

Spectrum Healing 4 Menu

Yes No Centred Stable Name Other Name OK to heal?

*Do individual corrections from **this menu** or turn over and heal an **Issue** or **Cellular Health***

Corrections

Goal

Resonant Energy: Positive States of Being / Universal Energies / Self Resonance / Positive Resonance

Behavioural Barometer: 'I am' / **Aspiration / Needs / Feelings of Satisfaction/**

Healing Statement / Core Belief / Inspirational Beliefs

Title: How many words?

Other: Refer to Agenda, ask client etc

Release

Emotion (age); Behavioural Barometer feelings; Feelings of **dissatisfaction, Fears, Stress** (age, person, place)

Talk and Listen to a painful or poorly functioning area and release the cellular memories

Limiting Thoughts/Beliefs/Ideas; This Life/Past Life re ... e.g. Home, work, family, past, present, future, healing

Limiting Thoughts/ Beliefs/Ideas; This Life/Past Life and **Defence Patterns** (usually from Limiting Patterns)

Trauma/Life Shock at age (identify age)... related to ... (a number of Limiting Patterns)

Limitations, preconceptions, attitudes, things that disturb my peace of mind, group energy,
the reasons for..., **Other.** May be related to ... (Limiting Patterns)

Subconscious Mind of patterns absorbed at age ..., (identify age)... related to ... (Limiting Patterns)

Ask to Reprogramme the Subconscious mind and Align it with Highest Truth

Inner Chimp: Ask how appropriate your mental processing is on the Issue title/another topic is as % of the optimum and ask to move from the amygdalla to the frontal lobes. (Use your hands too if you wish)

Infant Reflex Problem: Identify which infant reflex and do 'Inner Chimp' to move to frontal lobes.

Allergy, Intolerance, Addiction: Physical Detox - CV6 (See separate sheet for full procedure)

Non-physical Allergy, Intolerance, Addiction: Em / M / Sp Detox, possibly using Limiting Patterns

Creating Inspiration from Limitation: Find limiting belief, where it originated, how life would change if it was replaced with wonderful belief, the best belief to replace it, any further action needed

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

Hold the Space: Person(s)/Restore Harmony/Core Belief/Inspirational Belief/Concept/Resonance/Remedy

Restore appropriate genetic expression and optimise DNA / Telomeres

Stimulate completely and absolutely on all levels of my being **effortlessness** in relation to **Resonant Energy**

Stimulate completely and absolutely on all levels of my being: **growth, freedom, effectiveness, simplicity, joy, positive emotions, inspiring beliefs, positive attitude, honour, things that bring peace of mind, vision, alignment, success, power, pleasure, willingness, flexibility, receptivity, Other** irt **Resonant Energy**

Awareness Map: Identify Positive Res needed, Limitations Out, Res Es In

Age Regression: Identify Limiting Pattern & Age/birth/foetus/concptn/Soul Planning meeting/past life

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

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

Fix it / Other Skills / Other

*At the end of each correction ask: **Is this correction complete?***

*At the end of the session ask: **Is there anything more to do now? How long to fully heal? Is it OK to get up?***

Healing an Issue

- 1) First **identify an Issue to resolve:**
Client's presenting problems / Resonant Energy / Identify a Title / Underlying Issue
- 2) Then ask the client to **focus on the following statement** with the Issue title in place if you still need or want to. Then wait for a minute until the patterns are brought to the surface and ready to be healed.
"I ask that all known and unknown factors related to ...(Issue)... be healed completely and absolutely on all levels of my being."
- 3) Do all the corrections until the issue is complete

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/Surrender everything that causes suffering
- 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
- N. Absolute Clarity of knowing how to Heal and Restore
- O. Core or Other Belief e.g. Knowing that I am the master of my life, health and good fortune
- P. Mindfulness
- Q. Maintaining health while travelling a Spiritual path (or Path to Enlightenment)
- R. Wiping the Slate Clean
- S. Nourishing, Experiencing, Honouring and Inspiring for Enlightenment
- T. Total Radiant Health
- U. Seeing to the depth of
- V. Allowing, Accepting, Believing and Trusting in the Process
- W. Raising Consciousness and Understanding
- X. Ease of Expansion

Cellular Health

Clear

Cellular Memory: especially Fear and Stress and dehydration: Identify age, Where in body, Limiting Ps

Switch off Emergency Alert Signal and give signal to 'stand down' and relax

Switch off dehydration alert

Cellular toxicity / toxic load: Own/Inherited; Chemical/pathogenic/ parasites; Int/ext source

Build up of calcium and sodium inside cells

Cholesterol layer around cell membrane

Negative resonance of: disease; illness; vaccination; surrogacy; debility; injury; dearth; misalignment; injury; unease; operations (anaesthetic, electrical charge of instruments)

Inappropriate genetic expression from viruses

Inappropriate genetic expression from ancestral influences (up to 7 generations back and all fwd) from

Illness: Chicken Pox; Meningitis; Mumps; Syphilis; Influenza; Gonorrhoea; Anthrax; Psora; Measles; AIDS; Black Death; Cholera; Tuberculosis; Carcinoma (cancer); Fungus; Animal Trauma in food; Planetary Logos; Polio; Alzheimer's; Parkinson's; Arthritis; Asthma; Blood Pressure; Other

Medication: Antibiotics; Anti-inflammatories; Statins; Sulphur; Arsenic; Other

Treatment: Magnetic disruption (MRI); CAT scan; Leeches; blood-letting; of humours; steroids, operation

Vaccination: Chicken Pox; Cholera; Diphtheria; Flu; German Measles; Hepatitis A/B/C; Hib; Malaria; Meningitis; Mumps; Polio; Smallpox; Tetanus; Tuberculosis; Typhoid; Whooping cough; Other

Radioactivity: Medical; War; Test Sites; Brazil nuts; Radon gas

Heavy metals: Aluminium/Arsenic/Cadmium/Copper/Mercury/Lead/Nickel/Platinum/Silver

Affecting enzyme production:-Kinase; Telomerase; enzymes for Neurotransmitters; Digestive; Detoxification;

Immune/Inflammatory; Energy/Glycolysis; Regeneration/Reproduction; other

Other

Optimise Cellular

Cellular Self-Regulation

Cellular Hydration: Find %, Switch off dehydration alert (colon); clear cellr memories of dehydration, Opt

Cellular pH (headaches and aches and pains are reflection of inappropriate cellular pH)

Temperature (connected to thyroid and iodine levels)

Cell membrane: structure; Fatty acid content; function; permeability

Cellular energy

Blood sugar levels

Ability to process EFAs (linked to ancestral TB)

Mineral balance in blood / cells (esp. opposing minerals: Mg/Ca; Zn/Cu; K/Na; other)

Day/night electrolyte movement in and out of cells (Sodium Pump: Na & Ca vs K & Mg)

Polarity / electrical charge in: intracellular (inside); extracellular (outside); intercellular (between) in fluids/solids

Membrane potential / Electron cloud around each cell membrane / Photons

Cellular oxygen

Sensory stimulus in cell membranes for appropriate protection and growth at all times

Transmutation of electrolytes / other minerals / other chemicals

Cellular Activation:

Identify and Clear Cellular Feelings: Fears; Behavioural Barometer; Other

Tune in to part of the body. Identify and release feelings and ask to optimise cellular chemicals.

Identify and Clear Feelings ↔ Optimise Cellular minerals

Identify and Clear Feelings ↔ Optimise Chemical activation of cells: See sheets