

Spectrum Healing - Stage 5

*"Doubt is not something you should live with.
Let it be on the shelf and let your dreams be on the table."*

Jessie Jay

Improving Our Healing

What are we doing when we dowsing or muscle test and ask a question in order to determine the best course of action for someone?. We are expecting an awful lot to happen in a split second between asking the question and pressing on the arm. We are also expecting 100% accuracy and reliability of all the processes involved. In order for our dowsing to be effective and reliable we need to examine each step of the overall process and ensure that we are doing them all in the best possible way.

The processes involved in accurate healing

As healers we need to help people gradually move closer to a desired state of health or well-being or towards a goal. The items below are those that I consider to be part of the subconscious process every time we muscle test to identify the next healing correction to do.

1. Tune in to the present state of the client's energies.
2. Tune in to the desired optimum aspect of health and well-being that they wish to achieve.
3. Connect with Pure Consciousness.
4. Receive higher wisdom.
5. Fully integrate this higher wisdom.
6. Muscle-test a client confidently and effectively.
7. Identify the necessary healing.
8. Perform the identified healing satisfactorily
9. Know when the healing is complete

We need to ensure that our capability in each of these items is as high as it can be to ensure effective, beneficial progress. We can therefore ask for a rating or index for each of them

- ✚ Identify whether you can accomplish these stages of the process as effectively as possible. If any are less than optimum, do healing to raise your capability.

Other possible skills that may need to be improved are:

- ✚ Intuitive knowing
 - ✚ Reliability of prediction
 - ✚ Self-testing for clients if their arm doesn't work
 - ✚ Self-testing for yourself
 - ✚ Identification that there is a problem for yourself and what it is
 - ✚ Confidence in your healing
- ✚ Check these out too.

Underlying Issues

You have six new Underlying Issues that have been added to the list. They are:

X. Ease of Expansion

I have found this to be needed when the person is on a journey of development and it is causing an adverse physical, emotional or mental reaction at times of change.

Y. I Flourish Now

This issue will allow them to flourish in whatever circumstances they are in at present. It may also be needed in a situation of personal growth but it may just be that the person has difficult challenges that they are facing and they are pulled down by it and maybe in 'survival' mode.

Z. I am Ready, Willing and Able to

We all have some aspects of life that faze us in some way. I have found this issue to be useful when someone feels unsure or lacking in confidence or unready for a necessary course of action. Complete the issue title by finding from the words lists the action that is the particular problem.

AA. I am Vital, Impassioned and Aligned

This means that the person's light can shine brightly, being fully aligned to the Source, and they will fully embrace the things that bring them Joy.

BB. I am Unified, Vigorous, Alive and Fulfilled

This means that the person's energy is able to stay unified and not be scattered by people or events; that they are able to embrace the wonders of life and enjoy it to the full with a vigorous energy, growing with each new situation and to embrace their passions so that they are fulfilled in life.

CC. I am Genuine and Free

This means that the person lives according to their Pure Essence and Higher Plan and releases the shackles of doubt and fear etc that hold them back. They embrace their freedom in life and the opportunities that come their way.

These new titles have had a profound effect, especially on people who have been stuck in some way.

 Do you need any of these new Underlying Issues for yourself?

There is also another, slightly different Underlying Issue, labelled DD.

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*'.

The way to complete this issue is to:

1. Complete the Issue title by identifying Problem X.
2. Identify how many influencing factors there are for this issue.
3. Identify each influencing factor. The factors will usually be a Behavioural Barometer feeling or Limiting Pattern.
4. Treat each one as a new issue to resolve with the factor as the title of the issue.
5. For each factor issue, identify how many corrections there are and heal them one by one.
6. After the corrections have been fully healed for a factor issue, go into Pure Consciousness and ask for that factor to be fully resolved.
7. When all factor issues have been fully healed, go back to the overall title and, in Pure Consciousness, ask to fully resolve '*Problem X*'.

 Do you need a DD Underlying Issues for yourself?

Focus of Healing

If you look at the new Spectrum Healing Menu page you will find a section at the top called 'Focus of Healing'. I have separated the items in this section from the corrections as they are not corrective items they are more items to be aware of and note and then go to the correction section to find out how to heal them.

Dealing with Persistent Problems

At times we may become aware that we seem to be stuck and the corrections and issues that we are doing may be dabbling around on the fringe of things rather than tackling the ‘big stuff’. The reason for this is that as people have grown up they have learnt to believe that when they encounter difficult experiences they must lock them away rather than explore and release them. Consequently they still feel the old hurts and the need to keep everything locked up and afterwards may need to feel completely safe and sure in order to let them go. We may therefore need to help them feel secure in the healing by our manner and the way in which we talk to them and our confidence in the healing.

When the client feels that they want to heal certain issues, we may need to dig and delve in order to uncover the patterns and raise them to the surface. Old patterns can be very hard to let go and if some of them are mental patterns such as *Stubbornness*, *Unwillingness to change* or *Fear of failure* then it will be very difficult to find them for ourselves and move on from the old ways. It is essential that we heal these deeper, hidden hurts in ourselves too, otherwise we will be unable to see these patterns in others and will not be an effective therapist.

When you don’t seem to be getting to the root of a problem for someone it may help to:

- ❖ Clear all the triggers and trauma related to the issue
- ❖ Hold the Space with the person in one hand and the resolution that they are looking for in the other, e.g. True Health so that you can clear everything that is not contributing to True Health.
- ❖ Hold the person’s energy in Love, Light, Peace and Truth for as long as it takes to release the blockages. (See below.)
- ❖ Meditate in Pure Consciousness. (See below.)
- ❖ Healing for the healer to have the capability to heal the problem.
- ❖ Underlying Issue now *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*’. Remember to then complete the healing with a new issue for each factor that you find.
- ❖ Check through all Underlying Issue titles and Core Beliefs to see if any of them are relevant.
- ❖ Heal Vulnerability and Shame. Maybe get them to watch Breanne Brown on Ted.com to get ready for this.
- ❖ Examine and Heal Default Patterns. (See below)
- ❖ Heal in Dreamtime. (See below).
- ❖ Talk about possible Hidden Causes, muscle-test them and do an Issue for any of them that test positive. (See below)
- ❖ Identify another therapist that would be able to help them.
- ❖ Use later techniques in SH6: Food Allergies, Mitochondria damage, Channelling Masters etc.

Hold the person in love, light, peace and truth

We introduced the ‘Hold the Space’ Correction in SH4 and you have been using it for a few months. Now we shall introduce a slight variation that involves holding a person’s energy in the wonderful vibrations of Ultimate Reality until they can absorb these energies and allow themselves to grow and flourish. The energies that we can choose from are *Love, Light, Peace and Truth* and we may just need to use one or we may need to use them all, usually in a particular order.

We hold the person in one hand and identify which energies from Love, Light, Peace and Truth are needed, bringing them in one at a time with the other hand until they are unified with the person. Then imagine the person surrounded and supported by these energies and it continuing after the correction has

completed. We may need to do this correction to help the person get to the truth of a situation. It can also be done at any time if the corrections seem stuck and you can't find your way forward.

I have a little visualisation for each of these energies that helps me to hold on to it and accomplish the healing easily, especially while I am adding more energies in. *Truth* is a disco ball shining over the person, rotating gently to show them all the different viewpoints and 'truths' that people see – The ball itself is the whole truth and the rays gently emanate from that. *Light* is a strong spotlight shining directly onto the person. *Peace* is a hippy overlay with the peace sign and *Love* is a pink heart-shaped bubble around the person.

✚ Does anyone need one of these corrections now?

