

Working with "mitra" cells

Porto Alegre is a bustling town of over a million people in the South of Brazil, close to Argentina. In a quiet suburb lives JUSSARA, known to some Aurovilians for a long time. She is a healer who has an awareness of cells that enables her to sense and direct the cells in another person's body. Those who are familiar with the Mother's work on the cells might find parallels. Carel who was visiting Brazil had the opportunity to interview Jussara on a chilly winter day in June. It was not easy for Jussara to describe her method of healing as she works solely by the vibrations that she feels and not through the mind. Some excerpts from the interview:

AVToday: You claim to have an awareness of cells. Could you explain what that means?

Jussara: I think it all started when I was a child. I was able to see how the cells function, regenerate and evolve. In high school when I described the structure of the cell, my teacher was amazed for it went far beyond his explanation. At that time I did not think much of it, for I thought that everybody had the same kind of experience as to me it was so obvious and simple. Later I became aware that this was not the case, and then of course people wanted to 'test' me. Once a cousin put some cells scraped from the inside of someone's mouth in my hand and asked me what I knew about this person. From this group of cells I could "feel" and explain the mental, vital and physical levels of the person concerned as well as predict illnesses that might occur in the future. An uncle who had a chicken farm asked me to predict which eggs would successfully fertilise into chicks, and which would not. That worked. Then I experimented with an egg. I kept an open egg in a bowl, and tried to keep it fresh. You know that an egg is essentially a macro cell. So I concentrated on that egg, and saw that it made a new membrane which prevented it from turning bad. That egg stayed well for weeks on end, and gradually the understanding dawned that I could "influence" cells. When these experiences were followed by many others, I realised I could heal.

Could you explain this "influencing" of cells and elaborate on your process of

healing?

It is difficult for me to describe it, for it is a completely non-mental process. A cell or a group of cells emanates vibrations that I can "sense" and that give me information about a person. This "sensing" is of course not a physical sensation but a very subtle one, and it is due to this that I do not need to have a physical contact with that person and distance is irrelevant. When I "sense" a person's body, I can "see" the area where the cells have a tendency to get defeated or destroyed, and I can warn the person that something is going to happen. I have observed that if a person understands or accepts what I "see", it has a direct influence on the cells. For example, the person may become aware that what I "sense" is caused by inner conflicts or an imbalance between the inner and outer behaviour, and change that attitude. But my sensing by itself does not have the capacity to prevent something from happening. For that, I have to "influence".

How? Each body contains a certain amount of receptive cells that I have called mitra cells. (I do not know why this word came to me when I looked for a name.) In my understanding, these cells have a perfect vibration and are in contact with the divine consciousness.

When I "sense" a person, I search in that person's body for this group of cells and then stimulate them to deal with the resistance of the other cells that need help. This process happens just as a vibration, like a quick flash. I concentrate and sort of "tell" the mitra cells that "at that spot in the body there is a black



Jussara: "I believe that in the future t

area". In my experience, the mitra cells then respond and their vibration influences those areas.

You can make the analogy with a Christmas tree. I imagine, or rather visualise the body to be akin to a Christmas tree with little lamps distributed all over it, some of which are lit. When I perceive an illness, or some difficulty in the body, it is as though in those areas of the body the little lamps are out. Healing is the process of lighting up more and more lamps. Indeed, if one just thinks of one's body as radiating with all these little lights, then one gives support to the mitra cells and stimulates them to heal other cells by contagion. It is important to approach the cells with love and warmth in order to achieve the healing.

Could you elaborate on your perception of mitra cells?

I believe that mitra cells start forming at the moment of conception, when the ovum gets fertilised by the sperm. When the foetus starts forming, then the distribution of these mitra cells start to be made. But the entire fertilised egg or foetus does not consist of mitra cells. A large quantity of cells are just normal ones.

All people possess a certain quantity of these special mitra cells (though there

are people where I don't see any lights at all). These cells have an infinite vibration. They are free from the memory or residue of the past, they are always on a higher level of vibration. They are immortal in the sense that their vibration continues...

It appears that the commitment of these cells does not end when the body dies. There seems to be a commitment to a base of energy beyond this present existence.

I try to understand this by making the comparison with a reservoir. All the best things that we have received, all the higher vibrations that we have felt are stored as it were in a reservoir for the future. Anybody who is ready to get in contact with it can profit from it, and help to bring it down. It is as though there were a storage place which will make it possible for a new being to manifest. And it is in this reservoir where the vibrations of the mitra cells are being stored.

The Mother discovered that the programming of the cells was negative, that the cells were pre-conditioned to death. It is said that with the help of a mantra, She changed the programming of the cells. Did you too use a mantra in your work? And how do you see the future?

I do not know about the Mother's work. But I too had strongly felt that the cells had this commitment to death. I used the psalms of the Bible to help me in my work. But nowadays, there is a change: the cells are stronger. It is as if they themselves say: "I no longer need to suffer. There is no need to die." Nowadays, I find that more and more people, especially children, have lots of light, lots of those little lamps, more so than grown-ups. I believe that in the future, the human body will be fully lit up. But for that, there is a lot of work still to be done.

I firmly believe that the healing capacity that I have today, the level at which I am working today will soon be the property of all. A time will come when everybody will be able to work at this level of cellular awareness.

Interview by Carel. Translation from the Portuguese by Ila.

According to Sri Aurobindo, the word "mitra" comes from a Sanskrit root which meant originally "to contain with compassion" and so "to embrace". In the Vedic mythology, Mitra is essentially the Lord of Love, a Divine Friend, a kindly helper of men and immortals... "the most beloved of the gods." (SABCL. Vol. 10, p. 457)