

The ALLERGY CURE



Begin by thinking of an allergy like a phobia, or a body's disproportionate response to a stimulus. For example a cat allergy, where the body responds as if a giant saber tooth tiger is going to eat it alive, when it is only a little cat hair! With this work, it is VERY important to keep in mind and make the verbal distinction between a person's allergy and their BODY'S allergy to something. The part that controls this is the reptilian or primal brain, which is responsible for physical survival, yet has the mentality of a small child, and must be patiently, gently, slowly, and simply dealt with in this way.

It seems that the BODY can be allergic to virtually anything, including the planet Earth, air, money, even our own body parts, so be open to checking absolutely everything. Dowse or use muscle testing to check if the BODY is allergic to the substance, thing, or person. Keep it VERY simple, only one or two words. When you have identified what you want to change, write it on small slip of paper, put it in your non-dominate hand and place it behind the back of your head. With your other hand place your thumb and middle finger on either side of the bridge of your nose and your first finger on your third eye or center of your forehead

You then begin to talk to your body out loud in your own words like you would a small child. Begin by thanking it for protecting or helping you, then give it the new information, and indicate it can now live in harmony with it and thank it again. It might sound something like: **"My Precious Body.....thank you for protecting me from _____ for all these years. Because of you I am safe and I have survived....and I am so grateful! However, my Precious Body, I now have new learning's and new understandings, and I have come to know that _____ can be a good thing! It can help keep us safe and survive.....it can help us be strong and healthy.....it can help us meet our needs and accomplish our goals Etc Etc.Etc.** Use words that suit the particular thing you are changing, to be in a positive way. (Remember the reptilian brain only codes things in the "four F's"). Continue on with **"And so My Precious Body from this day forward, you and I can be in alignment and live in harmony with _____ Thank You, Thank You, Thank You.....Amen** Then muscle test again that the persons BODY is in alignment or harmony with the previous allergy.

Remember you can only do ONE thing at a time, like roses or daises versus flowers. Also you may need to clear several things around a particular issue, like deserving, having, keeping, saving money are all different things to be done individually.

A Dowser friend generously shared this technique with me several years ago, explaining that many people had financial issues because they had an allergy to gold!

She said she cleared 5 allergies each morning before getting out of bed. I am not sure where it originated, but know it is part of a more comprehensive system. In any case I am grateful, I know it can't hurt you, and I have shared it with hundreds of people over the years with interesting results. So I invite you to take this amazingly simple technique to assist your body to be in harmony with

all that your mind, emotions, and spirit already are to create the reality you desire. Good luck & have fun!

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