Meditate in Pure Consciousness

When I hit a really big problem I take a few minutes to stay in the space of Pure Consciousness and ask to resolve the problem. Then I go about my normal activities. Sometime later, maybe next day, it has filtered down to my conscious mind and I just 'know' what the root of the problem is. Then I either find it is healed or I can do something simple to heal it.

I have found two possible types of focus to be useful with this:

- 1) Ask for a particular problem to be fully resolved on all levels of your being and forever.
- 2) 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.

When I first did this it was to help my relationship with someone that was proving difficult and I was not able to stand up for myself or for the truth of the situation. Each time after one of these experiences I felt utterly destroyed and was in despair for a few days. I meditated in Pure Consciousness for about 10 minutes asking to resolve this matter and got through that day, still in despair. The next day I just knew it was because of something that happened to me when I was 3 years old that made me feel that I was a 'bad person'. I healed this original event and was better able to deal with the situation next time and stay in a calm space and point out what was going on.

It is possible to do this for a client in a healing session too; you may then receive the answers during that session or at the next one.

✚ Let us all choose a stubborn problem that has not resolved after previous healing and do this now.

Default Patterns

When our responses are exactly right for our growth, fulfilment and happiness then everything flows easily. When this happens we are 'responsible', 'response-able' and have 'response-ability'. So when things are not flowing, when we feel that things are stagnant or difficult, we may have to examine our responses and change them. If a client does not demonstrate clear benefits after your healing then it may be necessary to look at their default patterns.

When a person has strong beliefs and behavioural habits it can seem impossible to change. In this case they may have all sorts of 'reasons why it is not possible to change'. By listening to the way they talk about the problem you can find what they say or do to absolve themselves of responsibility in difficult situations. I have provided a list of possible default patterns in your menus so that you can identify a person's 'get out clauses' that prevent their healing.

✚ Recognise some of your own default patterns in different situations from the Default list. Then go into Pure Consciousness and ask to let each one go. You may also need to identify a Need from the second column and ask for that to be satisfied in Pure Consciousness too. In this way, we release the offender and bring in a helpful pattern.

Healing in Dreamtime

The Living Tree Orchid Essence (www.healingorchids.com) card, 'Sleep of Peace' is a composite of eight other essences, which in themselves do a wonderful job. But when they all come together the energy:

'helps with our processing of memories, so that the mind is able to process the data from the day more efficiently while one is asleep. A few days of using Sleep of Peace brings about deeper processing of old memories which are gathering dust and interfering with the efficient processing of the daily data. It is this jumble of old memories, traumas and fears which are often a significant part of the picture of disturbed sleep patterns.'

How many of you wake up feeling unrefreshed and lacking energy as if you need a good night's sleep? Or do you feel that the burden of healing is too great and you never seem to progress satisfactorily? Along with the memories, the associated toxins are also released in dreamtime and so the physical body gets help too. A client may notice that they no longer get so many symptoms when doing a detox as they may have shifted some long-standing source of toxins.

- ✚ Let us do the healing for each of us to clear the backlog of old memories while we are asleep so that the day and night time get easier. Let us easily release the blocks of guilt, shame, anger, sadness etc. that have held us back

Hidden Causes

When an illness or symptom doesn't seem to want to heal there may be hidden reasons for keeping the problem:

- The illness may give benefits that seem to outweigh any foreseeable positive changes that might result from the healing i.e. there is a perceived need for the problem. . (or **vested interest / get out clause / not my fault** etc)
- The client may not feel secure enough to investigate the causes of the problem.
- It may not be the right time to let it go. Make sure it is auspicious and propitious.
- If it is on a mental level the belief itself may be preventing progress.
- It may be a problem that the client is not ready, willing or able to look at, i.e.in 'Hidden from self and others'.

Some other things that can be helpful are:

- ❖ Aromatherapy Oils such as ylang ylang and thyme.
- ❖ Active Visualisations such as moving down a lovely path that gets better the further you go and looking in your bag as you go to see what you can throw out.
- ❖ Active Visualisation such as emerging from a dark, dingy room into the light and lovely surroundings, full of life and everything that you could wish for.
- ❖ Interactive Visualisation where someone else can lead you gently to uncover the hidden messages.
- ❖ Interactive Drawing (on the right side of the brain) maybe with the help of someone else to uncover what needs to be done. (See below) (It can be passive, active, creative or interactive just as with visualisation.).
- ❖ Pick up on the messages from all around you whether verbal or symbolic or other.
- ❖ Change regular habits e.g. eating a different breakfast or going a different way to work.
- ❖ Get the person to imagine a bright blue colour for a minute (if indicated), then create a snapshot of themselves in a previous actual or imagined situation where they feel totally loved, wanted,

secure, happy and free. Hold the image for 10 to 15 minutes and feel the lovely feelings coming back to them until they feel their physical responses slow down and they feel relaxed. (This is from Heart Math Institute) Hold a watch or ring or something that you usually wear and invest this wonderful energy in it. Whenever a feeling of panic is felt and it is not appropriate, touch the watch or ring and feel the loving, secure feelings come back to you or, if you feel you want to, repeat the above process to reinforce the good feelings.

Interactive Drawing

This can be very useful when a client is finding it hard to bring something to the surface. With a bit of help from someone else all sorts of things appear and become clear to the person. The drawing can be altered as you progress so that the necessary healing takes place.

For example:

A client, Ann, was having difficulty progressing from old patterns. We took a clean sheet of paper and, after tuning in, I intuited and suggested that there was a boat somewhere in the picture. Ann then realised that it was a tiny sailing boat in the bottom left hand corner of the page. It was becalmed as there was no wind and it was far from anywhere. I then felt that the picture needed to be divided and Ann drew a big line down the centre of the page.

As soon as she had done this she drew a big sun on the right hand side and a closed treasure chest with a rabbit on the top. Ann could then see that she was keeping herself separate from all the good things that she wanted and she was not moving towards them at all. She decided, therefore, to put an engine on the boat and turn it around to face the sun.

Ann then felt that she could enlarge the boat and rub out the dividing line. As she approached the treasure chest she found that certain beliefs were preventing her from opening the chest or even acknowledging it. We then stopped and did some corrections and afterwards she was able to draw the chest lid open and spilling over with goodies. Ann soon began to feel better about herself, her life and her way to a better future and started her growth process.

New Corrections to help clear old patterns

There are some new corrections on the Menu to help you heal on a deeper level.

So Be It Now

A client once sent me a link to Greg Braden's presentation on the methods used in a drugless Chinese hospital. The video is on <http://pollynoble.com/2010/12/cancer-cured-in-3-minutes-flat/>. Assuming that it is not a trick video, and I don't think that it is, it is a wonderful demonstration of the power of positive feelings. You see a reasonable sized bladder tumour shrink and disappear in 2 mins 40s as four doctors who know the feelings of a healthy bladder transfer these feelings to the patient.

Correction Absorb the feelings of health and ask for it to manifest now. It may also be necessary to identify an age when that part of the person was healthy and really connect with the feelings at that time; or connect with a person who knows those healthy feelings and transfer them to the client.

✚ Do a 'So Be It' Correction for someone now.

Restitution

At certain times in our lives our internal wires seem to get crossed. This happens at times of stress and trauma and affects how we view and react to the world. This correction is to rewire our circuits to restore

certain functions for us and bring restitution. Each of these functions is characterised by a word such as *Repatterning*, *Replacing* or *Revealing* and all the necessary connections are made on every level in relation to this word, whether physical, emotional, mental, spiritual or behavioural. Clients can very often feel the changes taking place and feel the part of the body that reflected this malfunction.

I have not included Restitution as a new correction. Instead the new list of Re-words should be put in your Menu file with your other positive word lists and it will come up when necessary. It may come up in the title of an Issue or in corrections such as *Stimulate...*, *Awareness Map*, *Ask for...* etc.

