The Quantum Matrix Code

3.0

1

All Known or Unknown Energy Types Like or Similar to:
Blinded
Covert
Difficult
Forgotten
Hard
Hidden
Imaginary
Impossible
Known
Missed
Obvious
Overlooked
Secret
Stressful
Subtle
Undermining
Undetected
Undiscovered
Undetermined
Unimaginable
Unknown
Plus Any & All Various Others

Any and All Unwanted Symptoms of Known or Unknown Conditions Like or Similar to:

I
Absent Seizures
ADD
Now
ADHD
Release
Anxiety
Asperger's
All Energies In
Autism
Bipolar
Cancer
Craziness
Cognative Dissonance
Conduction Aphasia
Delusional thinking
Depression
Distorted thinking
Dyslexia
Emotional Illnessess
Insecurities
Mental Illnesses
OCD
Panic Attacks
Paranoia
Psychosis
PTSD
Schizophrenia
Self Doubt
Social Anxiety

Ask Your Higher Self (HS)
"What is Optimal?"

01 Head Heart Gut
02 Whole Body Scan
03 Aspects & Inner Worlds
04 Forms, Levels & Layers
05 Organs, Glands, All Chakras
06 Eyes, Palms, Soles, Body Openings
07 Mimic Healing Charts, Modalities & Books
08 Dimensions, Past-lives, Memories, Heart Walls
09 Any Core Beliefs, Programs, Triggers & Traumas?
10 Mimic All Healing Machines & Frequency Generators

Double Check, only 1 EGO/1Personality/1Side. Dialed Down to <1%

Inner Being
Superconsciousness - Soul
Quantum Field - Higher Self
Intuitive Body - Inner Gut
Vibrational Body - Frequency
Wind Body - Flow of Chi
Energy Body - Chakras
Meridian Body - Network
Emotional Body - Heart
Subconscious Mind - Ego
Consciousness - Mind
Physical - Body

CREATE AN ENERGY INTENTION BALL

Instructions & Opening Protocol on page15

Life Areas
Health/Fitness 01
Romance/Love 02
Recreation/Fun 03
Family/Children 04
Social / Friends 05
Business/Career 06
Spiritual/Religious 07
Healthy Daily Routine 08
Finance /Wealth/Money 09
Time Management 10
Personal Growth 11
Self Discipline 12
Contribution 13
Self image 14
Hobbies 15
Pets 16

2

HEALTHY LIFESTYLES: Ask Higher Self (HS), *"Are there any imbalances in my Water, Food, Air, Body, Home or World? Is my HS 100% Happy about ____? Can I clear it with Intention!"*

HEALTHY WATER
01. Am I Drinking the Optimal Amount?
02. Am I Drinking the Optimal Quality?
03. Am I Absorbing 100% of my water?
04. Am I Utilizing 100% of my water?
05. Is my Ph level too High or too Low?
06. Become Alkaline w Lemon Water?
07. Become Alkaline w Baking Soda?
08. Is my Ph Balanced Now? At 7.2?
09. Do I need Filtered/Enhanced H2O?
10. Get Countertop or an Inline Filter?
11. Get Filtered Water at the Market?.
12. Get a Magnetic/Vortex H2O Filter?

Ask HS, *"Will I Benefit from..."*
13. Drinking a kind of Enhanced Water?
14. Drinking Structured Vortex Water?
15. Drinking Magnetically Aligned Water?
16. Drinking Oxygen Enhanced Water?
17. Drinking Bottled Distilled Water?
18. Drinking Bottled Spring Water?
19. Energetically Charging my Water?
20. Spiritually Charging with Prayer?
21. Labeling my Water with "Love"?
22. Putting Crystals or Gems in water?
23. Adding Positive Emotions to water?
24. Adding Strong Intentions to water?

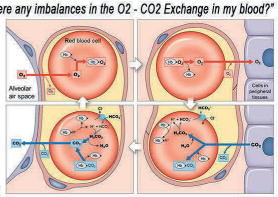
HEALTHY FOOD
25. Carnivore Diet?
26. Detox Diet?
27. Intermitant Fasting? 8hr/16hr
28. Keto Diet?
29. Low Carb or Fat Free Diet?
30. Macrobiotic Diet?
31. Mediterranean Diet?
32. Raw Food Diet?
33. Vegan or Vegetarian Diet?
34. Weight Watchers Diet?
35. Whole Food Plant Based?
36. www.MyYESDiet.com?

FOOD CHOICES
37. Breads?
38. Dairy?
39. Edible Plants?
40. Eggs?
41. Fish/Seafood?
42. Fruits?
43. Fungi?
44. Grains?
45. Legumes?
46. Meat/Poultry?
47. Nuts & Seeds?
48. Vegetables?

COOKING CHOICES
49. Air/Light Frying?
50. Baking?
51. Blending?
52. Boiling?
53. Deep Frying?
54. Juicing?
55. Microwave?
56. Oils: Avacado Oil?
57. Veg/Grape Seed?
58. Olive/Coconut?
59. Raw Food?
60. Seaming?

3

HEALTHY AIR: Ask HS, *"Are there any imbalances in the O2 - CO2 Exchange in my blood?"*
01. Optimal Amount of Air?
02. Optimal Quality of Air?
03. Optimal Air Absorption?
04. Optimal Air Utilization?
05. My O2 to CO2 Balanced?
06. Is More O2 needed?
07. Is More CO2 needed?
08. Environmental Issue?
09. Energy Healing Issue?
10. Red Blood Cells Happy?
11. More Deeper Breathing?
12. Breathing & Sleeping OK?
13. I need an Air Filter or a Purifier?
14. I need Dehumidifier or Humidifier?
15. Do I need an Oxygen Generator?



https://www.chegg.com/homework-help/questions-and-answers/using-diagram-guide-compare-contrast-mechanisms-gas-transport-o2-co2-blood-describe-role-r-q69908714#question-transcript

HEALTHY BODY
16. Any Food/Drug Addictions?
17. Clear All Detox Pathways?
18. Cold Shower/Pool helpful?
19. Do I have Stress Factors?
20. Need Detoxification/Fasting?
21. Is Intuitive Body Connected?
22. Is my Emotional Body Happy?
23. Is my Energy Body Flowing?
24. Is my Mind Body now Clear?
25. Is Walking Barefoot helpful?
26. Isolation Tank/Mud helpful?
27. Left/Right Brain balanced?
28. My Female/Male balanced?
29. Physical Body Awareness?
30. UV Sauna/Hot Tub helpful?

EXERCISE CHOICES
31. Ask, I need more Exercise?
32. Ask, I need less Exercise?
33. Brisk Walking or Jogging?
34. Bench Press or Sports?
35. Bicycle or Rowing a Boat?
36. Daily Dance Classes?
37. Daily Exercise Classes?
38. Daily Squats or Deadlifts?
39. Exercise Hard or Easy?
40. Gardening or Swimming?
41. Gentle or Active/Hot Yoga?
42. Gentle or MediumWalking?
43. How many Days/Week?
44. Pickleball,Tennis or Sports?
45. Workout Solo or in a Group?

IS MY BODY
46. Able?
47. Available?
48. Committed?
49. Connected?
50. Content?
51. Deserving?
52. Flowing?
53. Happy?
54. Open?
55. Peaceful?
56. Present?
57. Ready?
58. Relaxed?
59. Safe?
60. Worthy?

4

HEALTHY SLEEP
01. Are my Sleep Times/Hours Optimal?
02. Are my Dreams Happy & Insightful?
03. Behavioral Insomnia/Fatal Insomnia?
04. Circadian Rythems or Narcolepsy?
05. Do I have Paradoxical Insomnia?
06. Do I Snore? Do I have sleep apnea?
07. Do I Wake Up Rested & Recharged?
08. Is my Sleep 100% Happy/Healthy?
09. Sleep-onset/Maintenance Insomnia?
10. Sweats/Movements when sleeping?
11. Wake/Light sleep/Deep sleep/REM?

ABNORMAL SLEEP
12. Complete Body Atrophy - Paralysis?
13. Confusional Arousals - Where am I?
14. Do I have some type of Parasomnia?
15. Exploding Head Syndrome - Flash?
16. Night Terrors - Scream in Sleep?
17. Nightmare Disorder - Scary Dreams?
18. REM Sleep Disorder - Move/Speak?
19. Sexual Sleep Behaviors - sexsomnia?
20. Sleep Enuresis - Peeing in Sleep?
21. Sleep Hallucination - Waking Dreams?
22. Sleepwalking - Somnambulism?

HEALTHY HOME
23. Are my Appliances Toxic to me?
24. Are there any Negative Energies?
25. Are there EMF toxicities in Home?
26. Geo-Stress fault lines near me?
27. Is any Toxic energy in my home?
28. Is my Furnature or Carpet toxic?
29. Toxic Ground is under my Home?
30. Toxic Neighbors are nearby me?
31. Toxic products in my Bathroom?
32. Toxic products are in my Home?
33. Toxic products are in my Kitchen?

HEALTHY WORLD & UNIVERSE
34. Am I going to the "New Earth"? When?
35. Any Resistance to my World/Universe?
36. Did I Truly Create my World/Universe?
37. Does my Universe bring me Joy? Peace?
38. I accept my place in the World/Universe?
39. Is this World/Universe my True Home?
40. I'm 100% at ease w my World/Universe?
41. I'm 100% at home in my World/Universe?
42. My World/Universe attracts Type Ones?
43. Negative Energy in my World/Universe?
44. The World/Universe is my Best Friend?

5 SYSTEMS/RECEPTORS:

Ask HS, *"Is my ____ 100% Happy? Are there any hidden root causes? Can I clear the imbalance with my Intention or do I need to know more?"*

SYSTEMS
01. Circulatory
02. Digestive
03. Endocrine
04. Immune System
05. Integumentary
06. Lymphatic
07. Muscular
08. Nervous
09. Reproductive
10. Respiratory
11. Skeletal
12. Urinary

ORGANS
13. Bladder
14. Colon
15. Gallbladder
16. Heart
17. Ileocecal Valve
18. Kidneys (L/R)
19. Liver
20. Lungs (L/R)
21. Small Intestine
22. Spleen
23. Stomach
24. Uterus

GLANDS
25. Adrenals
26. Hypothalamus
27. Ovaries (L/R)
28. Pancreas
29. Parathyroid
30. Pineal Gland
31. Pituitary Gland
32. Prostate
33. Spleen
34. Testicles (L/R)
35. Thymus
36. Thyroid

HORMONES
37. Adrenaline
38. Cortisol
39. Dopamine
40. Estrogen
41. Insulin
42. Leptin
43. Progesterone
44. Prolactin
45. Serotonin
46. Testosterone
47. Thyroxine
48. Triiodothyronine

RECEPTOR TYPES
49. Baroreceptor
50. Cell-Surface
51. Chemoreceptors
52. Enzyme-Linked
53. G-Protien Linked
54. Integral Protien
55. Intracellular
56. Ion Channel-Linked
57. Mechanoreceptors
58. Photoreceptors
59. Thermoreceptors
60. Transcription

NEURORECEPTORS
61. Ach Muscarinic
62. Ach Nicotinic Muscle
63. Ach Nicotonic Neuron
64. Adrenergic A1/A2
65. Adrenergic Beta
66. Dopaminergic
67. Gaba A Group
68. Gaba B Group
69. Glutamate Ampa
70. Glutamate Kainate
71. Glutamate Mglu
72. Glutamate Nmda
73. Gycinergic
74. Histamine
75. Imidazoline
76. Opioid Delta
77. Opioid Kappa
78. Orexin Ox
79. Serotonin 5Ht
80. Serotonin 5Ht1
81. Somatostatin
82. Substance P
83. Trp A/C/M/MI/P/V
84. Vesopressin V1

6 MISALIGNMENTS:

Ask HS, *"Any Misalignments or Disconnections? Any blocked Openings, Pathways, Flows, Digestive or Intestinal energy? Clear it with Intention or I need to know more?"*

MISALIGNMENTS
01. Connective Tissue
02. Ligiments
03. Muscles
04. Skeleton/Bones
05. Tendons

DISCONNECTIONS
06. Head/Heart/Gut
07. Physical to Physical
08. Spirit out of the Body
09. Spirit to Physical
10. Spirit to Spirit

OPENINGS
11. Ears (L/R)
12. Eyes (L/R)
13. Mouth
14. Nose
15. Rectum

DOPAMINE PATHWAYS
16. Hypothalamospinal
17. Incertohypothalamic
18. Mesocortical
19. Mesolimbic
20. Nigrostriatal
21. Tuberoinfundibular

BODY FLOWS
22. Arteries
23. Blood Circulation
24. Bloodstream
25. Cellular Health
26. Healthy 7.4 pH
27. Metabolism
28. Veins

DIGESTIVE
29. Bile Ducts
30. Esophagus
31. Gallbladder
32. Illeocecal Valve
33. Liver
34. Lower Eso Valve
35. Stomach

INTESTINAL
36. Duodenum
37. Ileum
38. Jejunum
39. Lower Colon
40. Small Intestine
41. Stomach
42. Upper Colon

Ask HS *"Is my Spirit 100% back in my Body?"*

Thanks to Dr. Bradley Nelson https://discoverhealing.com/ref/whisper/

7 INFLAMMATION:

Ask HS, *"Are there any Types/Causes of Inflammation in my body or energy field? What Inflammation Solutions are best? Do I have symptoms of any Inflammation Disease?"*

INFLAMMATION TYPES
01. Acute Inflammation
02. Body Inflammation
03. Brain Inflammation
04. Chronic Inflammation
05. Fascial Inflammation
06. Gastric Acids
07. Gut Inflammation
08. Heat (Calor)
09. Nerve Inflammation
10. Pain (Dolor)
11. Redness (Latin Rubor)
12. Swelling (Tumor)
13. Systemic Inflammation

INFLAMMATION CAUSES
14. Bacteria, Viruses or Fungi
15. Being an Unhealthy Weight
16. External Scrapes and Cuts
17. Lacking Physical Activity
18. Lacking Quality Sleep
19. Stress from a Relationship
20. Stress Related to Health
21. Stress Related to Money
22. Stress Related to Work
23. Toxic Alcohol Consumption
24. Toxic Chemical Effects
25. Toxic Radiation Effects
26. Toxic Smoking Tobacco

