

WHAT CAN YOU DO WITH ENERGETIC ALLERGY HEALING

- 1** - Clear an allergy
- 2** - Calm down inflammation, repair the body, whatever is going on the body, pain, illness/infections, disease, rashes, getting eaten alive by bugs, addictions, cravings, disorders of all kinds, depression, and weight issues to give you a sense of the scope of work that is done with these tools
- 3** - Aid in the correction of deficiencies
- 4** - Aid in the release toxins
- 5** - The immunization effect /pathogens / Infections - prevent and/or recover faster, UTI's reoccurring infections.
- 6** - Addiction/Cravings
- 7** - Prevention of disease and breakdown of your body and body systems
- 8** - Use it to go deeper on clearing traumatic life event energy patterns including cellular memories
- 9** - Use it to heal trauma at specific ages
- 10** - Heal allergies to Aspects of Self - Healer aspect, abused aspect, victim aspect, etc
- 11** - We can also use it to release programming/ belief system/ thought loop patterns
- 12** - Heal your relationships to any energy and restore harmony to any relationship/connection or energy including people, places, even ts, or things
- 13** - You can use it to break emotional and mental patterns - Shift mood/lift mood - transmute emotions
- 14** - Heal your relationship with your SELF, with your body, with food, with your environment
- 15** - Become more grounded and connected to inner voice/ guidance
- 13** - You can use it to break emotional and mental patterns - Shift mood/lift mood - transmute emotions
- 14** - Heal your relationship with your SELF, with your body, with food, with your environment
- 15** - Become more grounded and connected to inner voice/ guidance
- 16** - Come into harmony, Self acceptance, Self love, Sovereignty
- 17** - Rebuild immune system, all systems of the body over time, heal your heart - emotional heart
- 18** - Clear, heal and strengthen your energy bodies
- 19** - Heal life patterns and challenges of all kinds
- 20** - Address anxiety focusing on the nervous system and releasing where we hold trauma

This technique may not be for everyone.

Listen to the recording in the 'Useful Resources' section daily to release the disturbance causing imbalance, drink plenty of water to flush the body.



Some people on their Covid recovery journey have found it helpful, even as a means of relaxing, which helps the immune system calm down.