For example for a female as the 4th of 6 corrections for:

Issue 'Finding My Happiness, Keeping Buoyant'

Ask for help with: Redetermining, Readjusting, Reconstituting, Repairing, Realigning, Retrieving

✚ Do a Restitution Correction for someone else.

Polarity Balance

While we live on earth it is inevitable that we live with the Yin and Yang of all aspects of life. As we discovered in SH3, The *Tai Chi Mandala*, represents the positive, masculine *Yang* and the feminine, receptive *Yin*; this represents the duality within the life-force of every living thing. They are the complementary polarities that provide the rhythm and movement of constant change. These two interacting forces can be understood by likening the Yang energy to the Sun, the source of life and provider of the creative energy and the Yin to the Moon, the sustainer of life and the power that gives form to the creative energy and makes it real and tangible. The Sun is also linked to conscious activity and the Moon to subconscious activity. They are not complete individually but can complement each other to make a more complete whole. Very often the Yang is thought of as the male and the Yin as the female.



When our Yin and Yang energies are out of balance in some way, we need to rebalance our polarity. The Bailey's Yin/ Yang Balancing Essences can help with this process and it may be helpful to heal with these.

Alternatively the Polarity Balance Correction is a simple and fun one to do to help when the Yin or Yang energies have got out of balance in relation to a particular aspect of our life. It is a bit like looking at a see saw of the polarities and using this correction to help you find the balance point again. On your menu for this correction you will find 2 columns. On one side are the Yin energies and on the other the Yang. If you look at these items you will find yin/yang opposites should you need them.

Correction

1. Find what separates the polarities: a wall, mirror, see-saw etc. from the Menu page and draw it in the centre of the page. Think about what these symbols might mean and how to explain them to the client. Also find an easy way to draw them.
2. Find the purpose of this correction and write it alongside the divider to indicate why we are doing this correction. This purpose can be found from the list on the Menu page too.
3. Find how many items are on each side of the divide.
4. Identify each of these and write them in.
5. Go into Pure Consciousness and ask for these polarities to be balanced.

✚ Do a polarity balance for someone else.

Reorder

This is a correction where the necessary path to achieve something has been lost or is not clear. It may be on a physical, emotional, mental, spiritual or behavioural level. By asking to redefine the path to your goal completely and absolutely on all levels of your being (*Reordering*) you can enable the positive outcome that you want to achieve. I explain this to clients as ‘rewiring’ to achieve a clear easy route to what we have identified.

Correction:

1. identify the positive item that you want to attain that is being blocked. This might be your reward system, reactions, response-ability, thoughts, the drive and energy to move forward powerfully – thrust or Self-Success etc.
2. find what this positive need is related to e.g. illness, being well, everything, Self-Unification, Self-Resonance or other.
3. e.g. ask to reorder completely and absolutely on all levels of your being your Self-Success in relation to everything and ask for it to manifest clearly and easily.

 Do a Reorder Correction for someone else.

Dislocation

When we have frightening or traumatic experiences they can cause psychological reversal which means that we are wired to the opposite of what we want to achieve. This is because incorrect nerve pathways have been created by past behaviour. This is probably present in situations where you intend to try to achieve a goal and instead create repeating negative patterns. This correction will heal all the distortions that are preventing you attaining positive energies and outcomes in your life.

We all have spiritual goals and aspirations but often because of the dense energy on Earth, they have difficulty manifesting and are distorted to something you don’t want in your life. This correction will also heal this distortion and enable the aspiration to manifest.

Imagine the aspiration entering a damaged lattice where the paths through to the other side are blocked. Instead it does a 90° turn and manifests as a limitation.

In order to heal this:

1. Identify both the desired Spiritual aspiration and the limiting pattern.
2. Heal the limiting pattern.
3. Ask to heal the lattice distortion or ask to rewire.
4. Focus on the Spiritual aspiration and ask for it to manifest clearly and easily.

Typical corrections would be

Restructure	⇒	I feel unwanted
Replan	⇒	Paralysed
S-Wholeness	⇒	Fragmented

The first one means, “When I try to restructure, I end up feeling unwanted” and the next one means, “When I try to make a new plans, I am paralysed”. The third one means "When I try to achieve wholeness in myself, my energy ends up being scattered and fragmented". Clients can usually relate to these if you explain them in this way. This correction has been particularly important when life is giving you some hard knocks. This *Dislocation* correction together with *Age Regression* from SH4 comes up very often in client healing.

 Do a Dislocation correction for someone.

Ancestral Patterns

In SH4 we learnt how to heal inappropriate genetic expression from ancestral influences when it affects our cellular health. Here we are helping to heal the family tree but not necessarily cellular health patterns but the process is exactly the same. It is not the person's energies that you are healing but their family members' energies that have been passed on to them. It seems to be like the sayings concerning 'the sins of the fathers' being handed down for seven generations.

1. Identify which side of the family we are healing and how many generations back.
2. Identify the age of this person when the key event happened.
3. Identify a key item from the Limiting Patterns list that will identify the event.
4. Go into Pure Consciousness and ask to heal this event for the person concerned and then heal each generation since then until you reach your client. Finish by asking for the energy to be healed for any successive or future generations.

 Do an Ancestral Pattern correction for someone.

Cellular Healing - Cellular Rainbows

The aborigines say that our body communicates with light, but they also say that our cells communicate with one another via colour. There is no contradiction here because we all know that light breaks down into the seven colours of the rainbow and this also happens internally. In 2004, when I was in Bali, I learnt that light comes into our cell membrane and our subconscious and is then broken down into eight different colour rays called *Colour Life Systems*. Later this came back into my healing as part of the cellular healing work. It seems to fit in beautifully with the aboriginal view that our bodies receive light and as it comes into the cell and then it is broken down into little rainbows whose job it is to communicate and coordinate with the other cells.

It also fits with recent research into curcumin, the active ingredient in turmeric. Scientists have found that it attracts light particles into the body and that these photons then, together with electrons, are a key part of our internal information system. Curcumin is known to beneficially affect over 100 processes in the body although it only physically comes into contact with 4 or 5. The photons and electron cloud take its message energetically to the others.

As we know light can be broken down into a coloured spectrum of seven colours. It seems that this happens in the body as well but they each form a rainbow with one colour predominant. Each of these seven little coloured rainbows has a particular function in the body. Then there are seven more in which one of the colours is slightly stronger and more prominent than the others, so there is a red rainbow, an orange rainbow through to a violet rainbow. There is also another rainbow in which all the colours are equal, called the white rainbow, making eight in all.

Colour life Systems

Colour life Systems (CLS) span and connect our inner and outer bodies. They relate to a subtle body anatomy but this is beyond my present understanding. Each of these rainbows has particular functions and these are briefly explained in a book called *Beyond the Light* by Ginny Katz. The explanations have been given to her by the Master, Sat Nam, in meditation and I will give brief explanations here.

The **Red Life System** connects all parts of the body, mind and spirit that provide strength and protection. On a physical level it will help muscles, tendons and fascia.

The **Orange Life System** concerns metabolic functions and the production, regulation and distribution of chemicals. In the physical body this includes the endocrine and lymph glands and their hormones and lymph. It helps to regulate protein, fat, carbohydrates, vitamins and minerals.

The **Yellow Life System** helps us to harmonise the physical body and the subtle bodies when there is a change in the vibratory rate. This can be caused by our foods, electromagnetic appliances, medicines,

spiritual experiences or the new age energies. This yellow rainbow helps our vibrations adjust and helps our body chemistry adapt to the new vibrations of awakening consciousness. On a physical level it helps us to eliminate waste through the skin, the urinary, or digestive systems.