INFLAMMATION SOLUTIONS
27. Do I need Anti-Inflammatory Diet
28. Need: Tomatoes/Olive Oil/Nuts
29. Need: Leafy Green Vegetables
30. Need: Fatty Fish (Salmon, Tuna)
31. Need: Fruit (Berries, Oranges)
32. Need: Supplements (A, C, D, Zinc)
33. Avoid: Refined Carbs (Bread)
34. Avoid: Fried Foods (French Fries)
35. Avoid: Sugary Drinks (Soda/Juice)
36. Avoid: Processed Red Meat (Beef)
37. Avoid: Margarine/Shortening/Lard
38. Markers: C-reactive protein (CRP)
39. Erythrocyte sedimentation rate (ESR)

INFLAMMATION DISEASE NAMES
40. Alzheimer's/Dementia- Inflammed Brain
41. Bronchitis - Inflammation of the Bronchi
42. Cystitis - Inflammation of the Bladder
43. Crohn's Disease - Inflammed Bowels
44. Dermititis - Inflammation of the Skin
45. Fibromyalgia - Body Wide Inflammation
46. Osteoarthritis - Inflammed Joints
47. Otitis - Inflammation of the Middle Ear
48. Psoriasis - Chronic Skin Inflammation
49. Rheumatoid Arthritis - Inflammed Joints
50. Asthma/Emphyzema
51. Cancer
52. Diabetes- Pancreas
53. Heart Disease
54. Myocarditis - Heart
55. Nephritis - Kidneys

8 MICRO/MACRO MINERALS/VITAMINS/IMMUNE:

Ask HS, *"Do I have any Mineral/Vitamin Imbalances? Will I need More/Less? Any Immune imbalances in my field?"*

MICRO/TRACE MINERALS
01. Chromium
02. Cobalt
03. Copper
04. Floride
05. Iodine
06. Manganese
07. Molybdenum
08. Selenium
09. Sulfur
10. Zinc
Ultra Trace
11. Arsenic
12. Boron
13. Nickel
14. Silicon
15. Vanadium

MACRO MINERALS
16. Calcium
17. Chloride
18. Iron
19. Magnesium
20. Phosphorus
21. Potassium
22. Sodium
23. Sulfur

VITAMINS
24. Vitamin A
25. Vitamin C
26. Vitamin D
27. Vitamin E
28. Vitamin K
29. Vitamin B1
30. Vitamin B2
31. Vitamin B3
32. Vitamin B5
33. Vitamin B6
34. Vitamin B7
35. Vitamin B9
36. Vitamin B12
37. Iodine
38. Multi Vitamin
39. Suppliments

IMMUNE SYSTEM ORGANS & TISSUES
40. Antibodies
41. B cells
42. Bone Marrow
43. Complement System
44. Cytokines
45. Endothelial Cells
46. Epithelial Cells
47. Innate Lymphoid Cells
48. Lymphatic System
49. Natural Killer Cells
50. Phagocytic Cells
51. Platelets
52. Spleen
53. T cells
54. Thymus
55. White Blood Cells

IMMUNE CELLS
56. Basophils
57. Dendritic cells
58. Eosinophils
59. Eutrophils
60. Macrophages
61. Mast cells
62. Monocytes

IMMUNE BOOSTERS
63. Avoid Alcohol
64. Avoid Obesity
65. Avoid Smoking
66. Avoid Stress
67. Balanced Diet
68. Drink more Water
69. Enough Sleep
70. Moderate Exercise

https://medlineplus.gov/ency/article/002399.htm

9 LYMPH NODES:

Ask HS, *"Are there any imbalances in my Lymph Nodes? Are my Lymph Nodes 100% Happy?"* Clear any blocks with intention. **The Human Body has over 600 Lymph Nodes**

HEAD LYMPH NODES
01. Occipital lymph nodes
02. Mastoid lymph nodes
03. Parotid lymph nodes

NECK LYMPH NODES
04. Cervical lymph nodes
05. Submental lymph nodes
06. Submandibular lymph nodes
07. Deep cervical lymph nodes
08. Deep anterior cervical lymph nodes
09. Deep lateral cervical lymph nodes
10. Inferior deep cervical lymph nodes
11. Jugulo-omohyoid lymph node
12. Jugulodigastric lymph node
13. Supraclavicular lymph nodes
14. Virchow's node

MEDIASTINAL LYMPH NODES
15. Nodes along the Trachea
16. Nodes along the Esophagus
17. Between the Lungs and Diaphram

ILLIAC LYMPH NODES
18. Common Iliac lymph nodes
19. Internal Iliac lymph nodes
20. External Iliac lymph nodes

ABDOMINAL LYMPH NODES
21. Periaortic lymph nodes
22. Preaortic lymph nodes
23. Celiac lymph nodes
24. Hepatic lymph nodes
25. Gastric lymph nodes
26. Splenic lymph nodes
27. Superior mesenteric lymph nodes
28. Inferior mesenteric lymph nodes
29. Retroaortic lymph nodes
30. Nodes Along the Stomach

LYMPH NODE DISTRIBUTION
31. Lymphatics of the head
32. Lymphatics of the face
33. Lymphatics of the neck
34. Meningeal lymphatic vessels
35. Jugular trunk
36. Subclavian lymph trunk
37. Thoracic duct
38. Lymphatics of the Upper extremity
39. Lymphatics of the Lower extremity
40. Lymphatics of the Abdomen
41. Lymphatics of the Pelvis
42. Lymphatic vessels of the thoraxs
43. Lymphatics of the Whole Body

ARM LYMPH NODES

SUPERFICIAL ARM LYMPH NODES
44. Supratrochlear nodes
45. Deltoideopectoral nodes

DEEP ARM LYMPH NODES
46. Lateral nodes
47. Anterior or pectoral nodes
48. Posterior or subscapular nodes
49. Central or intermediate nodes
50. Medial or subclavicular nodes

LOWER LIMB LYMPH NODES
51. Lateral nodes
52. Anterior or pectoral nodes
53. Posterior or subscapular nodes
54. Central or intermediate nodes
55. Medial or subclavicular nodes

LUNG LYMPH NODES
56. Subsegmental
57. Segmental
58. Lobar
59. Interlobar lymph nodes to the hilar

PELVIC LYMPH NODES
60. Sacral lymph nodes
61. Retroperitoneal lymph nodes

LYMPH TRUNKS
62. Right bronchomediastinal trunk
63. Left bronchomediastinal trunk

LYMPHATIC SYSTEMS
64. Lymph Glands
65. Lymph Nodes
66. Lymph Vessels
67. White Blood Cells
68. Basophils
69. Eosinophils
70. Lymphocytes
71. Monocytes
72. Neutrophil

LYMPH LOCATIONS
73. Armpits
74. Groin
75. Neck
76. Under Chin

LYMPHATIC SYMPTOMS
77. Fever/Fatigue
78. General Swelling
79. Growing Nodes
80. Hard/Fixed Nodes
81. Head Swelling
82. Itchy Skin
83. Night Sweats
84. Pain in the Area
85. Respiratory Infection
86. Runny Nose
87. Shortness of Breath
88. Sore Throat
89. Swollen Lymph Nodes
90. Tenderness in Area
91. Unusual Weight Loss

For this list of Lymph Nodes we give many thanks to Dr. Jerry Webber, ND and his book,

'You Can Heal Naturally: Learn the Art and Science of Muscle Testing'
https://www.drjerrywebernd.com

10 CANCERS:

Ask HS, *"Is my physical body 100% Happy? Are there any symptoms of _____ in my energy field? Can I clear this imbalance with Intention, or do I need to know more about it?"*

CANCER TYPES
01. Bladder Cancer
02. Breast Cancer
03. Colon or Rectal Cancer
04. Endometrial Cancer
05. Kidney Cancer
06. Leukemia
07. Liver Cancer
08. Lung Cancer
09. Melanoma
10. NonHodgkin Lymphoma
11. Pancreatic Cancer
12. Prostate Cancer
13. Skin Cancer
14. Thyroid Cancer

CANCER SOLUTIONS
15. Adjuvant Treatment.
16. Palliative Treatment.
17. Primary Treatment

TRADITIONAL ACTIONS
18. Surgery
19. Chemotherapy
20. Radiation therapy
21. Bone Marrow Therapy
22. Immunotherapy
23. Hormone therapy
24. Targeted Drug therapy
25. Cryoablation
26. Radiofrequencies
27. Clinical Trials

ALTERNATIVE SOLUTIONS
28. Acupuncture
29. Aromatherapy
30. CBT Behavioral Therapy
31. Exercise
32. Frequency Healing
33. Hypnosis
34. Intuitive Energy Healing*
35. Massage
36. Medical Marijuana
37. Meditation
38. Music Therapy
39. Relaxation Techniques
40. Tai Chi
41. Yoga

MORE SOLUTIONS
42. Biomarker Testing
43. Black Cohosh (PDQ)
44. Co-Enzyme Q10
44. Curcumin/Tumeric
45. Flower Essences
46. Hyperbaric Oxygen
47. Hyperthermia Therapy
48. Medicinal Mushrooms
49. Milk Thistle
50. Ozone Therapy
51. Photodynamic Therapy
52. Stem Cell Therapy
53. Vitamin C Therapy

KNOWN SIDE EFFECTS
54. Anemia
55. Appetite Loss
56. Bleeding and Bruising
57. Constipation
58. Delirium
59. Diarrhea
60. Edema (Swelling)
61. Fatigue
62. Fertility Issues Men
63. Fertility Issues Women
64. Flu-Like Symptoms
65. Hair Loss (Alopecia)
66. Infection/Neutropenia

MORE SIDE EFFECTS
67. Lymphedema
68. Memory/Concentration
69. Mouth/Throat Issues
70. Nausea and Vomiting
71. Nerve (Neuropathy)
72. Immunotherapy
73. Inflammation/Pain
74. Sexual Health Men
75. Sexual Health Women
76. Skin & Nail Changes
77. Sleep Issues
78. Urinary Issues
79. Bladder Issues

11 CIRCULATION:

Ask HS, *"Is my circulation 100% Happy and flowing? Is there anything blocking my circulation or flow? Can I clear any blocks to my circulation using just my Intention?"*

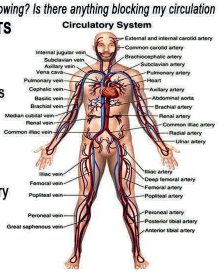
CIRCULATION SYMPTOMS
01. Cardiovascular (Heart)
02. Vascular (Blood Vessels)

DISEASE NAMES
03. Aneurysms
04. Arrhythmias
05. Atherosclerosis
06. Blood Pressure High/Low
07. Cardiomyopathy
08. Congenital Heart Disease
09. Heart Failure
10. Heart Valve Disease
11. Stroke
12. Vasculitis
13. Venous Disease

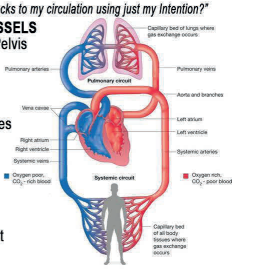
CIRCULATION TREATMENTS
14. ACE inhibitors
15. Anticoagulants
16. Beta-blockers
17. Calcium channel blockers
18. Diuretics
19. Statins

SURGICAL SOLUTIONS
20. Coronary Angioplasty
21. Heart surgery
22. Minimally invasive surgery

LIFESTYLE SOLUTIONS
23. Aerobic Exercise
24. Healthy Diet
25. Avoid Smoking



CIRCULATION VESSELS
26. Abdomen and Pelvis
27. Arm Vessels
28. Blood Clots
29. Capillaries
30. Emotions
31. Energetic Causes
32. Head and Neck
33. Heart Attack
34. Hormones
35. Leg Vessels
36. Major Arteries
37. Major Veins
38. Torso and Chest
39. Vessel Types



12 STRESSES & INFECTIONS:

Ask HS, *"Is stress blocking me from being 100% Happy and flowing? Do I have any energetic or physical infections? Can I clear using my Intention?"*

WORK STRESSES
01. Being Unhappy at Work
02. Company Not Supportive
03. Could You Lose Your Job
04. Dangerous Conditions
05. Discrimination/Harassment
06. Doubts about Advancment
07. Having a Heavy Workload
08. Having Poor Management
09. Must Give Presentations
10. No Say in the Decisions
11. Too Much Responsibility
12. Working Long Hours
13. Unclear Expectations

WORLDLY STRESSES
14. Being a Caregiver
15. Caring for Parents
16. Chronic Illness
17. Death in Family
18. Emotional Issues
19. Experiencing Trauma
20. Family Trauma
21. Financial Obligations
22. Getting Divorced
23. Getting Injured
24. Getting Married
25. Losing Your Job
26. Moving to New Home

INNER STRESSES
27. Afraid About $$
28. Afraid of Changes
29. Attitudes on Loss
30. Depression/Guilt
31. Excess Worrying
32. Fear of Lonliness
33. Fear of Your Death
34. Feeling Fear
35. Low Self Esteem
36. Self Perceptions
37. Uncertainty
38. Unrealistic Expectation
39. Wrong Perception

VIRAL INFECTIONS
40. Astrovirus
41. Adenovirus
42. Chicken pox
43. COVID-19
44. Herpes/Hepatitis
45. HIV, (AIDS)
46. Influenza (the flu)
47. Measles/Rubella
48. Meningitis
49. Norovirus
50. Pneumonia
51. Papillomavirus (HPV)
52. Rotavirus
53. Yeast Infection

BACTERIAL INFECTIONS
54. Cellulitis (Skin)
55. Clamydia (Sexual)
56. Clostridium Perfringens
57. Gastroenteritis
58. Gonorrhea
59. Impetigo (Skin)
60. Lyme (From Ticks)
61. Meningitis
62. Pneumonia
63. Salmonella (Food)
64. Strep Throat
65. Tuberculosis
66. Urinary Tract
67. Whooping Cough

OTHER PATHOGENS
68. Bacillus Cereus
69. Campylobacter
70. Clostridium
71. Common Bacteria
72. Common Viruses
73. Cronobacter
74. Escherichia Coli
75. Fungus
76. Listeria
77. Mycoplasma
78. Parasites
79. Prions
80. Protozoa
81. Worms

Thanks to: https://www.webmd.com/balance/guide/causes-of-stress

13 VIRUSES & DIABETES:

Ask HS, *"Are Viruses, Vaccines, Gut Health or Mycoplasma blocking me? Do I have Diabetes? Can I clear Blocks and Diabetes with Intention?"*

