVES, A TEMPORARY VACUUM IS
CREATED WITHIN YOUR CELLS. THIS IS THE MOST PRECIOUS MOMENT,
BUT ALSO THE MOST VULNERABLE. WITHOUT YOUR CONSCIOUS DIRECTION, AN
EMPTY FIELD NATURALLY TENDS TO PULL IN FAMILIAR NOISE AND OLD ANCESTRAL
QUANTUM BAGGAGE JUST TO FILL THE SPACE.

THIS JOURNAL IS YOUR DAILY COMPASS FOR MENTAL CLARITY AND FIELD
ALIGNMENT. HERE, WE TRAIN YOUR AWARENESS LIKE A PRECISE COUNTERMOVE IN
AIKIDO:

- RECOGNIZE: WHICH OLD PATTERN IS TRYING TO OCCUPY THE EMPTY SPACE?
- REDIRECT: WHICH NEW INFORMATION DO YOU CONSCIOUSLY CHOOSE INSTEAD?

LET US ENSURE THAT YOUR INNER RADAR HAS TRULY TRANSMITTED THE
FREQUENCY OF '
SUPREME EASE FIRST, ALLOWING IT TO FULLY ANCHOR WITHIN YOUR SYSTEM. YOUR
CELLS ARE LISTENING. WILL YOU WRITE A NEW CODE FOR THEM?

*"YOUR FIELD DOES NOT RESPOND TO WHAT
YOU WANT BUT TO WHAT YOU VIBRATE."*

The Journaling Questions of Your 10 Transformation Checks

***“Problems can never be solved with the same way
of thinking that created them.”***

Albert Einstein

Chapter 1: The Status Check

1a: In which strategic areas of your life or business does your system currently hit an invisible boundary that restricts your ultimate expansion?

1b: Where within your physical architecture do you feel the dense resonance of this barrier, and what precise signal (e.g., a knot, stifled breath, stagnation) does it send?

1c: Define your present energetic hamster wheel by choosing three uncompromising words that sum up this exhausting loop.

***“Your field does not respond to what you want
but to what you vibrate.”***

“The field is the sole governing agency of the particle.”

Albert Einstein

Chapter 2: The Antenna Check

2a: If my cells operate as antennas, what kind of collective programming am I mostly receiving right now?

2b: Which energetic interference - in the form of repetitive thoughts and feelings - actively blocks my access to supreme ease?

2c: What precise information of abundance do I want to actively transmit into my field starting tomorrow?

***"Mental hygiene is not a goal
but a state of daily practice."***

"The body is the soul's translator into the visible realm."

Christian Morgenstern

Chapter 3: Your Body Feedback

3a: When questioning my true freedom, how connected did I feel to a higher trust in Source—was it completely distant or intimately close?

3b: What did my rational mind whisper during the exact moment of the empty space opened up?

3c: In which specific high-stakes situations will I leverage this conscious reset as a precise decision-making tool?

***"Your field does not respond to what you want
but to what you vibrate."***

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

Nikola Tesla

Chapter 4: The Software Check

4a: Am I genuinely ready to actively embody absolute sovereignty over my own 'source code'?

4b: Which corrupt blueprint from my past am I finally ready to dissolve and overwrite from my field today?

4c: How profoundly does the realization resonate within you that physical distance plays absolutely no role in your energetic transformation?

***"Mental hygiene is not a goal
but a state of daily practice."***

"Some people hold on to their chains because they are afraid of being unprotected without them."

Anonymous

And I would add:

"Allow yourself to step into your true greatness and into your true potential."

Claudia Siriwan Spadafora

Chapter 5: The Mirror Reflection

5a: What unconscious benefit have I been secretly drawing from carrying my ancestral quantum baggage until now?

5b: Who would I truly be if I completely stripped away my daily narrative and drama?

5c: Does absolute, supreme ease genuinely feel like safe haven to me—or does it feel more like an unfamiliar threat?

"Your field does not respond to what you want but to what you vibrate."

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor Frankl

Chapter 6: Your Space for Expansion

6a: How would my daily life shift if high-level success became my natural, default state starting right now?

6b: What would be the very first courageous, non-negotiable action I would take in this new claimed space of freedom?

6c: How liberating does it feel when an old heavy programming simply fades from your active memory?

***"Mental hygiene is not a goal
but a state of daily practice."***

"Your first duty is to make yourself happy. If you are happy, you make others happy too."

Ludwig Feuerbach

Chapter 7: The Morning Ritual

7a: What is my most powerful intention for the very first hour of my day?

7b: How can I actively utilize the alignment of my spine today as a physical anchor for supreme sovereignty?

7c: Which specific hamster-wheel impulse am I fully committed to consciously interrupt today?

"Your field does not respond to what you want but to what you vibrate."

***"Watch your thoughts, for they become words.
Watch your words, for they become actions."
Aus dem Talmud***

Chapter 8: The Frequency Control

8a: Which three intentional thoughts am I consciously and deliberately feeding into my field today?

8b: How much water has my physical system received today to allow the new cellular information to flow with absolute freedom?