The **Green Life System** helps each component of our body retain independence while functioning harmoniously within the whole body and communicating openly and freely with the rest of the body. It concerns the visceral (internal) organs as well as the eyes and brain.

The **Blue Life System** helps energies circulate and move within and between our energy bodies. These energies can include rays, fluids or information. It contains three components that act as a triad each supporting the others. The first component is the sensory organs which bring knowledge and nutrients to the body. Then these are used to help and protect the transfer mechanisms in the body in the nerve sheaths, cerebral spinal fluid, blood and blood vessels. The third group links the etheric and the physical bodies via the neuro-connectors and this in turn shields the senses from undue harm.

The **Indigo Life System** governs the shape and integrity of each body in the structural system. On a physical level this will include the bones, joints and ligaments.

The **Violet Life System** provides the means for the Soul and the innate intelligence of each body to remain awake and able to communicate. It governs information transfer and feedback mechanisms including the nerves and brain.

The **White Life System** supports the entire individual as a whole, integrated being. It brings all of our energies into a cohesive vibration that communicates with our lower subtle energy bodies (SEB 0-I.5) so that we can function in this world.

All of these Colour life Systems intertwine, overlap and work together. Each organ and cell has combinations of these life systems and they generally act in the sequence of the colours of the rainbow with violet linking back to red again. The white CLS can interact with any of the others. By improving these interactions many of our compromised communications and functions are restored to where they should be. Interestingly I have found that when I do an issue for a client for energy integrity, Colour life Systems corrections will always come up. So it seems that when our energies are adversely influenced by other people or situations, these CLS interactions are damaged.

As well as the Colour Life Systems we seem to have other sets of life systems connected with different vibrations. I have called these Vibration Life Systems.

The new items on the menu are:

Optimise Cellular

Colour Life Systems (utilisation of light photons): Single/Interaction: R; O; Y; G; B; I; V; White

Vibration Life Systems (utilisation of frequencies other than light)

When a Colour Life System correction is indicated, we need to focus on the way light that is used inside the cell and how it communicates with other cells. We can strengthen an individual coloured rainbow or alternatively identify different rainbows that need to communicate better with each other. For instance if we need to focus on the violet rainbow improving communications with the red rainbow, I find that I do this visually while asking to optimise this communication and I record it in my notes as CH: CLS: V ↔ R.

✚ Heal 'Cellular Health: Optimise a Colour Life System for someone else.

When a 'Vibration Life System' correction is indicated I just focus on optimising this in Pure Consciousness with no analysis. This seems to be successful although it feels far too large and complex for me to understand what is happening in detail. I think, when we do this, we are optimising the vibration of the cells and the rhythms and tides that run through different parts of the body.

✚ Heal 'Cellular Health: Optimise Vibration Life System for someone else.

Cellular Awakening

As within so without; the macro-micro dance.

The spiritual-physical dance that brings us closer to Ultimate Reality and True Health

We are now going to consider enabling the physical body to match our progress and development emotionally, mentally and physically. This in turn will increase the quality and amount of light coming into our cells: the more light that we can bring in, the better we function, and the easier everything is.

Dr Joanna Budwig has researched how the body holds and utilises light. She has shown how light is crucial in the successful treatment of diseases such as cancer. She has also shown how important omega 3 and omega 6 are in helping us increase the light in our bodies as is a modern extract of Curcumin that makes much more of the active ingredients available. She also discovered that the sulphur-rich amino acids found in proteins need to be taken at the same time as the essential fatty acids for the oils to be fully utilised. These oils then need to be absorbed and moved through our lymphatic system to our cell membranes to help us hold and utilise light within our cells.

The more of these essential fatty acids we have, the more they help us attract, store and utilise photons within our cells. Also the further on our spiritual journey we have travelled, the larger the electron cloud around each cell and so the larger capacity we have to bring light into our cells. So as we raise our vibration we gradually energise with more and more light if we have sufficient essential fatty acids. Is this the physical equivalent of enlightenment?

If we can optimise the quality of light coming into our cells, we can improve our overall functioning and sense of connection and well-being. We can see from these that we are bringing particular beneficial vibrations into the cells in order to revive and refine their functioning. For all of these corrections we ask that every cell resonates with the identified energy while we are in a state of Pure Consciousness.

Your new Cellular Awakening menu will look like this:


Cellular Awakening

Ask every cell to resonate with one of the following energies;

Optimal balance and reaction to: electro-magnetic stress; AC/DC eddies, electrical circuits (home/work)
Optimum response to: the sun; moon; planetary movements; Aquarian changes; Earth's magnetic field;
Crossing magnetic zones (e.g. in plane); Earth's vibrational frequency (Schumann Res);
Photon activity; Earth's photon belt, solar flares; Chaos of earth's rebirth;
Earth's kundalini shift; Earth's magma changes
Optimum balance and response to EVERYMAN energies and morphogenic fields
Optimise physical vibrational log (close to overall vibrational log)
Maintain Self-at-oneness
Physically resonating with the Absolute Rhythm of the Universe
Cellular connectedness to who we are and our place in the Universe
Optimise Cellular ability to receive, store and utilise light
Restore Cellular Joy: Transfiguration
Reconnect each cell with God's Love (through the heart)
Reconnect/ Reunite to Divine Love
I am Empowered to fulfil my Divine Purpose
Resonate with Pure Consciousness on all levels of my being
Cells resonate with *All That Is*
Feel Celestial Presence
Be At One with the Divine
Filled with Divine Illumination/Inspiration
I am Light I am Sound
Cognisance, Emergence, Realisation
I am Radiant and Filled with Love

There are two groups of items on the menu related to cellular awakening. The first three items under Cellular Awakening menu relate to optimising our reactions to disturbing vibrations in our environment. The remaining correction here is 'Optimise physical vibrational log'. We need to do this when our physical vibrational frequency lags behind our overall vibration. In this situation we feel that we are fighting our bodies and when the correction is done there is a much easier relationship between our higher self and our physical body. It no longer feels as if our body is fighting us or holding us back. It can help to get an indication of the initial and optimised final Vibrational Log of the physical body.

The next group of items on the list are things such as '*Maintain self-at-oneness*', '*Restore cellular Joy*' or '*Cells resonate with All That Is*'. These help our cells vibrate with a higher energy so that our physical bodies are at one with our development. The *Cognisance, Emergence, Realisation* correction comes up quite frequently. It seems to bring an understanding that enables a person to move beyond their present limits of understanding and realise new things in their life. This Realisation is two-fold; both a light-bulb moment of realisation and also making something happen in their life.

 Heal Cellular Awakening corrections for someone else.

Dietary and Other Needs

After any *Cellular Health* or *Awakening* correction it may be necessary to support the body for a while to help the cell's chemistry to easily rebalance. These are listed on the menu and are all nurture-type items. It may be that the person needs exercise or meditation to help improve cellular health and light and this can be found from the list too.

Another possibility is that the cells need to clear toxins or infections and the person could experience detox symptoms following this healing. We can identify from the list whether this is possible and what support they might need to help the healing process. It does seem, though, that just being aware of the possibility of these reactions minimises these effects during the healing and usually there is nothing to do except tell the client not to worry if they do feel a bit fluey for a few days because they are clearing infections and toxins that they couldn't get to previously.

I've also found that once the cellular healing has been completed it is possible to do an Issue of 'Total Health' about 18 days to 4 weeks later. This indicates that once the body is rehydrated it can then improve many different aspects of health.

