Spectrum Healing 3 Menu

Corrections

Always Heal intuitively with hands *If necessary include a correction from the list below.*

Goal
Resonant Energy: Self Resonance / Positive Resonance
Behavioural Barometer: 'I am …….'
Healing Statement / Affirmation / Needs / Feelings of Satisfaction
Title: How many words?
Other: Refer to Agenda, ask client etc

Release
Emotion; Stress; Event (age, person place); **Fears**
Limiting Thoughts/Beliefs/Ideas   re … e.g. Home, work, family, past, present, future, healing

Physical Detox - CV6 (See separate sheet for full procedure) or Em / M / Sp Detox

Release completely and absolutely on all levels of my being the **trauma/life shock** at age (identify age)… related to … then identify the patterns from the Limiting Patterns list that have got locked into the energy system at this age. Release them in turn. Instead of trauma it may be necessary to identify: **limitations**, **preconceptions, attitudes, things that disturb my peace of mind, group energy, the reasons for…, Other**

Debug the Subconscious mind of patterns absorbed at age …, (identify age)… related to …': then identify the patterns from the Limiting Patterns or Beliefs list. Release them in turn.

Inner Chimp: Optimise Central Processing: Amygdalla vs Frontal Lobes:
> Ask how appropriate your thinking and processing on the Issue title/another topic is as % of the optimum and ask to move to frontal lobes. (Use your hands too if you wish)
> Or Heal an identified infant reflex problem by asking to move the processing to the frontal lobes.

Restore appropriate genetic expression and **optimise DNA**

Cellular Health
Clear
Switch off Emergency Alert Signal/Dehydration Alert and give signal and relax
Cellular Memories of dehydration
Negative resonance of: disease; illness; vaccination; surrogacy; debility; injury; dearth; misalignment; unease; operations (anaesthetic, electrical charge of instruments)
Cellular toxicity / toxic load: Own/Inherited; Chemical/pathogenic/ parasites; Int/ext source
Excess calcium and sodium inside or around cells / other minerals: Mg/Ca; Zn/Cu

Optimise Cellular
Hydration: Switch off dehydration alert (colon); clear cellular memories of dehydration
pH (headaches and aches and pains are reflection of inappropriate cellular pH)
Temperature (connected to thyroid and iodine levels)
Membrane: structure / Fatty acid content / function / permeability

Cellular Activation:
Identify and Clear **Cellular Feelings**: Fears; Behavioural Barometer; Other
Tune in to part of the body. Identify and release feelings and optimise cellular chemicals.

Heal intuitively using essences, cards, colour, sound or other vibrational items

"I ask that …"/ Ask for a problem to be healed

Align / Tone / Expand /Protect / Unify / Align with Truth with Mind Energy / Other

Fix it / Other Skills / Other

At end of correction ask: Is this correction complete?
End of session: Anything more to do now?   How long to fully heal   OK to get up?

SH3 Menu   Jay Cubitt 14/05/14

Healing an Issue

1) First **identify an Issue to resolve**.

    a) Look at the list of problems that the client presented with. See if one of them is appropriate to work on.

    Or b) Choose a Resonant Energy as your issue title., e.g. Inner Grace of Being; Self-Love; Abundance

    Or c) Identify a Title using the words list

    Or d) Go to the '**Underlying Issues**' below to find and heal an underlying issue.

2) Then ask the client to **focus on the following statement** with the Issue title in place and wait for a minute until the patterns are brought to the surface and ready to be healed. This will ensure that all the factors related to the issue will be fully healed.

"I ask that all known and unknown factors related to …(Issue)… be healed completely and absolutely on all levels of my being now and forever."

3) Establish **how many corrections** there are for the Issue. Often the message comes through clearly but check by muscle testing as well.

4) **Identify each correction** and complete them all in turn.

5) **Focus on the positive outcome of the Issue** and ask the client to imagine life with the problem resolved, while you heal over the body with your hands

6) Then ask "Is the Issue complete?"

7) **Repeat** this whole procedure at another healing session until you have completed 100% of the problem.

8) If the body is not fully healthy and all the symptoms have cleared by the expected date, look into it again and find underlying issues or deeper issues that will heal the symptoms that are still being experienced.

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Underlying Issues

A. Healing easily and Effortlessly

B. Fully allowing, accepting and integrating all my healing

C. Knowing I can be truly healthy and happy / Being healthy and Happy

D. Knowing that I do not need to suffer/ Suffering ceases now

E. Knowing how to stand in my power and apply it with intention

F. Enjoying my life

G. Being fulfilled

H. Knowing that I can heal and change and grow and do not need to be stuck in conditioning from the past

I. Releasing childhood conditioning / misprogramming

J. Clear Wounding wall / False Persona / External Energy Scripts

K. Connect to Source / Essential Self / Aspiration

L. Ensuring complete energy integrity and not allowing other people to make inappropriate energy connections

M. Willingly learning my life lessons / Understanding what ….. is trying to teach me