8c: Where exactly did I temporarily neglect my mental clarity and field care routine today?

***"Mental hygiene is not a goal
but a state of daily practice."***

"You can't stop the waves, but you can learn to surf."

Jon Kabat-Zinn

Chapter 9: Your Wave-Ride

9a: In which specific situations today did I still allow myself to act as a 'battery' for external pendulums?

9b: How quickly and sovereignly was I able to return to absolute emotional neutrality after encountering trigger today?

9c: Which ultimate radio frequency am I fully committed to aligning my system with permanently from now on?

**"Your field does not respond to what you want
but to what you vibrate."**

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

Chapter 10: Your Call to Action

10a: What first, concrete step into my new cellular architecture am I actively and decisively taking TODAY?

10b: What is genuinely still holding me back from accepting the free invitation to energetically transform and dissolve my 'energetic yoke of slavery'?

10c: What unconditional, non-negotiable promise do I make to myself for my ongoing journey into absolute sovereignty?

***"Mental hygiene is not a goal
but a state of daily practice."***

For the Daily Journaling Questions

Focus: Mental Purification

The Emptiness Check: "Did I catch an old pattern today trying to occupy the empty space within me?"

The Mental Quarantine: "Which thought must stay outside today because it does not align with my new vibration?"

New Information: "Which powerful sentence am I actively using to reprogram my cells today?"

Status: "Does my field feel genuinely free, or is it time for the next evolutionary step on our platform?"

From Guardian to Creator – Your Frequency is Set...

You did the work today. You looked closely,
sorted through, and realigned your cells.

Never forget:

The liberation from the energetic yoke of slavery
was the door opener, but mental cleansing is the path
stay on. The emptiness we co-created is now
your sacred space.

Do not allow any old program to move back in uninvited.
Be vigilant like a martial artist—recognize the noise
before it turns into a storm.

Should you notice that resistance in daily life becomes
heavier or old baggage resurfaces in your 'quantum
baggage', you know where to find me.

Our platform and the Soul Club
are your anchor points to clear your field deeper,
layer by layer.

Go out into the world now with this clarity: You are no
longer receiving foreign frequencies—
you are the transmitter.

Stay radiant, stay free and above all:

Look closely into your Cell-In-Formation.

Resource & Social Media Directory

***Here you will find all resources, videos, and access
to my world:***

Website: www.zell-reset.de

Your portal for all exclusive programs, launch dates,
and events.

I look forward to personally welcoming you to our digital space.

Would you like to receive fresh insights, deep energetic impulses,
and the latest updates from the world of
Cell-In-Formation?

Then connect with me on my social media channels!
I am deeply excited to hear your transformation story
and welcome you into my global community.

Here is where you can find me:

Instagram:

<https://www.instagram.com/claudia.siriwan.spadafora999>

For daily inspiration, energetic high-frequency shifts and
behind-the-scenes insights.

LinkedIn:

www.linkedin.com/in/claudia-spadafora-93ab7715b

For strategic networking and exchange on a high-end business
level.

Telegram:

<http://t.me/portalzudeinerseele>

For exclusive soulful inspiration, audio impulses and deep
energetic insights.

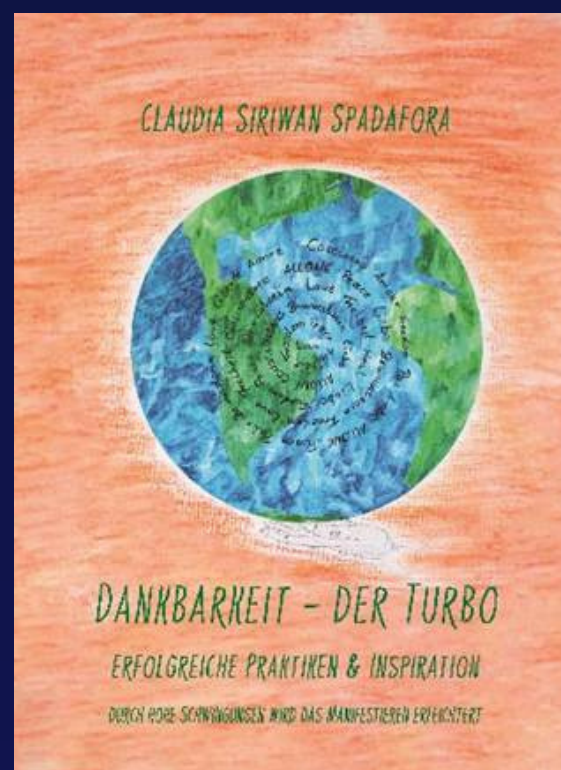


Your Personal Transformation Library



“Cell-In-Formation” (E-Book & Journal)

Your Matter: Modern-Day Biohacking and Mental Cleansing.



“Gratitude - the Turbocharger”

Your Energy: Accelerate your manifestation through heart-rate frequency.



“The Portal to Your Soul”

Your companion from crisis to renewed strength.

"Every cell is a temple. You are the architect."