VIRUSES
01. AIDS
02. Common cold
03. Chickenpox
04. Coronavirus
05. Covid/Ebola
06. Genital herpes
07. Malaria
08. Measles
09. Monkeypox
10. Shingles

VACCINE ISSUES
11. Appitite Loss
12. Chills
13. Headache
14. Itching
15. Long Haul Covid
16. Low Grade Fever
17. Memory Loss
18. Sleepiness
19. Sore Arm
20. Swollen Lymphs

GUT HEALTH
21. Anus
22. Esophagus
23. Gall Bladder
24. Large Intestine
25. Liver
26. Mouth
27. Pancreas
28. Rectum
29. Small Intestine
30. Stomach

MYCOPLASMA
31. Bovis
32. Fermentans
33. Gallisepticum
34. Genitalium
35. Haemofelis
36. Hominis
37. Hyopneumoniae
38. Mycoides
39. Pneumoniae
40. Spumans

DIABETES SYMPTOMS
41. Do I have Type 1 / 1.5 / 2 Diabetes?
42. Pancreas/Blood Sugar 100% Happy
43. Are all my Blood Cells 100% Happy
44. Any Energy Blocks/Pancreas Walls
45. Numb or Tingling Hands or Feet
46. Inflammation/More Peeing/Dry Skin
47. Cuts and Sores are slower to Heal
48. Losing Weight without really trying
49. Thirsty, Irritable/Moody, Tired/Weak
50. Blurry Vision, Sweating, Palpitations

DIABETES SOLUTIONS
51. Does my Body need any Insulin Daily
52. Does my Body need Med (Metaformin)
53. Is my A1C level Below or Above 6.5%
54. Monitoring Blood Sugar (100-120 OK)
55. Be more Physically Active in Daily Life
56. Stop Sitting too much & Stretch Often
57. Lose Extra Weight w Healthy Choices
58. Eat Healthy Fats, Vitamins & Minerals
59. Begin a Plant-Based Whole-Food Diet with no Salt, Oil or Sugar (SOS) added

14 MISC. ISSUES:

COMPRIMISING ISSUES
01. Addictions/Brain Fog
02. Lack of Good Sleep
03. Smoking/Drinking
04. Unhealthy Diet/Gut

STRENGTHEN ISSUES
05. Be Aware/Trust Gut
06. Focus on Health/Mind
07. Hydrated/Nourished
08. Positive Relationships

TISSUE DAMAGE
09. Bursitis
10. Concussions
11. Contusions (bruises)
12. Knee Injuries (ACL)
13. Scar Tissue
14. Sprains
15. Strains
16. Stress Injuries
17. Tendinitis
18. Trauma Injuries

PATHOGEN DIE-OFF (a Herxheimer reaction)
19. Bacterial Die-off
20. Fungal Die-off
21. Parasitic Die-off
22. Viral Die-off

DIE-OFF SYMPTOMS
23. Bloating/Moodiness
24. Brain Fog/Headaches
25. Constipation/Diarrhea
26. Nausea/Joint Pain

PROCESSING SYMPTOMS
27. Cold & Flu Symptoms
28. Emotional Ups & Downs
29. Feeling Depressed
30. Feeling Disconnected
31. Feeling Exhausted

RADIATION TOXICITY
32. Alpha Radiation
33. Beta Radiation
34. Electromagnetic
35. Gamma Radiation

FOOD ADDICTIONS
36. Burgers (meat)
37. Black/Green Tea
38. Cheese
39. Chocolate
40. Coffee/Decaf
41. Fried Foods
42. Late Night Snacks
43. Processed Foods
44. Soda/Fruit Juices
45. Sugar

GENETIC DISORDERS
46. **BRCA** (ovarian)
47. Cystic Fibrosis
48. Down Syndrome
49. Duchenne's Muscular Dystrophy
50. **EYS** (vision)
51. Huntington's Disease
52. Sickle Cell Anemia
53. Tay-Sachs Disease
54. Thalassemia

15 NEUROANATOMY: Ask HS, *"Is part of my brain blocked from being 100% happy and flowing? Can I release the energy blocking my brain from being 100% happy and flowing?"*

BRAIN ELEMENTS

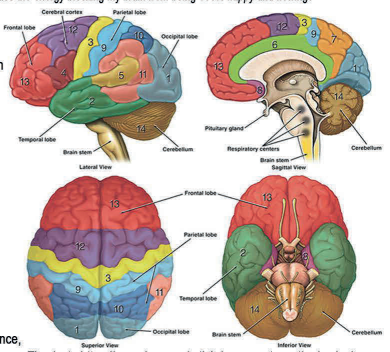
01. Brain Stem
02. Temporal Lobe
03. Parietal Lobe
04. Occipital Lobe
05. Limbic Lobe
06. Frontal Lobe
07. Broca (left FL)
08. Thalamus
09. Epithalamus
10. Amygdala
11. Cerebellum
12. Cerebrum
13. Cerebral Cortex
14. Corpus Callosum
15. Subcortical
16. Hipocampus
17. Brain Frequencies
    - *Delta....0.5 - 4 Hz*
    - *Theta.....4 - 8 Hz*
    - *Alpha.....8 - 12 Hz*
    - *Beta.....12 - 30 Hz*
    - *Gamma 30 - 140 Hz*
18. L/R Syncronized?
19. L/R Dominance?
20. Cellular Memory?
21. Pineal Calcified?

Cerebral Cortex

1. **Visual Area**
   Sight
   Image recognition
   Image perception
2. **Asociation Area**
   Short-term memory
   Equilibrium
   Emotion
3. **Motor Function Area**
   Initiation of voluntary muscles
4. **Broca's Area**
   Muscles of speech
5. **Auditory Area**
   Hearing
6. **Emotional Area**
   Pain
   Hunger
   "Fight or Flight" response
7. **Sensory Association Area**
8. **Olfactory Area**
   Smelling
9. **Sensory Area**
   Sensation from muscles and skin
10. **Somatosensory Association**
    Evaluation of weight, texture, temp, etc. for object recognition
11. **Wernicke's Area**
    Written and spoken language comprehension
12. **Motor Function Area**
    Eye movement and orientation
13. **Higher Mental Functions**
    Concentration
    Planning
    Judgement
    Emotion expresion
    Creativity
    Inhibition

Cerebellum

14. **Motor Functions**
    Coordination of Movement, Balance, Equilibrium and Posture



Thanks to https://www.dana.org/article/neuroanatomy-the-basics/

MY EGO's UNDER CONTROL?

22. I have only 1 Ego and it's aligned with my authentic Higher Self
23. I have only 1 Personality, it's aligned with my authentic Higher Self
24. I have only 1 Side and it is aligned with my authentic Higher Self
25. I have turned my Ego awareness down to less than one percent
26. I'm Intending to clear any Ego that does not serve me
27. I'm Intending to clear any Personality that is not mine
28. I'm Intending to clear any Side that does not serve me
29. My Ego has now totally surrendered to my Higher Self

16 BRAIN COMMUNICATION: Ask HS, *"What % of my Brain is fully communicating?"* Test each statement for truth and release any blocks to bring the Brain Communication to 100%

VAGUS NERVE ELEMENTS

01. Somatic Components (skin & muscles)
02. Visceral Components (body organs)
03. Somatic Sensation (behind the ear)
04. Visceral Sensation (larynx, esophagus, lungs, trachea, heart, & digestive tract)
05. Taste Sensation (the root of the tongue)
06. Stimulating Muscles (pharynx, larynx, and in the soft palate roof of the mouth)
07. Stimulating Muscles (lower heart rate)
08. Stimulating Contractions (digestive tract, esophagus, stomach, and the intestines)
09. Pneumogastric Nerve (heart rate)

VAGUS NERVE DAMAGE

10. Difficulty Speaking
11. Loss or Change of Voice
12. Difficulty Swallowing
13. Loss of the Gag Reflex
14. Low Blood Pressure
15. Slow or Fast Heart Rate
16. Changes in Digestion
17. Nausea or Vomiting
18. Abdominal Bloating or Pain
19. Depression and Anxiety
20. Breathing Problems
21. Heart Disease

BRAIN RESPIRATORY CENTER

The Medulla

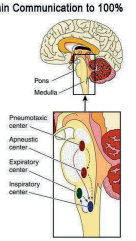
01. The dorsal respiratory group (Inspire)
02. The ventral respiratory group (Expire)

The Pons

03. The pneumotaxic centre (Fast Short)
04. The apneustic centre (Long Deep)

Key Points

05. Ventilatory rate (carbon dioxide levels)
06. Chemoreceptors (detect blood pH)
07. Mechanoreceptors (detect pressure)
08. The Cerebral Cortex (Respiration)
09. The Hypothalamus (homeostasis)



17 BRAIN DISEASES Ask HS, *"Do I have the Symptoms of Brain Disease? What stage is it at, Early, Middle, Late?"*

01. Aphasia
02. Autism
03. Amyotrophic Lateral Sclerosis (ALS)
04. Alzheimer's Disease
05. Ataxia
06. ALS and Neuromuscular Diseases
07. Autism and Neurodevelopment
08. Brain and Nerve Tumors
09. Cerebral Palsy
10. Chronic Traumatic Encephalopathy (CTE)
11. Concussion
12. Dystonia
13. Dyslexia
14. Dementia – Alzheimer's and LBD
15. Encephalitis
16. Epilepsy
17. Guillain-Barre Syndrome
18. Headache
19. Huntington's Disease
20. Headache and Pain
21. Lewy Body Dementia
22. Mal de Débarquement Syndrome (MdDS)
23. Meningitis
24. Migraine
25. Myasthenia Gravis
26. Multiple Sclerosis
27. Muscular Dystrophy
28. Movement Disorders
29. Nurogenetic Diseases
30. Neuroinfectious Diseases
31. Neurorehabilitation
32. Parkinson's Disease
33. Sleep Disorders
34. Spinal Muscular Atrophy
35. Stroke
36. Tremors
37. Tourette Syndrome
38. Traumatic Brain Injury

www.americanbrainfoundation.org/

BRAIN INJURIES & DISORDERS

BRAIN INJURIES

39. Blood Clots
40. Cerebral edema, or swelling inside the skull
41. Concussions
42. Contusions, or bruising of brain tissue
43. Hematomas
44. Strokes

BRAIN TUMORS

45. Seizures

NEURODEGENERATIVE DISEASES

46. Amyotrophic lateral sclerosis (ALS)
47. Huntington's disease
48. Parkinson's disease
49. all forms of dementia *(ref. www.healthline.com/)*

18 CRANIAL NERVES

01. Olfactory Nerve
02. Optic Nerve
03. Oculomotor Nerve
04. Trochlear Nerve
05. Trigeminal Nerve
06. Abducens Nerve
07. Facial Nerve
08. Vestibulocochlear Nerve
09. Glossopharyngeal Nerve
10. Vagus Nerve
11. Accessory Nerve
12. Hypoglossal Nerve

SPINAL DAMAGE

13. In the Cervical area
14. In the Thoracic area
15. In the Lumbar area
16. In the Sacral area
17. Incomplete Tetraplegia
18. Incomplete Paraplegia
19. Damage from a Fall
20. Motor Vehicle Injury
21. Sports Injury
22. Trampoline Accident
23. Violence (Gun/Knife)
24. Infections (abscesses)

NEUROLOGICAL DISORDERS: Ask HS, *"Do I have any known Neurological Disorders?"*

25. Acute Spinal Cord Injury
26. Alzheimer's Disease
27. Amyotrophic Lateral Sclerosis
28. Ataxia
29. Bell's Palsy
30. Brain Tumors
31. Cerebral Aneurysm
32. Epilepsy and Seizures
33. Guillain-Barré Syndrome
34. Headache
35. Head Injury
36. Hydrocephalus
37. Lumbar Disk Disease (Herniated Disk)
38. Meningitis
39. Multiple Sclerosis
40. Muscular Dystrophy
41. Neurocutaneous Synd.
42. Parkinson's Disease
43. Stroke (Brain Attack)
44. Cluster Headaches
45. Tension Headaches
46. Migraine Headaches
47. Treatment for Migraines
48. Encephalitis
49. Septicemia
50. Types of Muscular Dystrophy & Neuromuscular Diseases
51. Myasthenia Gravis
52. Overview of Stroke
53. Risk Factors for Stroke
54. Types of Stroke
55. Effects of Stroke
56. Rehabilitation for Stroke

Thanks to: www.hopkinsmedicine.org/

19 NERVOUS SYSTEM: Ask HS *"Is the root cause of this issue in the Nervous System? Is it a Nerve, a Spinal Nerve, Nerve Damage, an Eye or Ear element, or a Receptor?"*

NERVES
01. Autonomic NS
02. Brain/Cranial Nerves
03. Cerebral Cortex
04. Cutaneous Nerves
05. Motor Nerves
06. Parasympathetic NS
07. Sensory Nerves
08. Spinal Cord
09. Spinal Nerves
10. Sympathetic NS
11. Vagus Nerve
12. Central Nervous System
13. Enteric Nervous System

SPINAL NERVES
14. Brachial Plexus
15. Cervical Plexus
16. Lumbar Plexus
17. Peripheral Nerves
18. Plexus Overactive
19. Plexus Underactive
20. Sacral Plexus
21. Thoracic Plexus

NERVE DAMAGE
22. B Complex Deficiency
23. Calcium Deficiency
24. Energetic Damage
25. Nutritional Deficiency
26. Parasite Damage
27. Tissue Damage
28. Toxin Damage
29. Vitamin B Deficiency

Cell Voltage is the key to health
Ask, What is my Cell Voltage?
-50mv to -100mv for healing
20mv & Up = Cancer
-20mv to -25mv = Normal
-50mv to -100mv = NoCancer

Thanks: Dr. Jerry Weber "You Can Heal Naturally"
website https://www.drjerrywebernd.com

EYE ELEMENTS
30. Check Eyes (L & R)
31. Cataracts
32. Ciliary Muscles
33. Dry Eyes
34. Glaucoma
35. Lacrimal Ducts
36. Lacrimal Glands
37. Lacrimal Sacs
38. Lense Issues
39. Near or Far Sighted
40. Ocular Adhesion
41. Ocular Motor System
42. Ocular Pressure
43. Poor Vision

