

Spectrum Healing 5 Menu

Yes No Centred Stable Name Other Name OK to heal?

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

Focus of Healing

1) Raising Awareness - Meditate in Pure Consciousness

- Ask for a particular problem to be fully resolved on all levels of your being and forever
- Ask to fully understand all the factors that underlie a particular problem and to be able to heal them all on all levels of your being and forever

2) Persistent Problems: Meditate in Pure Consciousness Default Patterns Hidden Causes Using Essences

3) TFH or Other Kinesiology Balance

Corrections

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

Hold the Space

Hold the person in love, light, peace, truth

Goal Title: Words/Res E/BB/Healing Statement/Affirmation/Needs/Fs of Satisfaction/Belief/Core Belief/ ask client
Also possibly use: 5 Element/14 Muscle Bal/TFH Metaphors/Colour/Sound/Other vibration/Other:

Age Regression: Identify Lim P & Ages: birth/foetal age/conception pre-life Soul Planning meeting/past life

Cellular Healing: Cellular Health / Cellular Memory / Cellular Awakening

Release completely & absolutely on all levels of my being 'A' at age (identify age)... re limiting pattern.

A: trigger, trauma, life shocks, feeling(s) (of...), limitations, preconceptions, attitudes, fears, stress, thoughts, beliefs (PL), ideas, things that disturb my peace of mind, group energy, the reasons for..., Structural imb/Other.

Stimulate c and a o a l o m b 'B' in relation to **B:** effortless, growth, freedom, effectiveness, simplicity, joy, positive emotions, optimum beliefs, positive attitude, honour, things that bring peace of mind, vision, alignment, success, power, pleasure, willingness, flexibility, receptivity, Res E or PRE's, Other

Reorder c and a o a l o m b: my reward system, reactions, response-ability, Self-Success, thoughts, thrust etc
irt illness, wellness, everything, Self-Unification, Self-Resonance, S-Success, Other

Debug the Subconscious mind of patterns absorbed at age ..., (identify age)... re. limiting pattern.

Inner Chimp: Optimise your mental processing on a topic as and ask to move to frontal lobes.

Or Heal an identified infant reflex problem by asking to move the processing to the frontal lobes.

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

Restore appropriate genetic expression and optimise DNA and telomeres

Dislocation: Heal Limiting patterns produced; lattice distortion; Sp Aspiration & Manifestation

Ancestral Patterns: Who in family tree? What age? What? Heal the whole line.

Awareness Map

Polarity Balance

Assemblage Point: Is it Const/Intermittent? Age it started? Optimise position and Energy Field/ Stabilise

Physical Detox - CV6

Energy Interference: Hooks into chakras / Other

"I ask that..." **Ask for / Ask for help with** **So Be it Now.** Absorb feelings; age of health.

Fix it / Other skills / Other

Nurture: Grounding / Vital Force / Nutrition / Remedy / Diet / Exercise / Meditation / Other

End of Session: Reprogramme the Subconscious Mind acc to Highest Truth (inc Ph, Struct, Em, M, Sp, E etc)

Is this session complete? Anything more to do now? How long to fully heal 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. 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 now and forever."
- 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
- Y. I Flourish Now (in Present Circumstances)
- Z. I am Ready, Willing and Able to
- AA. I am Vital, Impassioned and Aligned
- BB. I am Unified, Vigorous, Alive and Fulfilled
- CC. I am Genuine and Free

- DD I ask to understand all the possible reasons and influencing factors both known and unknown on all levels of my being that underlie 'Problem X'. Identify each factor and treat each one as a new issue to resolve and heal. The factors will usually be BB feelings or limiting patterns. When a factor issue has been fully healed, ask to fully resolve that factor. When all complete ask to fully resolve 'Problem X'.