Energy interference

I started thinking about Chakra interference after reading *Christina Damerell's* paper on '*Dishevelled Chakras*' that she presented at the Advanced Kinesiology conference in London on April 1997. *Barbara Ann Brennan* also discusses chakra interference in her book '*The Light Emerging*'. Each of them explains that it is possible for one person to direct energy at another person's chakras in order to manipulate the person in some way. Very often the person directing this interference is a strong, assertive, dominant person and has no idea that they are doing this. I am sure that we have all been in situations where we were up against someone who seemed to overpower us and we said or did things that were contrary to our nature or real wishes.

I have found that it is possible for this interference to be directed to any part of the energy system or physical body, either consciously or subconsciously. In general for any two people who are involved in this, it is possible to see that one is more dominating and the other is more submissive but in different situations they may swap roles. Although chakra interference seems to be the most common, it is possible for the aura, mind energy and meridians to be affected. Together with limiting belief systems, this goes a long way to explain why some abused people stay in unhealthy relationships or are unable to leave home when they have a very dominating parent. It is also possible that a person is directing interference back to themselves and performing very effective sabotage. It will never feel as if it is directed by themselves and they will usually feel that they are being 'got at' by others.

Chakra interference

It is possible for any of a person's chakras to be manipulated by another person or group. Very often a mother has not relinquished her hold on a child or a dominating partner may affect how the chakra works without consciously realising that they are doing it. Once it is brought to the affected person's attention it is an easy matter for them to visualise the connecting channel, to cut it and determine that they shall reclaim control of their own chakra, together with any necessary healing. The procedure is to identify:

1. identify whether dealing with personal, interpersonal or self interference
2. identify if you need to name the other person
3. for each person identify how many links you need to heal
4. for each link, identify which way the interference is flowing
5. for each link, identify the site, and source of the interference (i.e. chakras or other parts of the energy system or body of each person)
6. identify the signal strength of the interference (the power factor related to normal chakra transmission)
7. the client should visualise cutting each cord that has been identified or imagine disconnecting an airline refuelling line to their chakra, thus regaining control of the chakra, aura, mind energy or meridian and protecting it from any future interference. (They can usually feel the connection and the size of the problem at each location.) It may occasionally be necessary to identify correction points and hold them during the visualisation.
8. ask client to determine not to let such interference happen again and ask for the necessary protection for the whole energy system while you are in Pure Consciousness. If they visualise this at the same time it will empower the process.

For example for Jack, for the goal of 'Trust' with two corrections:

- 1) Base Ch (strength x2) by a female that he had known for about a year whom he then recognised, from her Sacral chakra.
- 2) Solar Plexus Ch (strength x1) by mother from her heart chakra.

I find it helpful to do a more visual representation of the interference or to do it in table form rather than trying to describe it with lots of words.

 Complete a Chakra Interference correction for someone now.

Other Energy Interference

Establish which part of the energy system is being affected; the aura, meridians or parts of the body, for instance, maybe scanning the body to identify it. Then follow the same corrective procedure as for chakra interference. It is also possible for a person to experience whole energy manipulation or control and, if this is indicated, you probably need to improve the person's energy immune system and energy integrity. You may also need to get additional help from another source to rectify this. Therefore identify the best person to help.

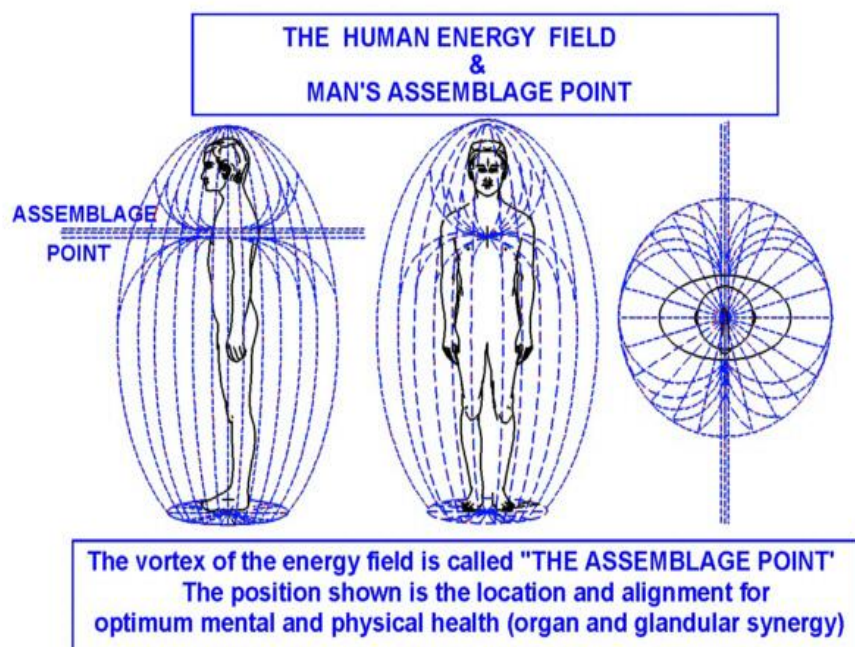
It is also possible that the energy interference is not coming from a person but from things like severe energy fluctuations such as planetary movements (the eclipse on 11th August 1999 caused many people difficulty), the moon, Wi-Fi or radio and telecommunication masts. You may be able to heal this interference with *Cellular Awakening* corrections but it may need further help.

These are achieved in exactly the same way as the Chakra Interference. The only difference is the site of the interference is not a chakra or the source is non-human.

The Human Energy Field and Assemblage Point

The diagrams and some of the findings below are taken from organisations such as the Whale Foundation who study and research the Assemblage Point and effects on the body.

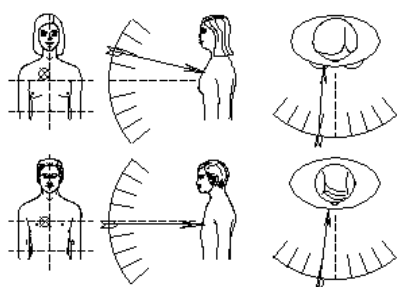
Every particle in your body produces and emits a pulsing or wave energy. This makes a vibrating field of energy around each of us which is like an egg shaped cocoon around the whole of the human body. All energy fields have a centre or vortex. The assemblage point is the centre of the human energy field.



The balance of our Mind and Spirit determine our personal characteristics which are responsible for the qualities that determine our lives, jobs, physical health. This balance of Mind and Spirit is also responsible for the energy field that surrounds us. As the Mind and Spirit get out of balance in some way the Assemblage Point is pulled off-centre. It also pulls our lateral muscles out of alignment and so we can see how all these things are linked.

Balancing the whole energy field via the entry points of the Assemblage Point, back and front, energises and balances the body and can help us improve our physical or emotional well-being.

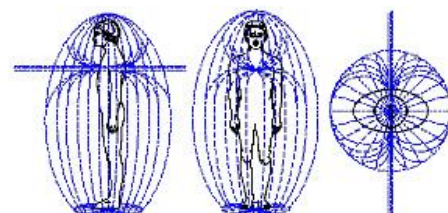
The natural position for the Assemblage Point is usually in the centre of the chest back and front. People have found that when someone is unwell or feels out of sorts in some way, the assemblage point is not in its ideal position.

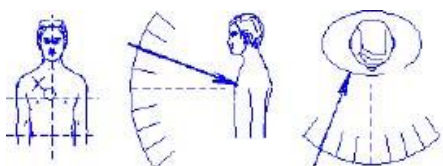


Men and women tend to have their Assemblage Point in a different position. A man's Assemblage point is located in the centre of his chest, both front and back, slightly to the right of the midline.

A woman's vibrational rate, her behaviour, the way she feels and her view of the world are different to a man's. Her Assemblage Point is usually a few centimetres higher than that of a man.