EAR ELEMENTS
44. Check Ears (L & R)
45. Cochlea
46. Ear Drum
47. Hearing Loss
48. Incus (Anvil)
49. Inner Ear
50. Malleus (Hammer)
51. Mid-Ear
52. Outer Canal
53. Semi-circular Canal
54. Stapes (Stirrup)
55. Tinnitus
56. Vertigo
57. Vestibulocochlear N

RECEPTORS
58. Adrenergic
59. Cholinergic
60. Dopaminergic
61. GABAergic
62. Glutamatergic
63. Histaminergic
64. Ionotropic
65. Metabotropic
66. Muscarinic
67. Nicotinic
68. Opoidergic
69. Serotonergic
70. Central R
71. Peripheral R

20 MINDFULNESS: Ask HS *"What % is my Lower Mind (Ego) in control? What % is my Heart in control? What % is my Higher Self (Gut) in control?"* **Optimal is 20/40/40! Dial EGO down to 20%.**

BUG FREE MIND CHECKLIST: Ask HS, *"Is there Truth in the Statement that____? "* **You can use these Statements as Hooks to Find and Clear the Blocked Energies behind them.**

01. I met the limited part of my mind (EGO) that actually controls my mind.
02. I've learned how to shut up that part of my mind for just a short time.
03. I've learned the process of shutting that part of my mind up for good.
04. I can now practice silencing my mind easily & without effort for 15 sec.
05. I've learned to protect myself from everything so nothing touchs me.
06. I've learned to accept life in the natural way, creating no problems.
07. I've learned to accept what comes naturally, so nothing phases me.
08. I've learned why I should stop judging other people and even myself.
09. I am clear of any need to be negative and I do not worry anymore.
10. I understand I created my past worries and they were choices I made.
11. I understand worries are just an illusion that I can choose to uncreate.
12. I know I am never really powerless and I am always totally powerful.
13. I have the ultimate power over how every part of my life is unfolding.
14. I no longer allow other people's thoughts about me to affect how I feel.
15. I've learned to love making mistakes, getting it wrong helps me grow.
16. I've learned to be in continuous harmony, it feels wonderful always...
17. I can instantly see my crooked thinking, I am becoming more present.
18. I know how to get the answer to any problem, now no problem exists.
19. I now question all that I already know, deleting all wrong information.
20. I learned why I must stop wanting anything, so I can have everything.
21. I understand 'hoping' damages my desires, I can just create anything.
22. I know how to accept and allow things, I am not blocking my success.
23. I now know when I make a decision, it's taking me forward, not back.
24. I have let go of the pain I hold in my mind, I am not creating anymore.
25. I've learned how to let go of all the bad and to allow in all the good.
26. I no longer resent anything or anyone, I accept everything just as it is.
27. It is instantly very clear to me when my Ego shows up and intervenes.
28. I automatically avoid situations with negativity, I don't allow negativity.
29. I now evaluate myself without bias, I always observe without judging.
30. I know what I must do to ensure certain success, Take Back Control!
31. I fully understand where fear comes from, so I can now see it coming.
32. I have removed my fear of failure and now look forward to everything.
33. I no longer experience any fear, stress or anxiety, I never will again.
34. I have the power to let go of any poor, lack or bad feelings instantly.
35. I now know the optimal pattern is to create success in my mind first.
36. I can now avoid the roadblocks I previously made to being successful.
37. I live only in the now, not needing the past or future for my happiness.
38. I've learned the power of listening, I realize what a gift it is for people.
39. I am not afraid of my own death, I live every day without any fear now.
40. I now harness the power of knowing, accessing the power of creation.
41. I now achieve instant happiness in any situation. I am always happy.
42. I know where to go if I desire enlightenment, to less mind, more being.
43. I now focus on what's inside at least as much as what's outside of me.
44. I never wish to retire, this gives me the power to have a great life now.
45. I no longer need to compete, I see an abundance of whatever I desire.
46. I know the 'Law of Attraction' is wrong, it's really the 'Law of Creation'.
47. I know how to do more with less effort, sometimes with no effort at all.
48. I have cured my overwhelm, I do not suffer with this disease anymore.
49. I may know something. but until I really apply it, I don't really 'Know' it.
50. I never need to be busy or rush again, life is now easy and enjoyable.
51. I've learned how to control my time, creating more of it when needed.
52. I have full access to my intuition again and can now use it on demand.

A Very Special Thanks to my Teacher Andy Shaw. Info: https://www.abugfreemind.com/i/

21 WHAT TRIGGERED ME: Special Thanks to the Gottman Institute *More Info: www.gottman.com*

01. I Felt Lonely
02. I Felt Unsafe
03. I Felt Judged
04. I Felt Ignored
05. I Felt Blamed
06. I Felt Scolded
07. I Felt Trapped
08. I Felt Unloved
09. I Felt Unheard
10. I Felt Excluded
11. I Felt Forgotten
12. I Felt Frustrated
13. I Felt Powerless
14. I Felt Controlled
15. I Felt Manipulated
16. I Felt Uncared For
17. I Felt Disrespected
18. I Felt Disconnected
19. I Felt Like the Bad Guy
20. I Felt a Lack of Passion
21. I Felt a Lack of Affection
22. I Felt I couldn't Speak Up
23. I Felt Like that was Unfair
24. I Felt I couldn't be Honest

SPAFF: Specific Affect Coding System for Emotions

25. Affection
26. Anger
27. Belligerence
28. Contempt
29. Criticism
30. Defensiveness
31. Disgust
32. Domineering
33. Enthusiasm
34. Fear/Tension
35. Humor
36. Interest
37. Neutral
38. Sadness
39. Stonewalling
40. Threats
41. Validation
42. Whining

22 CORE LIMITING BELIEFS: Ask HS, *" Are there any Core Beliefs Blocking be from being 100% happy and flowing?"* **We often block ourselves with our subconscious.**

01. I am fat
02. I'm dirty
03. I am bad
04. I am ugly
05. I am slow
06. I am crazy
07. I am weak
08. I am alone
09. I am afraid
10. I finish last
11. I can't fix it
12. I'm not true
13. I'm nothing
14. It's my fault
15. I don't exist
16. I am stupid
17. I can't do it
18. I am flawed
19. I'm not safe
20. I am inferior
21. I am a loser
22. I am left out
23. I don't know
24. I am nothing
25. I am useless
26. I am unclean
27. I get it wrong
28. I am a victim
29. I don't matter
30. I can't be me
31. I am a failure
32. I'm shameful
33. I am a failure
34. I am no good
35. I don't matter
36. I am invisible
37. I am helpless
38. I don't belong
39. I am awkward
40. I am mistaken
41. I am unworthy
42. I am less than
43. I can't say 'no'
44. I am uncertain
45. I am imperfect
46. I am a mistake
47. I am not whole
48. I am unwanted
49. I am worthless
50. I am powerless
51. I am ineffective
52. I am unsuitable
53. I am vulnerable
54. I'm not valuable
55. I am not special
56. I am not lovable
57. I'm not valuable
58. I am inadequate
59. I'm not anybody
60. I am unwelcome
61. I am unbalanced
62. I can't get it right
63. I am unimportant
64. I am unattractive
65. I am insignificant
66. I can't understand
67. I am unsuccessful
68. I am uninteresting
69. I am out of control
70. I am plain and dull
71. I am unacceptable
72. I am always wrong
73. I'm not understood
74. I can't make it work
75. I don't fit in anywhere
76. I am not good enough
77. I am always one-below
78. I don't have any choice
79. I should't be here at all
80. I am in the wrong place
81. I am always number two
82. I have a mental problem
83. I don't deserve anything
84. I can't make myself clear
85. I can't stand up for myself
86. I don't deserve to be loved
87. I am not interesting enough
88. I don't deserve to be cared for
89. There's something wrong with me

"Core Beliefs are deeply ingrained beliefs about yourself, others, and the world around you. Sometimes core beliefs can lead to cognitive distortions, meaning you get an inaccurate view of your reality."

23 EMOTIONAL BALANCE: Ask HS, "Do you have a Trapped Emotion? Is it from Column A or B? Is it on an Odd or even row? Which exact one is it? Can I release it?"

The Emotion Code™ Chart

	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubborness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

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POSITIVE EMOTIONS Ask HS, *"What Do I Install?"*

01. Acceptance
02. Ambitiousness
03. Anticipation
04. Awe
05. Benevolence
06. Calmness
07. Charity
08. Comfort
09. Contentment
10. Confidence
11. Courage
12. Curiosity
13. Desire
14. Delight
15. Diligence
16. Elation
17. Empathy
18. Excitement
19. Faith
20. Forgiveness
21. Friendship
22. Generosity
23. Gladness
24. Gratitude
25. Happiness
26. Honor
27. Hope
28. Humility
29. Interested
30. Joy
31. Kindness
32. Love
33. Modesty
34. Passion
35. Patience
36. Peace
37. Satisfaction
38. Surprise
39. Willingness

ENERGETIC CORD REMOVAL

40. Do I have any Unhealthy Cords/Variations of Cords?
41. Who is it with? Do I know them? Male or Female?
42. Who created Cord this cord? When was it created?
43. Where is it connected on me and Where on them?
44. Is it Safe now to Remove these Unhealthy Cords?
45. Do I Pull, Cut, Burn or Dissolve it to remove it all?
46. Remove it and heal the place it connected to you?
47. Shall I Replace this cord w a Healthy Cord or not?

DISCONNECT OLD RELATIONSHIPS

48. Do I need to disconnect another's light from mine?
49. Can I now disconnect all their light from my light?
50. Can I now disconnect all my light from their light?
51. Is there any light remaining to be disconnected?
52. Have I now disconnected all light connections?
53. Is additional healing needed for this connection?

HEARTWALL PROCEDURE

54. Ask, Is there a Heartwall present here?
55. How many trapped emotions present?
56. How thick is this Heartwall? 1m, 1k. 1mi?
57. What material is the Heartwall made of?
58. Is it softer or harder than wood? Metal?
59. Is it made of _____ or something else?
60. I need to know about the emotions? Y/N?
61. I need to know when who why what how?
62. Can I clear the emotions one at a time?
63. Can I clear the emotions all at one time?
64. Any hidden or other HW types remaining?
65. Can I clear all Heartwalls w my Intention?
66. Have I cleared all Heartwall energies?

HEART/BRAIN COHERENCE

67. Focus on Heartfully breathing very slowly.
68. Feel calm positive feelings of appreciation.
69. Focus on Non-Judgment and Forgiveness.
70. Is something blocking my H/B Coherence?
71. Is my Heart/Brain Coherence now Optimal?

INNER CHILDREN PROCEDURE

72. Ask are all my Inner Children are 100% Happy.
73. How many Inner Children do I currently have?
74. How many are unhappy? And (virtually) dead?
75. Can I revive the (v) dead ones to be unhappy?
76. Will inviting them into my present revive them?
77. My Inner Children have gifts/talents for me?
78. Can I receive their gifts/talents & thank them?
79. I am Now Intending them to be 100% happy?
80. Are all my Inner Children now 100% happy?

Many thanks to Dr. Bradley Nelson's Emotion Code & Body Code https://discoverhealing.com/ref/whisper/

24 DRAMA TRIANGLE: Ask HS, *"Where am I entangled in the Drama Triangle? What %? Can I 100% Extract Myself from it?"*

THE PERSECUTOR
No Value of Others View
Angry
Aggressive
Judgmental
Bullying
Demanding
Spiteful

THE RESCUER
No Value of Others Ability
Appearing to be
Self Sacrificing
Overly Helpful
Facilitative
Unneeded Meddling
All Engulfing Persona

THE VICTIM
No Value of Self - Always Defers to Others
Manipulative - 'Poor Me' Syndrome
Helpless/Needy - Complaining/Whining
Fretful Condition - Downtrodden
Always Blaming Others

The Karpman drama triangle model is a tool commonly used in psychotherapy. Best to avoid having any position in the Triangle.

IDEA ALLERGIES: Ask HS, *"Do I have any Idea Allergies or am I triggered in any way by these ideas?"* Test & Release.

01. Abuse
02. Acceptance
03. Admiration
04. Aggressiveness
05. Amazement
06. Ambitiousness
07. Anger
08. Annoyance
09. Anticipation
10. Anything
11. Apprehension
12. Awe
13. Because
14. Being Abandoned
15. Being Controlled
16. Being Dismissed
17. Being Excluded
18. Being Ghosted
19. Being Poor
20. Being Sacked
21. Being Sociable
22. Being Sorry
23. Being Used
24. Being Vulnerable
25. Benevolence
26. Betrayal
27. Boredom
28. Challenged
29. Charity
30. Comfort
31. Commitment
32. Compassion
33. Confidence
34. Contempt
35. Contentment
36. Courage
37. Criticism
38. Curiousity
39. Delight
40. Desire
41. Diligence
42. Disapproval
43. Disgust
44. Distraction
45. Easy
46. Eating Healthy
47. Ecstasy
48. Elation
49. Empathy
50. Enthusiasm
51. Excitment
52. Exercise
53. Everyone
54. Failure
55. Faith
56. Fear
57. Feeling Alone
58. Feeling Invisable
59. Forgiveness
60. Free
61. Friendship
62. Fun
63. Generosity
64. Getting Divorced
65. Getting Well
66. Gladness
67. Gratitude
68. Greed
69. Grief
70. Happiness
71. Having Money
72. Heartbreak
73. Helplessness
74. Honor
75. Hope
76. Humility
77. I Don't Care
78. Interested
79. Ignored Boundries
80. Ignored Feelings
81. Joy
82. Kindness
83. Loathing
84. Loneliness
85. Loss of Control
86. Losing
87. Love
88. Making Money
89. Marriage
90. Men
91. Modesty
92. New
93. Not Interested
94. Now
95. Optimism
96. Passion
97. Patience
98. Peace
99. Possiveness
100. Proving
101. Rage
102. Rejection
103. Relationships
104. Remorse
105. Sadness
106. Satisfaction
107. Secret
108. Sensing Danger
109. Sex
110. Submission
111. Success
112. Surprise
113. Terror
114. Trust
115. Truthful
116. Try Harder
117. Unjust
118. Vigilance
119. Want
120. Winning
121. Women
122. You Can't/Won't
123. You Decide
124. You Never
125. You're Always
126. You're Bad

25 EMOTIONAL DETOX: Ask HS, *"Do I need to detox Emotionally? Do I need Clearing, Looking or Emitting?"*

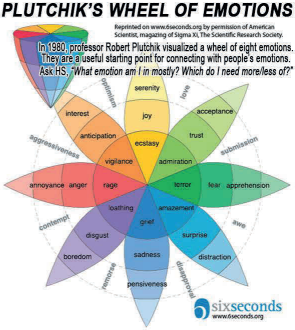
01. Clear your Emotional Space:
02. Notice what Triggers you & where you React.
03. What sets off your Sympathetic Nervous Sys?
04. Find ways to Calm Yourself Down and Reset.
05. Stimulate Vagus Nerve w Laughter or Prayer.
06. Exercise, Yoga or have a Big Hug also helps.

07. Look Inward:
08. Notice Self Reflection is a Mental Process.
09. Notice Self Awareness is a Sensory Process.
10. Bridge the Gap between Mental & Sensory.
11. Stand up to your Inner Bully (Ego) sometime.
12. Allow Yourself to Receive the Raw Emotions.
13. Notice any Healthy Dialog within your Body.
14. Your Body Sensations are like a Feedback.

15. Emit:
16. Feel your Relationship with the Present Moment.
17. Release any Fear from Attachments you Hold.
18. Develop your own Natural Internal Boundries.
19. Emission is not to Get Rid of your Reactivity.
20. Transform your Reactivity into Something New.
21. Make the long slow sound of "hum" to let go.
22. Create a Sense of Safety, Stability & Strength.
23. Emotional Detox is Enhanced by Opening Up.
24. Increase Access to your Internal Emotions.
25. Key is to Be Open to All your Inner Emotions.
26. Lower your levels of Reactivity to Emotions.
27. Willing to Experience the depths of emotions.
28. And Have an Authentic Experience of your Life.

Thanks and more info at: https://psychcentral.com/blog/emotional-detox-3-ways-to-cleanse-yourself-of-stagnated-emotions#1

PLUTCHIK'S WHEEL OF EMOTIONS



26 RELATIONSHIPS: Ask HS, *"Is your Relationship flowing with Energy? Is something blocking you? Is the Relationship with yourself or with the World flowing?"*

STRENGTHENING YOUR RELATIONSHIP

01. I am ok being in a Commited Relationship?
02. It's Safe being in a Commited Relationship?
03. I'm happy to be in a committed relationship?
04. I feel more Complete when I'm w/someone?
05. My Partner feels I'm the Only One for them!
06. I know my Partner is the Only One for me!
07. Am I Controlled by my partner's actions?
08. Am I Controlled by my partner's thoughts?
09. How compatible am I with___ on all levels?
10. Is my happiness controlled by Relationship?
11. Do I deserve to be happy by being with___?
12. Am I with my Perfectly Purposful Partner?
13. Is my 'Love Connection' energy now 100%?
14. Is my partner over-reacting to my ___ now?
15. Am I over-reacting to my partners ___ now?
16. Partner's at ease with my Career, Lifestyle?
17. I'm at ease w my Partner'sCareer, Lifestyle?
18. It feels right choosing ___ as a friend/lover?
19. Drama triangle% Victim/Persecutor/Rescuer
20. Do I have involuntarily celibate energy?
21. Is this Relationship w ___ letting me Grow?
22. Is this Relationship in my Life Contract?
23. Have we had Past Lives? How many lives?
24. Are we 'Soul Mates' or 'Twin Flames'?

CONNECTING WITH YOURSELF

25. I'm ok being a Single Person right now?
26. I know it's Safe for me to be Single now?
27. I'm feeling happy just being Single now?
28. I'm willing to be Open and even Vulnerable?
29. I feel totally Complete when I'm all alone?
30. My happiness is solely my responsibility?
31. Am I loving and accepting Myself/Others?
32. Do I hold a realistic view of Myself/Others?
33. Do I have Narcissistic Energy in my field?
34. Am I Perceiving Myself/Others accurately?
35. Am I Under an Illusion/Misperceiving now?
36. Blind Spots on Dysfunctional Relationship?
37. Can I now completely let go of my blocks?
38. Am I at ease w my inside/outside energy?
39. Am I at ease w my mind/heart/gut energy?
40. Am I at ease with all people/environments?
41. Do I easily allow myself to freely express?
42. Do I have High Expectations about Myself?
43. Am I able to Connect with my higher Self?
44. Is it easy to be whatever I want to be now?
45. Do I deserve to have whatever I want now?
46. Accepting this moment, in my Gut, Heart?
47. Do I remain authentic when under pressure from intimidating or threatening situations.

CONNECTING WITH THE WORLD

48. Am I Connecting with the World in a Positive way?
49. Is my Value correctly perceived by Others? Myself?
50. Is my Humor correctly perceived by Others? Myself?
51. Is there any kind of Negative connection w Others?
52. Am I triggering Others Negative behavior somehow?
53. Am I perceiving correctly if I'm being disrespected?
54. Do I have some belief that I'm being disrespected?
55. Am I judging others unneccessarily with my mind?
56. Am I affected by Other people judging me wrongly?
57. Do I always pursue and find favourable outcomes?
58. Is my excitement level too much/too little for others?
59. Am I resisting being at ease in the present moment?
60. Do I act in ways that generate the optimum and best possible results/outcome in all the areas of my life?

CONNECTION BLOCKS TO CLEAR

61. Am I blocking Myself from Attracting a great Partner?
62. Any inside/outside energy blocking my finding Love?
63. Am I holding onto any negative traits that block me?
64. Have I ever absorbed my Partner's negative traits?
65. Do I have resistance in supporting my relationship?
66. Do I still have Soul Ties w any of my Past Partners?
67. Have I absorbed any of my Past Partners Energies?
68. Did I absorb Energies from Past Partners Partners?

27 POSITIVE/NEGATIVE RELATIONSHIP STATEMENTS: Ask HS, *"Are These Statements True? Is there an Energy Distorting these Statements? Can I Clear it?"*

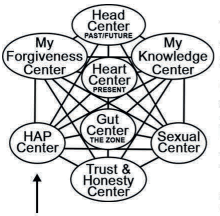
01. My partner and I look forward to quality time.
02. I support my partner, as he/she supports me.
03. My partner and I feel comfortable and safe whenever we are together.
04. I love spending intimate times w my partner.
05. Our love overcomes any misunderstandings.
06. I am happy and content with this relationship.
07. I'm grateful for all the things my partner does.
08. My partner and I deserve be loved.
09. We deserve a long-lasting happy, relationship.
10. We are in a loving, committed relationship.
11. My love for my partner grows stronger daily.
12. I receive unconditional love from my partner.
13. We feel a deep connection for one another.
14. We are happy and in love in our relationship.
15. We support and uplift each other with joy and positive energy for the highest good of all.
16. Our relationship is filled with trust, honesty, open communication & mutual understanding.
17. My inner being is filled with loving feelings for my partner right now.
18. I am grateful to have my partner in my life.
19. Every day our relationship has more love.
20. We are in love and happy together.
21. My partner and I struggle when we're together.
22. I want my partner to supports me more times.
23. My partner and I feel uncomfortable together.
24. I struggle spending intimate time together.
25. Our relationship has many misunderstandings.
26. I wish for happiness inside this relationship.
27. I often question the things my partner does.
28. My partner and I hardly have time for love.
29. We wish for a long-lasting happy, relationship.
30. We want a loving, committed relationship.
31. My love for my partner grows apart sometimes.
32. I love my partner pretty much most of the time.
33. We want a deeper connection with each other.
34. We are unhappy and missing our relationship.
35. We can't support each other because we are not trying for the highest good of both of us.
36. Our relationship is missing trust, honesty, any open communication or mutual understanding.
37. My inner being is filled with harsh feelings for my partner right now.
38. I am ungrateful about my partner and my life.
39. Every day our relationship is even harder.
40. We struggle to find love and happiness being together in this relationship.
41. My inner connection with helps my relationship.
42. I support my partner with healthy boundries.
43. My partner and I feel connect within more.
44. I'm allowing amazing intimate time together.
45. Our relationship improves in so many ways.
46. My happiness reflects in this relationship.
47. I never question the things my partner does.
48. My partner and I always make time for love.
49. We already have a long-lasting relationship.
50. Our relationship is a loving & committed one.
51. My love for my partner grows stronger w time.
52. I always feel the love coming from my partner.
53. We have a special connection with each other.
54. We are so happy & it shows in our relationship.
55. We always find new ways to support each other in growing toward the highest good of us both.
56. Our relationship is built w strong trust, honesty, open communication & mutual understanding.
57. My inner being is guided to find only my truest feelings & my connection with my partner now.
58. I am grateful about everything my partner is!
59. Every day our relationship proves love is best.
60. We find love and happiness where ever we are as long as we're together in this relationship.

28 BACH FLOWER ESSENCES: Ask HS, *"Will these energies effect my emotions in a beneficial way? Is it Optimal for me to take it Physically or to receive it Energetically?"*

01. Agrimony - Feel sad behind a cheerful face
02. Aspen - Fear of unknown things
03. Beech - Intolerance
04. Centaury - The inability to say 'no'
05. Cerato - Lack of trust in one's own decisions
06. Cherry Plum - Fear of the mind giving way
07. Chestnut Bud - Failure to learn from mistakes
08. Chicory - Selfish, possessive love
09. Clematis - Dreaming of the future without working in the present
10. Crab Apple - Very cleansing remedy, also for lack of self-love
11. Elm - Overwhelmed by responsibility
12. Gentian - Discouragement after a setback
13. Gorse - Hopelessness and despair
14. Heather - Self-centredness and self-concern
15. Holly - Hatred, envy and jealousy
16. Honeysuckle - Living in the past
17. Hornbeam - Tired thinking of doing something
18. Impatiens - Impatience
19. Larch - Lack of confidence
20. Mimulus - Fear of known things
21. Mustard - Deep gloom for no reason
22. Oak - Plodder who keeps going past the point of exhaustion
23. Olive - Exhaustion following mental or physical effort
24. Pine - Guilt
25. Red Chestnut - Over-concern for the welfare of loved ones
26. Rock Rose - Terror and fright
27. Rock Water - Self-denial, rigidity and self-repression
28. Scleranthus - Inability to choose between alternatives
29. Star of Bethlehem - Over-coming shock
30. Sweet Chestnut - Extreme mental anguish; feeling no hope.
31. Vervain - Over-enthusiasm
32. Vine - Dominance and inflexibility
33. Walnut - Protection from change & unwanted influence
34. Water Violet - Quiet self-reliance leading to isolation
35. White Chestnut - Unwanted thoughts and mental arguments
36. Wild Oat - Uncertainty over one's direction in life
37. Wild Rose - Drifting, resignation, apathy
38. Willow - Self-pity and resentment

29 ENERGY SYSTEMS:

Ask HS, *"Are each of my energy centers 100% happy and flowing?"* (Follow clearing instructions, connect them & start your energy engine!)



The Human Assemblage Point (HAP)
"Everything you think and everything you feel depends on the position of the Human Assembly Point" ~ **Don Juan**

First check the Head, Heart and Gut Centers. Check each, are they 100% happy? Head is connected to the Past & Future, Heart to the Present and Gut to the Zone. Next, intend them to be 100% happy.

The next three centers have four internal components in each one, specifically focusing on 1) Yourself, 2) Others, 3) the World and 4) the Universe. For example, are you Forgiving Yourself, Forgiving Others, Forgiving the World, and Forgiving the Universe? Next, hold the intention to clear all four components of the Forgiveness, Knowledge, Trust & Honesty centers till they are 100% happy and flowing.

The Sexual Center also has 4 internal components, and they're focused on 1) Sexual duration/extacy, 2) the Animal Passion energy, 3) the submissive/female energy, and 4) the dominant/male energy. Next, with intention clear all four components of the Sexual Center till it is 100% happy and flowing.

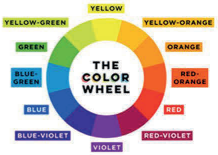
The Human Assemblage Point (HAP) is where you can access life force energy. Realign all 3 axis of the HAP to be 100% happy and flowing. "When it's balanced we feel happy and get along with others. It often gets out of balance when we experience traumas,accidents, unwanted circumstances. It affects all our glands, hormones, organs, chakras, muscles, everything in our body on all our levels, mentally, emotionally, physically and spiritually. (Assemblage information thanks to fttps://healingnexus.com)

Once all 8 centers are 100% happy and flowing, then with your intention energetically connect them all together. Next clear the Pineal Gland from any calcification so it's also 100% happy. Then you'll soon begin to feel the Cosmic Energy that flows down through the crown chakra and it connects with the Earth Energy rising from below to meet in the heart center as it expands and grows more powerful...

COLOR IMBALANCES

YELLOW	VIOLET
BLUE	ORANGE
RED	GREEN

Ask HS, *"Do I have a Color imbalance?"*
"Is it a combination of 2 or 3 colors?"
"Do I need more or less of this color?"
"Can I rebalance this with Intention?"



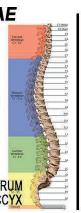
30 CHAKRAS

01. Crown
02. Third Eye
03. Throat
04. Heart
05. Solar Plexis
06. Sacral
07. Root
08. 21 Minor
09. 86 Micro
10. 114 Chakras
11. 72K Nadis



VERTEBRAE

01. C1	14. T7
02. C2	15. T8
03. C3	16. T9
04. C4	17. T10
05. C5	18. T11
06. C6	19. T12
07. C7	20. L1
08. T1	21. L2
09. T2	22. L3
10. T3	23. L4
11. T4	24. L5
12. T5	25. SACRUM
13. T6	26. COCCYX



BALANCE YOUR RATIOS

01. What % of Work's in Work/Play now?
02. What % of Work would be Optimal?
03. Now shift that Ratio w Intention?
04. Better Respond than React! Adjust.
05. Some Material, More Spiritual best.
06. What % is Head/Heart/Gut ratio?
07. H/H/G is Optimal at 20% 40% 40%.
08. We like to Give Our more, but hey!
09. Past and Future (Head) each 10%.
10. Present (Heart)/Zone (Gut) 40% ea.
11. Check Optimal levels & reset them.