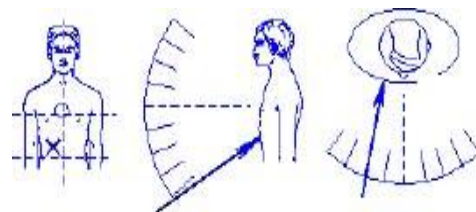
It has been found that people who are well-balanced, coping well and enjoying their life often have an assemblage point close to the vertical centre chest line but may be slightly on the right side. It goes through to the back on a straight, horizontal path.





It has been found that people who are often stressed or anxious tend to have an entry point at the front of the body higher than the exit point on the back.

It has also been found that people who experience depression tend to have an entry point at the front of the body lower than the exit point on the back.



For a normal healthy person, restoring the Assemblage Point to its natural position has been shown to improve mental and physical efficiency. It seems to also produce stable and efficient functioning of the liver, spleen and other organs and glands and produce a stable state of well-being.

For someone who has symptoms of disease, restoring the assemblage point back to its ideal location in the centre of the chest has been shown to help them to improve the energy flow and biological function and so help them to recover their health.

Finding the location and entry angle for clients may be unusual at first, but gets easier as you gain experience. Often their symptoms, posture, and tone of voice will suggest where to look.

You can either feel for the Assemblage Point or muscle test for its position. You can also buy an expensive machine that will find it for you!

Traditional way of Finding Your Own Assemblage Point

- 1) Using the tip of your index finger of your left hand. Press moderately firmly it into the tissue of the right side your chest in the average location for male and females.
- 2) Remove your finger and press firmly again in a very-close adjacent spot. Repeat this until you have covered a diameter of perhaps 10 centimetres (4 inches).
- 3) When you find your location it will be very tender, even sore or painful. With most people, the sensation will pass deep into the chest, perhaps through to the back.

Muscle Testing for the Assemblage Point Position

As kinesiologists we can either scan the body for the location, or muscle test and ask if it up/down, left/right and by how much. I find this far preferable to pressing hard on someone's chest and can be done when distant healing.

🌈 Find the position of your own Assemblage Point. Try also to muscle test or intuit its position!

Traditional way of Finding Your Entry Angle

Now use the straightened index or second finger of your right hand and apply pressure on the tender point and change the angle of your finger to estimate the front entry/rear exit angle of the energy line of your Assemblage Point. When you have found your entry angle you may well feel the energy line passing through your chest to a point on your back. If so, then you will know your rear exit location.

- If you are on the large side, you must press harder to penetrate through the subcutaneous tissue to the rib cage.
- If you are female, then your Assemblage Point may well be in your breast. In any event you will not feel the tender point on the surface of your breast. You must press into your breast deep to the rib cage.

Again this can be achieved by scanning or muscle testing.

When you know the location of your Assemblage Point, you will be able to check it and compare it against your state of physical and emotional health.

For instance: If you are intimidated or get angry, then the Assemblage Point will move to the right. It may take you several days to recover your normal composure and the Assemblage Point to return to its normal location for you. But now you can do it sooner with this healing.

If there has been trauma, (e.g. bereavement) then the Assemblage Point location will drop lower.

As you become more familiar with your own Assemblage Point, you will be able to locate and restore someone else's more easily.

Sensing someone else's Assemblage Point

1. The person should stand upright, looking straight ahead. You should stand facing the person's right-hand side.
 2. Form your left hand into a cup shape. Use it to "feel" for the person's Assemblage Point at the back near the shoulder blades.
 3. Form the fingers and thumb of your right hand into a tight, concentrated point, like a bird's beak. Use the finger tips of the right hand to "feel" for the cluster of energy lines entering the person's chest.
 4. Hold both of your arms wide apart. Hold your left hand behind the person and your right hand in front. Standing relaxed, be keenly aware of your responses. Moving both hands in a slow circular motion, slowly bring your hands towards the back and the chest, feeling for the maximum energy disturbance or potential in the finger tips of your right hand and in the palm of your left hand. Allow the person's energy lines to tell you where to go.
 5. When your cupped left hand and right hand pointed fingers are lined up with the cluster of energy lines at the vortex, you will experience an energy surge. This will pass through your arms and chest.
 6. Bring your hands together, feeling for the maximum power and connection with the person. Allow your hands to touch the person's back and chest at the points of maximum energy connection if it feels appropriate to do so.
- ✚ Find the best way for you to identify the position of someone else's Assemblage Point. Try sensing, muscle testing and scanning and see which works best for you.
 - ✚ Try locating several people's assemblage point to familiarise yourself with this.

The Nervous System

The sideways position of The Assemblage Point is directly influenced by the balance of left and right brain activity. The left side of the brain processes the isolated bits of information and deals with logical, linear thoughts while the right brain houses the creative, intuitive thinking and puts together the pieces presented by the left brain to see the whole picture.

If the left brain is overactive and dominant the Assemblage Point will be positioned to the right of centre and if the right brain is overactive and dominant the Assemblage Point will be to the left of centre.

Left Brain	Right Brain
Operates Right side of body	Operates Left side of body
Logical	Non-logical, Uses Feeling
Meaning	Values
Rules and schedules	Daydreams and impulses
Mathematical	Tonal
Rational, Practical	Unpredictable, impulse
Linear, Order/pattern	Spatial
Intellectual	Intuitive
Reasoning	Experience
Factual and detailed	Visual and conceptual Sees the Big-picture
Uses facts	Uses imagination
Uses words and language	Uses symbols and images
Knowing	Believing
Acknowledge	Appreciate
Knows object name	Understands object function
Reality	Fantasy, Mystery
Forms strategies	Presents possibilities
Emotionally negative	Emotionally positive
Classifies and judges	Plays and responds
Safe	Risk-taking
Sequential	Simultaneous
Mind	Spirit

The Importance of the Position of the Assemblage Point

Our Assemblage Point location fixes in a healthy, stationary, near-central position at around the age of seven if we are brought up in a stable home environment and positively identify with good mother- and father-figures. An Assemblage Point may be permanently displaced by a trauma or difficulty or it may be in the correct position most of the time and just be displaced when a trigger reminds us of a problem.

An unstable and displaced Assemblage Point is likely if we had a consistently negative relationship with our parents or there was a background of divorce, having a single parent or having a displaced upbringing. Genetic reasons or disease can similarly produce abnormal and unstable Assemblage Points.

The location of the Assemblage Point is directly linked to the biological activity of all of the organs and glands including the brain. The way we feel and how we behave is dependent on the entry angle of our Assemblage Point.

The idea that how we behave and how we feel might be beyond our rational control is largely unbelievable to most healthy people. Such people are extremely fortunate as they have a stable, near central Assemblage Point.

The most commonly found position is not at this ideal location however. With most people the Assemblage Point will be found entering on the right side of the chest's central meridian line; this is due

to the excessive left brain activity resulting in physical and mental activity, which is demanded by today's stressful life style.

If you have experienced any serious trauma such as the following you may be able to understand it more easily.

- ❖ Serious accident, bereavement, disease, tragedy, chronic stress or depression.
- ❖ Distressed or oppressed childhood, rape or sexual assault, violent intimidation, kidnapping.
- ❖ Attempted suicide, substance and drug abuse.
- ❖ Mugging, robbery, burglary, fraud, identity theft.
- ❖ Imprisonment, war, terrorism, torture, post military combat trauma,.
- ❖ Physical or psychological intimidation.
- ❖ Blackmail, malicious divorce, bankruptcy, redundancy, home repossession, arrest, prosecution.

The trauma causes the Assemblage Point to drop and soon after that the victim's haematology and biochemistry can change to levels outside the normal range of that of a healthy person. This adds extra physical and emotional stress which compound the situation and may further push down the Assemblage Point location towards the critical line (navel) and can induce disease.

Conventional drugs and therapies used in treatments for these diseases often depress the patient's Assemblage Point location even further down towards the critical line.