Check Ratios
Work : Play
Doing : Being
React : Respond
Material : Spiritual
Head : Heart : Gut
Blocking : Allowing
Lacking : Abundance
Receiving In : Giving Out
EGO controlled : Authentic
Past : Present : Future : Zone

31 MERIDIAN SYSTEMS:

Ask HS, "Are all of my Meridians now 100% happy and flowing?

12 MAJOR MERIDIANS

01. Taiyin Lung Channel of Hand
02. Shaoyin Heart Channel of Hand
03. Jueyin Pericardium Channel of Hand
04. Shaoyang Sanjiao Channel of Hand
05. Taiyang Small Intestine Channel of Hand
06. Yangming Large Intestine Channel of Hand
07. Taiyin Spleen Channel of Foot
08. Shaoyin Kidney Channel of Foot
09. Jueyin Liver Channel of Foot
10. Shaoyang Gallbladder Channel of Foot
11. Taiyang Bladder Channel of Foot
12. Yangming Stomach Channel of Foot

8 EXTRAORDINARY MERIDIANS

01. Conception Meridian(Ren Mai)
02. Governing Meridian(Du Mai)
03. Penetrating Meridian(Chong Mai)
04. Girdle Meridian(Dai Mai)
05. Yin linking Meridian(Yin Wei Mai)
06. Yang linking Meridian(Yang Wei Mai)
07. Yin Heel Meridian(Yin Qiao Mai)
08. Yang Heel Meridian(Yang Qiao Mai)



Is my Yin balanced?
Is my Yang balanced?

Ask HS, *"Which meridian is blocked? How many blocks does it have?"*
Ask HS, *"Are the blocks on the left or right side? Can I clear them now?"*
Say, *"I am now intending to clear all the blocks from my ____ Meridian!"*



For each of the 12 standard & 8 extraordinary meridians, clear any blocks found in the Physical, Mental, Emotional and Spiritual Tracks of each of the Meridians?

32 FENG SHUI:

Ask HS, *"Are there any Imbalance to Clear in Five Elements, The Excesses, Pernicious Influences, Boundries, Ancient Ways, Teachings or Other Forms of CHI (QI)?"*

5 ELEMENTS	THE 5 EXCESSES	6 PERNICIOUS INFLUENCES	BOUNDRIES	ANCIENT WAYS	TEACHINGS	OTHER FORMS OF CHI (QI)
01. Wood	06. Adrenaline	11. Heat	17. Physical	24. Knowledge	31. Confusionism	38. Yuan Chi – Original Chi, governs our organs.
02. Fire	07. Cortisol	12. Cold	18. Emotional	25. Wisdom	32. Taoism	39. Gu Chi – Chi from food, also called Grain Chi.
03. Earth	08. Free Radicals	13. Dampness	19. Relationship	26. Emptying Mind	33. Mohism	40. Kong Chi – Chi from air.
04. Metal	09. Metabolic Waste	14. Dryness	20. Sexual	27. Unifying Mind	34. Legalism	41. Zong Chi – Gathering Chi circulates the blood.
05. Water	10. Pernicious Influences	15. Wind	21. Spiritual	28. Quieting Mind	35. Buddhism	42. Zheng Chi – True Chi, most referred to in texts.
		16. Summer Heat	22. Mental	29. Discernment	36. Ying/Yang	43. Ying Chi – Nourishes organs/produces blood.
			23. Energetic	30. Coherence	37. Zen	44. Wei Chi – Defensive Chi, protects/warms body.

Ask HS, *"Is my Chi (Qi)100% Flowing Now?*
Is there something Blocking my Flow Now?"

33 HINDU LEVELS OF SPIRITUAL ADVANCEMENT

Ask HS, *"Is my energy being influenced by any upper or lower planets?"* **Now on #7.**

Seven Upper Universes (Lokas) Being Conscious to Samadhi

01. Satya-loka - Abode of Truth or Samadhi. The most elevated level.
02. Tapa-loka – A state of being completely illuminated, yet still on Earth.
03. Jana-loka – Being a spiritualists,or healers or otherworldly instructors.
04. Mahar-loka – This is the domain of devas or mythical beings.
05. Svar-loka – Known as Heaven or Jannat. Experience internal harmony.
06. Bhuvar-loka – Natural domain. Experience happiness & satisfaction.
07. Bhur-loka – Earth. Experience material belongings & some Awareness.

Seven Lower Universes Strong Realism without any Knowing

08. Atala-loka – Truth is covered by inner self drives, desires & longings.
09. Vitala-loka – Obliviousness. They overlook evil presences that abide.
10. Sutala-loka – Satan or Lucifer planet. Man always vowing to improve.
11. Talatala-loka – Maya fantasy planet. Truth is beyond comprehension.
12. Mahatala-loka – Naga snake planet. You can't handle your desires.
13. Rasatala-loka – Cruel Devils planet. Do what want, regardless wrong.
14. Patala-loka – Hell planet. Have only disdain, noxiousness & outrage.

Thanks to: https://www.quora.com/What-are-the-functions-of-each-of-the-14-lokas

STATES OF AWARENESS

Ask HS. *"Can I Connect with my Deeper States?*

4 main Hindu States of Awareness

1. Super Consciousness - Absolute Silence
2. Subconscious - Deep Sleep state of mind
3. Unconsciousness - Dreaming state of mind
4. Conscious - A Waking state of mind

SHEATHS AROUND THE SELF

Ask HS "Can I clear energy any blocks in my Sheaths?

7 Hindu Layers or Sheaths around Self

1. Atmamaya Kosha = Pure Consciousness
2. Chittamaya Kosha = Universal Soul
3. Anandamaya Kosha = Bliss Body
4. Vijananamaya Kosha = Wisdom Body
5. Manonaya Kosha = Emotional Body
6. Pranamaya Kosha = Energy Body
7. Annamaya Kosha = Physical Body

DENSITIES/DIMENSIONS

Ask HS, *"What's your density & dimension?"*

THE 12 KNOWN DENSITIES

12D - Infinity (Inner Being)
11D - Superconsciousness (Soul)
10D - Quantum Field (Higher Self)
9D - Intuition - Gut (Oversoul)
8D - Vibration - Freq (Cosmic Body)
7D - Etheric - Wind (Spiritual Body)
6D - Chakra Mind (Energy Body)
5D - Meridian Mind (Causal Body)
4D - Astral - Aura (Emotional Body)
3D - Duality - Ego (Subconscious)
2D - Mind (Basic Consciousness)
1D - Physical (Human Body)

THE 12 KNOWN DIMENSIONS

01. Time	05. Field	09. Height
02. Graviton	06. Temp	10. Width
03. Energy	07. Mass	11. Depth
04. Speed	08. Density	12. Light

34 ABUNDANCE POWER STATEMENTS: Ask HS, *"Is my Abundance Energy at 100%? Will these statements allow me to empower my Abundance?"*

PERSONAL ABUNDANCE

01. I'm now releasing any feelings of Scarcity I have.
02. I'm now releasing any feelings of Not Enough.
03. I'm now releasing any feelings of Struggle.
04. I'm Installing the sense of Acomplishment.
05. I'm Installing the sense of Ease and joy.
06. I'm Installing the sense of Pease & Satisfaction.
07. I can easily support myself with what's needed.
08. Abundance & Prosperity come to me easily now.
09. I now have Abundance in Every Area of my Life.
10. My ability to Create Abundance is Ever-Increasing.
11. I am Empowered & can Create all my Abundance.
12. Endless supply of Abundance comes to Me Easily.
13. I can Instantly connect to all my Super Powers.
14. I see Myself as the Big Winner of the big Lottery.
15. Amazing how Effortlessly I can Manifest Anything.
16. I Understand I can do Anything I can Dream about.
17. I leave my Past behind me & Manifest my Future.
18. I use My Time effectively to Create Abundance.
19. I remove any Unconscious Blocks to Abundance.
20. I am Aligned with my Highest level of Awareness.
21. Every Day in Every Way My Life is Getting Better.

ABUNDANCE WITH OTHERS

22. I flow with Grace and Ease w all the others in my life.
23. I picture all kinds of Abundance for Myself and Others.
24. I can Create Abundance for all the People around Me.
25. I surround myself with Abundant people at all times.
26. Everyone deserves to receive Abundance themselves.
27. We can all be Abundant Together if we are Willing.
28. I can wake up focused on the Abundance of Friends.
29. All my Partners Hearts are now filled with Abundance.
30. Wealth and Abundance is Experienced by All Beings.
31. Everyone has Equal Access to Love and Abundance.
32. My Serving others fills us both with deep Abundance.
33. The People around Me Support my Abundance & Joy.
34. I have Nothing if my Friends are without their Needs.
35. I rise with the People around me like a Ship in a Tide.
36. When I focus on serving others, I feel the most Joy.
37. Seeing the others Succeed Inspires me to Succeed.
38. I see in others a Reflection of my own Resistance.
39. I Thank others for the Lessons they are Going thru.
40. I can learn from others Mistakes and find Success.
41. It is a Blessing for my Partners to also be Blessed.
42. I can Share what I am Given, and then receive more.

ABUNDANCE WITH THE WORLD

43. I truly feel that Abundance can be found Everywhere.
44. My Money is working for me to bring me Abundance.
45. Doing what I love, Money and Abuncance flow to me
46. My Finances grow & support my Abundance always.
47. I am totally aligned with the Abundance Frequencies.
48. I'm connecting with the Universal Bank of Abundance.
49. Aligned with the Highest level of Abundance possible.
50. I attract Financial & Health Abundance like a Magnet.
51. My Abundance resonates with the Universal Vibration.
52. I awaken Trusting the Universe Brings Me Abundance.
53. I am a part of the Universe and all it's Abundant Life.
54. Everything that happened to me has been My Lesson.
55. I was distracted and the Universe needed to Kick me.
56. I was paying attention so the Universe could Hug me.
57. The Lesson can be a Kick or a Hug, it's up to me now.
58. I have learned to Accept allLessons as a Blessing.
59. I see that the Lessons have become easier for Me.
60. I can surrender to what is happening knowing it's OK.
61. I can Trust that the Universe knows what's best.
62. I can Allow what's happing to be Felt as a Blessing.
63. I can Perceive the Universe has always Got my Back.

35 IMMERSION/DISTRACTION: Ask HS, *"Am I Immersed or Distracted?"*

FOCUSED on IMMERSION (Intuition) or DISTRACTION (Mind)

Choose one from the first column and then one from the second and clear the energy.

01. Am I being fully **Immersed** in...
02. Am I being fully **Honest** with...
03. Am I being fully **Serious** with...
04. Am I ready to **Move Forward** in...
05. Am I able to really have **Trust**...
06. Am I able to **Be Here Now** with...
07. Am I **Knowing** what's right with...
08. Am I being fully **Intuitive** about...
09. Am I being fully **On-Track** with...
10. Am I able to **Look Clearly** at...
11. Am I **Seeing** the real picture with...
12. Am I accurately **Percieving**...
13. Am I being **Tricked** or **Fooled** by...
14. Am I **Blocked** from dealing with...
15. Am I **Drained** or **Attacked** by...
16. Am I being fully **Distracted** with...

17. My Life at this time?
18. My Body at this time?
19. My Mind at this time?
20. My Ego at this time?
21. My Heart Center at this time?
22. My Gut Center at this time?
23. My Business at this time?
24. My Relationship at this time?
25. Others Energy at this time?
26. The Energy inside of me?
27. The Energy outside of me?
28. My Point of View at this time?
29. My Reality at this time?
30. My Higher Self at this time?
31. My World at this time?
32. My Truth at this time?

Becoming immersed is like turning up your awareness to full volume. How involved are you in your life? Is your awareness immersed in you body, your mind, your heart? How immersed are you in your business, your relationship, your life? Are you immersed in Others energies? Are you immersed with the energy Inside you, Outside you, with the Truth of your Higher Self?

ABUNDANCE BLOCKS: Ask HS, *"Is something blocking my Abundance?"*

33. Am I blocked because my family & friends will all reject me if I Succeed?
34. Is it true that I am blocked by others that are jealous of me Succeeding?
35. Is it possible that in some way I will be Killed or Robbed if I Succeed?
36. Is there an unknown energy blocking me from finding my success goals?
37. Do I have any past or current life contracts that are blocking my goals?
38. Is my energy free from "The 9 to 5 rat race" that kills all inner inspiration?
39. Is there any % of my Entrepreneur Energy blocking my being successful?
40. Am I afraid of changing my old Plans as the circumstances can change?
41. Is there part of my inner or outer being afraid to adapt to new Methods?
42. Are there any energies blocking my business or money flow for Success?
43. Am I 100% ready to receive and accept my total Success at this time?
44. Are there any kind of Limiting Beliefs that are blocking my Success?
45. Are there Past Life Patterns from my Ancestors blocking my Succeeding?
46. Is it possible that in some way being Wildly Successful will ruin my life?
47. Am I being blocked from achieving my Success by my Fear of Success?
48. I embrace the idea that everyone's Success contributes to My Success.
49. I release any Fear of Success that I've absorbed from any other people.
50. I am OK with being Present and Visable in all my Successful Businesses.
51. I can bring people together to achieve Success for them and for me too.
52. I am Ok being Patient and Waiting to take the right steps at the right time.
53. I'm at ease with allowing the greatest Success of my life to manifest now.
54. I have learned to Trust the Universe to bring Success to me in all ways.

36 THE MANIFESTATION MANIFESTO:

1) Choose what to manifest...
Literally make a list or better still, make a mind map of the perfect item you desire, the perfect _____ just for you!

2) Travel forward to FEEL it already happened!
Be you 1 year from now and really FEEL the joy of having your new desire fulfilled, don't over think it, just FEEL it!

3) Remember, it can manifest anytime and anyway!
Don't limit the way the universe may choose it for you, trust it will choose for you better then you can choose for yourself!

4) Make positive plans for it to happen!
Keep posting, talk to everyone, make it real, for travel, start to pack, book your tickets, whatever your dream… own it!

5) Keep focused on the manifestation!
Look at your mind map daily, but don't hope, worry or doubt! Instead know, trust, be excited, like about to get a present!

From my summary of Andy Shaw's book,
"Mastering the Law of Attraction"
For more gems from Andy visit ***https://www.abugfreemind.com/i/***

ABUNDANCE in BUSINESS: Ask HS, *"What % is my Business Abundance Flowing? At 100%?"*

01. Am I good enough to Succeed in Business?
02. Is it safe for me to be Successful in Business?
03. Does the Universe support my Business vision?
04. Do my family/friends/co-workers support me?
05. Do they want me succeeding? They with me?
06. Do I have all the Talents I need to Succeed?
07. Am I smart enough to meet my Business goals?
08. Am I Aligned with my Business/Income goals?
09. Am I Persistently Diligent? Am I Dedicated?
10. Am I aligned to receive money and wealth?
11. Are all my bank accounts happy and flowing?
12. Do I resist raising my rates? Stuck in the past?
13. Do I correctly perceive my business is thriving?
14. What exactly is my desired Annual Income?
15. Can I Reduce the Gap to achieving my Goal?
16. Do I correctly perceive that I'm totally worth it?

17. Distracted & Overwhelmed w too much info.
18. Not practicing what you have already learned.
19. Your mind is changing w/new perspectives.
20. Are you having a hard time being decisive.
21. You expecting for it to be easy, when it is not.
22. Analysis Paralysis, Looping a Failed Program?
23. Your Heart and Soul isn't really in it any longer.
24. Total Lack of Consistancy/No inner Discipline.
25. Fail to Plan, Plan to Fail! Have no action steps.
26. Not taking the right Action at the right time.
27. Is the Action I'm taking internally inspired?
28. Giving up before it's the right time to give up.
29. Not knowing if it's the right time to give up.
30. Not observing Income/Expenses/Cash Flow.
31. Do I feel gratitude when money flows in?
32. Do I also feel gratitude when money flows out?

NOTE: What is the real value of my community service if I measured it hourly? For example giving, 40 Hrs for 50 wks is 2000 Hrs/Yr. Even if that's not what I'm getting paid, my contribution at $30/hr = $60K Yr.

37 HOW STRONG ARE MY INTENTIONS REGARDING MY GOALS? Focus on one goal and ask HS, *"How strong are my intentions for this goal? What % is optimal?"*

0	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	250%	500%	750%	1,000%

38 UPLIFTMENT: Ask HS, *"Can I Uplift my energy field?"* Look at what HS is telling you... what exactly does it mean for you? Do you need more/less of it?

01. Am I Grounded, Centered and Ready now?
02. Am I fully Living my Soul Mission on Earth?
03. Am I fully Living my Energetic Blueprint?
04. Do I have any Negative Soul Contracts?
05. Do I have any Conflicting Life Contracts?
06. Is_____uplifting my energy or draining it?
07. Willing to Look? or Avoiding Looking?
08. Was Original Issue ever really Resolved?
09. Will Neg Energy return to my prospective?
10. Is there something draining all my energy?
11. How Controlled by (person, place) Am I?
12. Do I have any Exercise or Eating Trauma?
13. Am I now Effected by people Judging me?
14. Am I now Judging others unneccessarily?
15. How many Emotional Knots are in my Gut?
16. Any Parasites from Alien Transmissions?
17. Is there a Code that's causing this issue?
18. Do I Need to Know the Code to release it?
19. What % of my inner work is already done?
20. Have I surrendered All of my Resistance?
21. Have I an Unkept/Unfulfilled Self Promise?
22. Have I got any Unkept/Unfilled Requests?
23. Keep Optimal & Clear Negative Requests?
24. Do I connect daily w my Inner Being?
25. I'm 100% happy with my Higher Self?
26. Is Inner Being center of my Vortex?
27. Do a full Frequency scan (528Hz etc)
28. Do I have a Vanishing Twin with me?
29. Has my Vanishing Twin Passed over?
30. What % is my Crystaline body ready?
31. My Kundalini Energy is now____%?
32. My Optimal Kundalini %? Is it safe?
33. Am I blocked from finding No-Mind?
34. Am I a prisoner in own my Mind now?
35. Has mind surrendered to my Being?
36. My Being ready to Allow & Receive?
37. Higher Self Fractured? How many?
38. I'm a perfect match for my future self?
39. Clear any & all Negative Archetypes.
40. Clearing any Past Lives blocking me.
41. Am I being Conscious of my Aging?
42. Do I easily allow myself to feel ___?
43. Do I now believe I can do or be ___?
44. Am I now in Sync with the Universe?
45. Am I now in Sync with my Future Self?
46. Am I now in Sync with my Higher Self?
47. Am I smart enough to connect w HS?
48. What's my Intellegence IQ? (Avg85-115)
49. What's my Emotional IQ? My Social IQ?
50. What's my Cultural IQ? My Intuitive IQ?
51. Am I now perceiving this reality correctly?
52. Am I now Judging life to be Good or Bad?
53. Is my Happiness tied to an outside issue?
54. Am I now 100% healed and 100% happy?
55. Am I totally connected to my higher self?
56. Can I easily accept & enjoy this moment?
57. Can I easily love & accept myself/others?
58. Is my happiness being controlled by___?
59. Its ok for me or safe for me to be___?
60. Does it feel natural for me to be____?
61. Can I easily and effortlessly take action?
62. How expanded is my self awareness?
63. Do I feel absolutely certain what to do?
64. Is it in my Highest & Best interest to___?
65. From My Prospective, Am I balanced?
66. My life is Perfect & Purposeful as it is!
67. What Density am I currently at (1 to 13)?
68. Am I serving my Highest Intention now?
69. Can I Completely Accept this Moment?

EMPOWERING EMOTIONS

Ask HS, *"Do I need More/Less Emotion?"*

70. Admiration
71. Adoration
72. Aesthetic
73. Appreciation
74. Amusement
75. Awe
76. Awkwardness
77. Boredom
78. Calmness
79. Empathic pain
80. Entrancement
81. Excitement
82. Happiness
83. Interest
84. Joy
85. Nostalgia
86. Relief
87. Romance
88. Satisfaction
89. Sexual desire
90. Surprise.

39 GRATITUDE

01. How Grateful am I for my life am I in general?
02. How Grateful am I for all the Things I Have?
03. How Grateful am I for all My Achievements?
04. How Grateful am I for Everyone in My life?
05. How Grateful am I for Myself uust as I am?
06. How Grateful am I for No Reason at all?
07. What is the % of my Gratitude Mindset?
08. How much do I feel Appreciation for Myself?
09. How much do I feel Appreciation for others?
10. How much do I Appreciate what I Have now?
11. What is the % of my Appreciation Mindset?

SELF FORGIVENESS

12. Am I able to fully Forgive myself in general?
13. Am I able to fully Forgive others in general?
14. I am Blocked from Forgiving Myself & others?
15. Something's Interfering with me Forgiving.
16. A good reason Blocks me from Forgiving.
17. I now Release Blocks to Forgiving Myself.
18. I find Self Forgiveness to be very Rewarding.
19. Being Self Forgiving is my Natural State.
20. Forgiving others helps me to be Authentic.
21. I Appreciate Forgiving Myself and all others.
22. I am now Forgiving Myself and others 100%.

DNA ACTIVATION *Up to 48 Strands can be Activated*

23. Are all 48 Strands of my DNA currently Activated?
24. How Many are now Active? 2,4,6,8,10,12,24,36,48?
25. Can I activate my DNA Strands with Intention?

To Activate your DNA Strands simply use your Intention

26. Say "I am now Clearing blocks to activating my DNA!"
27. Is it safe to Activate All My DNA Strands (2 to 48)?
28. Say "I am now fully Activating all 48 DNA Strands!"
29. Are my additional DNA Strands now fully Activated?

Avg. youth Telemere length is 8 kilobases 10Avg 30Max

30. Are my Telomeres at the Optimal Length for me?
31. Is my Telomere Length 13 or less? Increase to 30?

POSITIVE SELF VALUES (MASLOW)

01. Self Actualization
02. Self Determination
03. Self Motivation
04. Self Appreciation
05. Self Belief
06. Self Respect
07. Self Acceptance
08. Self Confidence
09. Self Esteem
10. Self Worth
11. Self Love
12. Self Responsibility
13. Self Assertiveness
14. Living Purposefully
15. Personal Integrity
16. *Self Recognition*

"A musician must make music, an artist must paint, a poet must write, if he is to be ultimately happy" (Maslow, 1943)

ACTIVATE MY PAST LIVES & SOUL

Receive and Activate all the gifts and talents from your past lives, your guides, your future self, your ancestors & your Soul that might enhance or improve specific areas of your life.

Step 1) Ask HS, "How many past lives have I had? More than 10, 20, etc." Get the total number and ask is it safe to connect to them? If NO, Clear any blocking energy and connect with them?

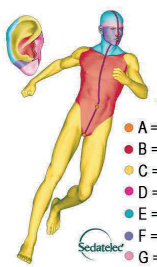
Step 2) Ask "How many gifts/talents can I receive from my past lives? Is it safe for me to receive?" If NO, Clear any blocking energy and then receive all the gifts/talents from all my past lives.

Step 3) Ask "Do my guides, future self or ancestors have any additional gifts or talents to give to me and is it safe to receive them?" If no, Clear blocking energy and receive all the gifts/talents.

Step 4) Ask "Does my Soul have any gifts or talents to give to me?" Receive all the gifts/talents.

Step 5) Ask "Is it now safe to activate them all? If NOT, Clear blocking energy and activate them all. Now be grateful as you thank everyone sharing for their wonderful gifts and talents with you!

40 NOGIER FREQUENCIES: Ask HS, *"Are my Nogier Frequencies unbalanced"*



In the 1970s, Paul Nogier, a French Neurologist and the founder of auriculotherapy, found physiological correspondences between certain frequencies and various parts of the skin. By stimulating the skin with light he discovered that some areas of the pinna of the ear and body would react to specific frequencies.
https://www.sedatelec.com/en/nogier-frequencies/

THE 7 NOGIER FREQUENCIES

- A = **2.28 Hz** basal area, represents anabolism
- B = **4.56 Hz** nutrition and assimilation area
- C = **9.12 Hz** kinetic area, represents movement
- D = **18.25 Hz** the right and left sides of the body
- E = **36.50 Hz** transmission between cortex and soma
- F = **73 Hz** sub-cortical - instinctive organisation
- G = **146 Hz** cortical area - mental organisation

Ask HS, *"Can I clear any blocks and rebalance my Nogier's with my intention, using the light and frequencies above? Is my imbalance found in frequency A, B, C. etc.?"* Say, *"I am now rebalancing the Nogier energy with intention."* Then ask, *"Have I balanced all I intended to?"*

SOLFEGGIO FREQUENCIES: Ask HS, *"My Solfoggio's unbalanced?"*

The Solfeggio tones represent sacred harmonic steps that bring tranquility and can heal us. Gregorian chanting also uses the same solfeggio tones. These "coherent" frequencies can help us achieve perfection on both an energetic and physical level. You could simply choose any of the tones to balance with or you can choose to bring about a particular effect. Originally six frequencies were known, however additional research by Dr. Leonard Horowitz has revealed three more Solfeggio frequencies

174 Hz = Pain reduction, comfort. Organs get a sense of security and love.
285 Hz = Restructures damaged organs. Body rejuvenated and energized.
396 Hz (DO) = Liberate fear, guilt. Release hidden subconscious obstacles.
417 Hz (RE) = Clear traumatic experiences cellular memory infinite energy.
528 Hz (MI) = DNA repair/miracles! Activate imagination/intuition/success!
639 Hz (FA) = Balancing Relationships. Better Cell to Cell Communication.
741 Hz (SOL) = Solving Problems and Cleaning Cells of toxins & EMF freq.
852 Hz (LA) = Awakening Intuition, Divine Communication, Cells transform.
963 Hz (TI) = Perfection, Return to Oneness, Spiritually Interconnected.

Many frequencies are available with the amazing APP at: GeniusBiofeedback.com

41 INTUITIVE ENERGIES: Trust your gut for answers

INTUITION

Your Intuition and your Intention live together in your Gut Center.

There are five types of Intuition, ask if all of yours are Happy.

01. Physical Intuition - A Gut Feeling in your Body Tells You.

02. Mental Intuition - A funny feeling in the back of your Mind.

03. Energetic Intuition - Your Energy just feels Off somehow.

04. Spiritual Intuition - You can have a certain Inner Sense.

05. Warning Intuition - Know something's Wrong, Watch Out!

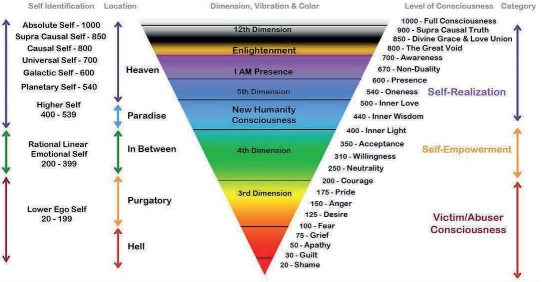
INTENTION

Your Intention Muscle gets Stronger the more you use it. When you make something happen, by force of will, that's your Intention Muscle. When you think of someone and they suddenly call you, thats your intention. With Mindfulness you can learn to focus your Intention!

Ask HS, *"Is something blocking me from connecting with my Intuition?"*
Ask HS, *"Can I clear it with my Intention? Or do I need to know more?"*

SCALE OF CONSCIOUSNESS

First developed by Dr. David Hawkins M.D, Ph.D https://www.nondualitylife.com/levels-of-consciousness



42 11 TYPES OF CONSCIENCE: *Make top 3 to 100%, make bottom 8* to 0%*

Just imagine you have an Angel on one shoulder and a Devil is on the other shoulder and each one is whispering into your ear. The first three items on the list are from the Angel!

GOOD CONSCIENCE (Angel on your Shoulder)

01. Correct Conscience - tells us when something is a good choice or a bad choice and this decision is in agreement with what it is according to the objective law.
02. Delicate Conscience - judges correctly and with careful attention concerning the acts that are about to be performed.
03. Certain Conscience - convinced without any doubt that an action is good or bad.

BAD CONSCIENCE (Devil on your Shoulder)*

04. Doubtful Conscience* - when you cannot choose between good and bad choices.
05. Lax Conscience* - when you see no sin where there actually is sin.
06. Scrupulous Sin* - a conscience that judges that there is sin where there really is no sin, or that judges that something is a mortal sin when it is only a venial sin.
07. Erroneous Conscience* - judges something incorrectly, when something is bad you think its good and when its good you think its bad.
08. Overlooked Conscience* - Looking away and not digging deeper to find the Truth.
09. Forgotten Conscience* - Didn't remember that it was a bad choice.
10. Blinded Conscience* - Unable to see the Truth in your conscience, blocked view.
11. Secret Conscience* - Not revealing their thoughts, or expressing feelings honestly.