The sooner you can correct the Assemblage Point after the trauma the better. Otherwise they may need it to be restored repeatedly until it relearns its position and the ensuing problems may also need further treatment.

For optimum health and vitality, energies in the left and right sides of the brain should be equal and the Electromagnetic Field equally distributed about the body's central meridian line. In this position balanced energy flows around the central nervous system and the many organs and glands function in harmony.

Effects of Displacement

Most Common

Right Side of Chest High β brain waves in L Brain			High Vibration /Energy	Left Side of Chest		
Sanguine			Hyperactivity ADHD Insomnia	Phlegmatic		
Adrenal Stress				Introvert Psychotic behaviour		
Worry Stress Anxiety				Fantasies Delusions		
Left Brain activity				Right Brain activity		
Anger				Religious visions, experiences		
Depression Fatigue				Apathy Easily Intimidated Delirium		
M.E. (low angle up from liver)				Dementia		
				Coma		
			Depression Chronic Fatigue			
Choleric			Hypoactivity	Melancholic		
			Low vibration/ Energy			

Assemblage Point Too Far Right

This is the most commonly found misalignment, the symptoms of which are compulsive mental and physical activity. The medical diagnosis for those having their Assemblage Point too far right is stress; excessive feelings of anxiety, panic or anger being indicators of this location. These are associated with high Beta brainwave frequencies in the left brain.

Should the Assemblage Point shift high as well as to the right of the chest the person will be feeling anxious and nervous and experience disturbed sleep. Here the liver and adrenals will be overactive.

Extreme locations to the right side of the chest with an acute angle are associated with extrovert psychotic behaviour such as violence, bullying, rape, stalking, murder, terrorism or fanaticism. On the extreme right there are endless visions of physical activity, violence, killing and sensuality.

Assemblage Point Too Far Left

Extreme left side of the chest: introvert psychotic behaviour, hallucinations, autism and Downs Syndrome.

Assemblage Point Too Low

If the Assemblage Point drops down very low, then the liver will not function correctly. We will feel tired, lacking energy and the body will not respond to mental commands. This can cause depression and chronic fatigue syndrome. Low locations are accompanied with hypoactivity, the depressive illness spectrum and hypo liver/adrenal/thyroid activity.

Restoring the Assemblage Point in cases of chronic fatigue, for instance, greatly helps the person recover their former health and state of being. It is very hard to recover without this as the biological energy levels are too low, and this prevents recovery.

Sufferers of an involuntary Assemblage Point shift downwards can experience that “something” deep inside them has changed. Although they can remember how they behaved and felt before the incident, returning to their former energetic and happy self is impossible for them. That indescribable “something” deep inside all of us that can suddenly shift following an adversity, changing our whole perception of reality and our physical health, is the location and entry angle of our Assemblage Point.

With all serious diseases in their chronic phase, the patient’s Assemblage Point will be found in a low location perhaps as much as 20 centimetres or more below that of a healthy person. Likewise, for those patients that have a serious physical or mental disease restoring the Assemblage Point back up to a location of that of a normal healthy person will greatly help them to restore normal haematology and biochemistry levels that are essential for good health.

Assemblage Point Too High

High locations: symptoms of hyperactivity, anxiety, panic, insomnia, hyper liver/adrenal activity, Attention deficit hyper activity disorder (ADHD) in children

Varying Position of Assemblage Point

Manic depression is a bipolar condition where the Assemblage Point oscillates between a high location in the manic phase and a low liver location in the depressive phase.

With the schizophrenic spectrum there may be several Assemblage Point locations, as often happens with the epilepsy spectrum.

Restoring the Assemblage Point

There are several ways to restore the Assemblage Point, with crystals, Electronic gem lamp therapy, Transducer Lamps containing diamonds and carnelians at a frequency of 8.5 HZ or various manual methods. I have had good success without using any fancy gadgets. It can be a very powerful correction!

The Assemblage Point correction appears in the menu as:




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

In order to complete this correction you follow this procedure:

Correction

1. Identify whether the displacement of the Assemblage Point is constant or intermittent.
2. Identify the age that the displacement started.
3. Muscle test to find the position of the Assemblage Point on the front of the body. To do this you can:
 - a) scan the body vertically and horizontally with a strong indicator muscle. When you get to the right point the arm will weaken.
 - b) ask how far from its optimum position it is both vertically and horizontally and by how much.
4. Muscle test to find the position of the Assemblage Point on the back of the body in the same way. This will show the angle of entry clearly.
5. In Pure Consciousness, focus on the Assemblage Point being restored to its ideal position at front and back of the body and being able to maintain that position. You may find your hand moving over the body, tracking the movement as this happens.
6. Check that the new position of the Assemblage Point is central and it is usually in the centre of the chest
7. Ask that the entry angle is optimised and the Energy Field stabilised.

I have also used photographic assessment of this correction and, within 30 minutes, the facial muscles had rebalanced. This shows how much the Assemblage Point affects our alignment, balance, features and health.

-  Demo the new Assemblage Point Correction.
-  Identify the best way for you to restore the Assemblage Point for somebody.
-  Tune in to your assemblage point when you have been angry, upset or distressed and see if it has moved from its normal position; then return it to its ideal position. In this way learn to restore your demeanour as quickly as possible after an upset and eventually to not be fazed by anything!

Distant Healing

So far we have established a protocol of taking note of the health or development factors that concern the client before starting work and then working by *priority corrections or issue*.

At times it may be indicated that you can do healing for someone without his or her physical presence. I call this distant or absent healing. It will only be indicated when you are ready and able to do this. It can be required when a person needs help at a particular time but you cannot travel to meet each other. Also it may be that you need further protection before you release some of the problems that they have and you would be too vulnerable to be exposed to the energy. This can often happen when dealing with intrusive energy.

During the Covid pandemic I reclaimed my home and am not using it as a clinic any more so I do everything by distant healing now.

If distant healing is indicated for the first time, ask for a full-length recent photograph of the person. Take your time, with the photo on your person, to allow you to tune into their energy. Only when you are completely happy that you are tuned into them start to analyse and do corrections for them. After a while of working in this way you will find that you can sometimes tune into the person at a distance without their photo. Make sure that you ask for conscious and spiritual permission before starting the work. I have had occasion when a request for healing has been made by someone's higher energies where it has been inappropriate to ask for conscious permission. In this case I create a parcel of healing energies and visualise leaving it on their doorstep for them to pick up when they are ready.

Remedies and how to use them

I thoroughly recommend Nature's Sunshine (NSP) and Lily and Loaf Products as they are 100% naturally sourced from natural organic materials. Many other companies who describe themselves as food-state embed synthetic active ingredients in a little bit of food and this can cause problems for people. Also NSP have formulated many really good products with the right ingredients, in the right proportions to help the digestive system, circulation, liver, kidneys and other major organs or systems of the body. They also have an ongoing free nutritional education programme with your manager (me), local meetings and larger educational days in Oxford.

At times I need something that NSP does not provide and I have other test kits, remedies and brochures that help me choose the right product for a client.

However the field of nutritional medicine is very complex and further training is available from all sorts of companies. Nutri-Link has a good [Clinical Education](#) facility and offer regular courses in London or the facility to buy them later, study them on line and gain accreditation for them and also they have memory sticks with huge amounts of information that they give out to practitioners at a seminar. They specialise in Allergy Research and Biotics Research products which I have found to be very good. Antony Haynes and Michael Ash have developed innovative new protocols using Allergy Research and Biotics Research supplements and have had great success. You can often buy their courses for half price in January. They are now delivering a medical practitioner course together with Dr Rangan Chatterjee to educate our doctors in ways of overcoming disease without pharmaceuticals.

[Biocare Professional Education](#) also offers excellent regular free webinars with access to all past courses for therapists.

Nutriscene, Specialist Herbal Supplies or Bioforce who produce herbal formulae, vitamin and mineral supplements, and they have experienced people on hand to answer your questions. In order to prescribe individual herbs, it is now necessary to train as a herbalist. Hair analysis can also be useful in determining the body's balance of nutrients. I have found it helpful at times as it shows the person's average status and nutritional needs over the last 3 to 4 months whereas a blood test gives the status at that instant and if the person is under stress it may not be a realistic general one.

So far we have used remedies to heal with but have not talked about prescribing them. Homeopathics and essences are usually totally safe to prescribe for people having identified them by muscle testing but the EU is considering that homeopathics are too dangerous to supply without homeopathic training! Essences have escaped notice so far and more companies are recommending that you put the essence on your skin rather than taking it. Therefore they will still be available and people can take them too if they wish.

The wholesalers that I use most are:

Lily and Loaf:

Nutriscene: 01634 861880

The Natural Dispensary: 01453 757792

Taking Herbs and Supplements

It can be useful to ask if a person needs to take a supplement at the end of the session. However, because we are healing the causes of a problem with Spectrum Healing there are not many situations where you will need to do this. It is useful to be familiar with the recommended dosage and then to identify the best way for your client to take it.

The key points to identify are:

- ❖ how many days do they take it consecutively?
- ❖ how many capsules are there in each dose and how many doses per day do they need?
- ❖ are they best taking them with meals, in between meals or on rising in the morning?
- ❖ are there foods or other items to avoid while taking them?
- ❖ do you need to check the dosage after a time?
- ❖ check the supplements that they are taking at present (If bought at supermarket these can have a negative overall effect)

If a person needs to supplement a vitamin, mineral or amino acid, many of these answers can be found in the product guidelines. Also check if they are taking medication that conflicts with certain ingredients.

Be very careful when prescribing herbs for children or pregnant women; it may be safer to prescribe homeopathics, essences or tissue salts or you may need to split capsules.

Wherever possible, if long term supplementation is needed, try to get food-sourced supplements such as Nature's Sunshine (NSP) or Lily and Loaf as these are tolerated and utilised much better by the body. Food-state supplements can supply the co-factors necessary for your body to recognise and synthesise the product appropriately. Synthetic supplements, made in a laboratory, are by far the majority, can cause problems, especially for the Immune System, if taken for more than a month or two.

Once I have identified a supplement NSP or Lily and Loaf supplement is needed I have never had it test as less than 100% appropriate and beneficial. I have had some other High Street brands test as -100%!

Taking Homeopathic Remedies

A *homeopathic simplex* is a single remedy in homeopathic form. A book such as Andrew Lockie's '*A Family Guide to Homeopathy*' is very useful for understanding the way they are manufactured and when they might be useful. Also Phyllis Speight's '*A Study Course in Homeopathy*' is useful to improve your understanding of homeopathy.

Each Remedy is manufactured in different types of pill and at different potencies. A 6x potency remedy has been diluted to a tenth part six times in succession and a 200c potency remedy has been diluted to a hundredth part two hundred times in succession. A *lower potency* remedy is usually used for an *acute* condition and might be given regularly during the day. For example an Arnica 6x pillule might be needed every hour for six hours to help reduce bleeding after an accident. They are also safe for children to take at a lower dosage from adults.

A *higher potency* remedy is usually used for a *chronic* condition you would need to establish the dosage and frequency to administer the remedy. I have found that the most common dosages are:

- | | |
|---------------|--|
| a single dose | this could be any number of pills given at any time of day on one day only. |
| a double dose | this could be a number of pills given on two occasions, usually evening and next morning on waking. |
| a triple dose | this could be any number of pills given on three occasions, usually evening, next morning on waking and at noon that same day. |

and you should identify whether the dose needs to be repeated at a later date

The Homeopathic Supply Company sells small brown bags to put the pills in for clients and labels to stick on them to explain which foods and drinks do not mix well with homeopathics. They also assure me that you never need to take more than one tablet or pillule at a time contrary to instructions on some packaging of tissue salt.

A *Homeopathic Complex* has more than one remedy mixed together for a particular purpose. For instance a catarrh remedy might have a combination of various 6x remedies such as Ferr. Phos., Kali. Mur., Kali. Sulph. and Nat. Mur.. They are also safe for children to take at a lower dosage. Dr Reckeweg sells some wonderful homeopathic complexes. They are based in Bolton on 01942 811444.

Homeopathic nosodes can be taken to build up immunity to a disease and contain all the known types of that disease that it has been possible to include. It is also useful to immunise with nosodes to promote the natural immune process from IgA through to IgG unlike inoculation. This starts at IgG, which takes about three weeks to build up to be strong enough to fight a disease that has got into the blood stream.

A *Tissue Salt* is the name given to the common homeopathic remedies in 6x dosage. It is water based so that the body easily absorbs what it needs to at any given time and excretes the rest. Therefore these are the ideal remedies for immediate, fast relief and to bolster the body under stress. For instance, if a person has been under stress for some time and has become deficient in potassium, the Kali Phos tissue salts can be taken up to six at a time at hourly intervals without any ill effects. Tissue salts also come in combination remedies and are safe for children to take at a lower dosage.

Taking Essences

All essences are, by nature, liquid. All can be used to heal the energy field. In addition some of these can be included in creams, shampoos etc. or taken by mouth, but others cannot. If an essence is to be taken internally the manufacturer must have a license for this. When an essence has been identified as suitable to take, you should:

- * identify the correct essences and whether they should be mixed or taken individually
- * identify whether to buy a full strength bottle from the suppliers or dilute some of your own
- * if diluting, identify how many drops of essence, how many drops of purified water and how many drops of which alcohol to put in a dropper bottle. Mix and shake the ingredients.
- * identify the dose, the number of days to take it and the duration of treatment
- * identify how they should use the essence. Should they take it by mouth maybe diluted, apply it to the skin or hold it.

Alternatively Arthur Bailey did offer a service where he analyses a sample of hair sent to him and then mixes an appropriate essence for that individual and sends it to him. The company may still do this. Sue Lilly of Green Man Essences will also advise by telephone and send you the appropriate essences.

Using Energy Cards

I find Energy cards of crystal, animals or essences very easy to use and connect myself and the client to the wonderful energies of the source. They provide an instant explanation of what you are doing that the person can relate to their own situation. They are also much cheaper to buy and easy to choose the energies that the person needs in any healing.

Some of my deepest and most beautiful sessions with a client are when the muscle testing does not want us to work from the healing menu and instead, we spend the whole session choosing essences and cards, reading the messages and healing intuitively with hands.

If you haven't got particular essence cards that you need but have a reference book, you may find that you can choose the needed energies from the book.

Some of my favourite Energy cards are:

Pacific Essence Energy Medicine Cards (Flower, Tree, Sea and soon Gem)	
Wild Earth Animal Cards, Aloha Flower	Oracle of Illumination Cards
Essences	The Hawaiian Oracle Cards
Bush Flower Essences	Living Tree Orchid Essence cards
Crystal Ally cards	

Don Dennis at [Living Tree Orchid Essences](#) sells many flower essences and cards at trade price including Petite Fleur, Bachs Flower and Bailey's Essence Books, Alaskan Flower Essence cards. I also love using the Araretama Essence cards which are no longer available in this country. I have found all my flower remedy information from the websites of the companies that I am interested in and collating it into a usable resource file. I do then buy some essences or cards to say thank you. I do have reference pages available for these and the Phytobiophysics remedies and Lila Devi's Spirit of Nature Essences, which used to be Master Flower Essences and are the essences of self-mastery.

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