Original idea from https://www.linkedin.com/pulse/7-types-conscience-er-venkatesh-k-havanur

ENNEAGRAMS

Heart, Head & Body Types.

Ask HS, *"What Blocks my Energy and what Supports my Energy?"*

The Heart types are:

#2 The Giver
#3 The Achiever
#4 The Individualist

The Head types are:

#5 The Investigator
#6 The Sceptic
#7 The Enthusiastic

The Body types are:

#8 The Challenger
#9 The Peacemaker
#1 The Perfectionist

Ref. https://www.truity.com/enneagram/9-types-enneagram

ARCHITYPES Ask HS, *"Do I have any Archetypes Blocking me? Any Supporting Me?"*

Archetypes are Universal Symbolic Patterns Examples of Archetypal Characters are the femme fatale, the trickster, the great mother and the great father, and the dying god.

12 TRADITIONALS	13 GODDESSES
01. The Innocent	01. the siren
02. Everyman	02. the sophisticate
03. Hero	03. the boss
04. Outlaw	04. the bohemian
05. Explorer	05. the coquette
06. Creator	06. the goddess
07. Ruler	07. the enigma
08. Magician	08. the sensualist
09. Lover	09. the lady
10. Caregiver	10 the diva
11. Jester	11. the empress
12. Sage	12. the ingenue
	13. the gamine

https://authority.pub/character-archetypes/

43 The Tarot: Ask HS, *"Which cards represents the Past, the Present and the Future? Is the card displayed as Upright or Reversed?"* Choose 3 cards.

THE MAJOR ARCANA

01. The World
02. Judgement
03. The Sun
04. The Moon
05. The Star
06. The Tower
07. The Devil
08. Temperance
09. Death
10. The Hanged Man
11. Justice
12. Wheel of Fortune
13. The Hermit
14. Strength
15. The Chariot
16. The Lovers
17. The Hierophant
18. The Emporor
19. The Empress
20. The High Priestess
21. The Magician
22. The Fool

Choose 3 cards and look up the results below:
https://labyrinthos.co/blogs/tarot-card-meanings-list

23. Ace of Wands
24. Two of Wands
25. Three of Wands
26. Four of Wands
27. Five of Wands
28. Six of Wands
29. Seven of Wands
30. Eight of Wands
31. Nine of Wands
32. Ten of Wands
33. Page of Wands
34. Knight of Wands
35. Queen of Wands
36. King of Wands
37. Ace of Cups
38. Two of Cups
39. Three of Cups
40. Four of Cups
41. Five of Cups
42. Six of Cups
43. Seven of Cups
44. Eight of Cups
45. Nine of Cups
46. Ten of Cups
47. Page of Cups
48. Knight of Cups
49. Queen of Cups
50. King of Cups
51. Ace of Swords
52. Two of Swords
53. Three of Swords
54. Four of Swords
55. Five of Swords
56. Six of Swords
57. Seven of Swords
58. Eight of Swords
59. Nine of Swords
60. Ten of Swords
61. Page of Swords
62. Knight of Swords
63. Queen of Swords
64. King of Swords
65. Ace of Pentacles
66. Two of Pentacles
67. Three of Pentacles
68. Four of Pentacles
69. Five of Pentacles
70. Six of Pentacles
71. Seven of Pentacles
72. Eight of Pentacles
73. Nine of Pentacles
74. Ten of Pentacles
75. Page of Pentacles
76. Knight of Pentacles
77. Queen of Pentacles
78. King of Pentacles



44 64 HEXAGRAMS of the I-CHING: Ask HS, *"What is my Current or my Next Situation (Hexagram)?"* Look up results at *https://www.cafeausoul.com/iching/hexagrams*

01. Qián - The Creative
02. K'un - The Receptive
03. Chun - Difficult Beginnings
04. Meng - Youthful Folly
05. Hsu - Nourished While Waiting
06. Sung - Conflict
07. Shih - Army
08. Pi - Uniting
09. Hsiao Ch'u - Small Restraint
10. Lu - Treading
11. T'ai - Peace
12. P'i - Standstill
13. T'ung Jen - Fellowship
14. Ta Yü - Great Possessing
15. Qian - Authenticity
16. Yu - Enthusiasm
17. Sui - Following
18. Ku - Decay
19. Lin - Approach
20. Kuan - Contemplation
21. Shi Ho - Biting Through
22. Bi - Grace
23. Po - Split Apart
24. Fu - Return
25. Wu Wang - Innocence
26. Ta Ch'u - Controlled Power
27. Yi - Nourishing Vision
28. Ta Kuo - Critical Mass
29. Kan- Abyss
30. Li - Clarity
31. Hsien - Influence/Wooing
32. Heng - Duration
33. Tun - Retreat
34. Da Zhuang - Great Power
35. Chin - Progress
36. Ming Yi - Brightness Hiding
37. Chia Jen - Family
38. K'uei - Opposition
39. Jian - Obstruction
40. Jie - Liberation
41. Sun - Decrease
42. Yi - Increase
43. Guai - Determination
44. Gou - Coming to Meet
45. Cui - Gathering Together
46. Sheng - Pushing Upward
47. Kùn - Oppression/Exhaustion
48. Jing - The Well
49. Ko - Molting/Revolution
50. Ting - Cauldron
51. Zhen - Shocking
52. Ken - Keeping Still
53. Ji'an - Development
54. Kui Mei - Propriety
55. Feng - Abundance
56. Lu - The Wanderer
57. Xun - Penetration
58. Tui - Joy
59. Huan - Dispersion
60. Jie - Limitation
61. Zhong Fu - Inner Truth
62. Xiao Guo - Small Exceeding
63. Chi Chi - After Completion
64. Wei Chi - Before Completion



45 SADHANA CODE: Ask HS *"What Spiritual Practice is Best for me? Would it be Traditional (Left side) or Modern (Right side)? Which Practice and how often?"*

TRADITIONALMEDITATIONS AND PRACTICES:

01. Hindu Mantra Meditations Focus on a mantra, which could be a syllable, word or a phrase. These subtle vibrations increase your self awarenes and bring you into a deeper state. Om, Om Nama Shiviya, Om Gam Ganapatiya Namaha, Om Shreem Maha Lakshmiya Namaha, Hare Krishne Hare Krishna Krishna Krishna, Shri Ram Jai Ram Jai Jai Ram, and many others.

02. Buddhist Mantra Meditations Om Mani Padme Hum, Namo Amituofo, Nam Myoho Renge Kyo, Gate Gate Para Gate Parasam Gate Bodhi Svaha, Om Tāre Tuttāre Ture Svāhā.

03. Zen Meditation Zen is a means of insight into the nature of existence. Zazen is usually associated with koans. Sōtō method prefers an approach where the mind has no object at all.

04. Vipassana Meditation Contemplating Emptyness, Impermanence and Suffering to examine aspects of your existance as a method of self transformation.

05. Chakra Meditation Focusing on each energy center, open the energy and help it flow.

06. Kundalini Meditation You start by focusing on the base chakra, clear it and then, using Cognitive Shifting, move your awareness up to each chakra, clearing it and moving to the next.

07. Gayatri Meditation Om Bhūr, Om Bhuvah, Om Svah, Om Mahah, Om Janah, Om Tapah, Om Satyam, Om Tat Savitur Varenyam, Bhargo Devasya Dhīmahi, Dhiyo Yo Nah Pracodayāt, Om Apo Jyotih, Ras-Mritam, Brahma Bhūr Bhuvaha Svar Om – Rg Veda [111.62.10]

08. Qigong Meditation Focusing on the Meridian energy channels, clearing any blocks, used internally it can add clarity and also heal the body or used outwardly it can heal others.

09. Prayer Surrender to God and ask for Him/Her to help you with your problems/issues.

10. Breath Meditation Pranayama Yoga, Slow Breathing, just follow your breath in and out.

11. Focus Inside Observe what is going on in your Body and Mind, allow it to just be as it is.

12. Focus Outside Your world, your life, your bank account, allow your focus to guide you.

13. Observing Thoughts Meditation Watch your thoughts as they pass through you.

MODERN MEDITATIONS AND PRACTICES:

14. Visualization Techniques Imagine a person or a place that brings you joy, describe the story details and experience the joy you previously felt. Allow the story to flow and change as it will.

15. Focusing Your Attention Begin focusing on a sound, a candle, your breath or any object and begin to accept what you see without any judgment or thought. Be aware of your focus on it.

16. Full Body Scan Using Cognative Shifting to begin focusing on your toes, then on your feet, relaxing each part of your body. Then continue up your whole body to the tip of your head.

17. Focused Kindness and Compassion Focus on another person, known or unknown, someone you like or not, and send them the energy of love and compassion. Expect a ripple effect.

18. Gratitude Meditation Create a list of what you are most grateful for and review it every day.

19. No-Mind Meditation Observe your thoughts, without judging until they are quiet. This can be started with 15 seconds of no thinking. Then expand to more often and longer stretches of time.

20. Transcendental Meditation Sitting in effortless practice, eyes closed 20 min, twice daily.

21. The Silva Method Relax all body areas, visualize a pleasant scene and then count down from 100 to 0. Imagining wiping each number from the chalk board. Add positive affirmations.

22. Sound Bath Meditation Bells, Gongs and Singing Bowls to create a healing energy field.

23. Heartmath Meditation This machine helps focus on connecting head/heart using breath.

24. Presence Meditation Mindfulness Just be aware and observe without any kind of judgment anything that is inside you, outside you and even in between. (in between refers to in your mind)

25. Connection Meditation Expand your awareness to include all the people in your network.

26. Quantum Matrix Code Meditation Close eyes, scan body for stress, release all energies from QMC in your feild, set clear intentions for your life areas & send that energy to all your levels.

27. Breathing Awareness Focus only on breathing, connecting it to your mindful awareness.
Ref: www.headspace.com/meditation/techniques

46 TYPES OF MEDITATION: Ask HS, *"What type of meditation is optimal for uplifting my soul more and connecting me with my Higher Self?"*

GENERAL TYPES	09. Qigong meditation
01. Guided vs. Unguided	10. Resting awareness
02. Calming vs. Insight	11. Reflection
METHODS	12. Skillful compassion
03. Body scan	13. Sound bath meditation
04. Chakra meditation	14. Transcendental meditation
05. Focused attention	15. Vipassana meditation
06. Loving kindness	16. Visualization
07. Mantra meditation	17. Yoga meditation
08. Note what's Distracting	18. Zen meditation

LAYERS OF THE AURA: Ask HS, *"What layer can I clear?"* https://www.alittlesparkofjoy.com/aura/

19. PHYSICAL AURIC LAYER: Closest to your body, known as the 'etheric' level & connected to the root chakra, color greyish blue, strong when physically active or focused on sports/exercise, muddled when one is sick or tired.

20. EMOTIONAL AURIC LAYER: Known as the 'astral' level, extending just past the first one. Connected to your solar plexus, your emotional seat. Can be any color of the rainbow but weaker in brightness when one is upset.

21. MIND AURIC LAYER: Color is bright yellow. If you're stimulating your mind, you'll have a yellow-tinted aura. Imaginative energy flows from the third center. For chakra centers, the solar plexus is connected to this one.

22. ASTRAL BRIDGE: Pink and rosy color, represents our connection with others. In healthy, loving relationships, it's strong and bright, but it's extremely limited when we are in any conflict, it's connected to your heart chakra.

23. ETHERIC TEMPLATE: Known as the 'blueprint', colors vary, connected to the throat chakra. Having trouble being true to yourself? For a strong aura, you must be comfortable with yourself and speak your personal truth.

24. CELESTIAL BODY AURIC LAYER: Extends two to three feet from body, includes a spiritual awareness, the subconscious mind, it's connected to the third eye, the Devine, one's dreams & devotional practices. Pearly white.

25. GOLD-CROWN AURIC LAYER: Called the ketheric or causal layer, feel one with the universe & God/Creator. It rapidly pulsates, is furthest from the body, vibrates at the highest frequency. A goldfield of surrounding protection.

47 AURA COLORS: Ask HS, "What color is my aura now?" Ask before and after the session or Clear your Aura, then check it again and Keep Clearing it till you get one that's optimal for you.

01. Brilliant Coloured A healer's rainbow aura is often seen as colourful stripes radiating around the hands & head. Often the entire body of a healer or creative individual radiates a rainbow of colours that surrounds the person.

02. Pale rainbow colours It's possible that an emerging healer or someone on the verge of true enlightenment might have a pale rainbow aura, but an aura that also fluctuates to brightness.

03. Brilliant yellow (spleen and your chi) You're spiritually inspired or experiencing a spiritual awakening. You have a playful spirit and will act on your thoughts.

04. Dark yellow with tinges of brown You're a student. You feel pressured to achieve your goals and score high on tests. You've lost your love of learning, and studying has become a tiresome chore.

05. Lemon yellow aura You have a fear of loss. This may be the loss of a job, divorce, a lifestyle change, loss of health or the fear of losing control over your destiny.

06. Pale Yellow or light yellow aura You recently embarked on a spiritual journey, or you've discovered latent psychic abilities. There's a renewed sense of excitement and hope for the future.

07. Bright orange aura This shade indicates you have good health, vibrancy and you're living life to its fullest. An overabundance of this hue could indicate you're trying to overcome an addiction or a desire.

08. Red orange aura You wield great personal power and give off an air of confidence.

09. Orange yellow aura You have a scientific mind and tend to be a bit of a perfectionist. You have a love for detailed work and mentally challenging projects.

10. Dark red aura You're centered and grounded to the earth, self-sufficient, and able to survive any circumstance.

11. Brilliant red aura You are very passionate, sexual, full of energy, and competitive.

12. Clouded red aura This represents a negative energy. You have a deep-seated anger that you can't let go.

13. Pink aura You're a loving person. Pink indicates an artist, a sensual person who appreciates the finer things in life. If you've recently fallen in love, you'll have a significant amount of pink in your aura. Psychically gifted people also have pink auras.

14. Dark pink Aura You are not trustworthy. This colour indicates deceit, dishonesty, and an immature person.

15. Royal blue Aura This means you are a highly developed spiritual intuitive/clairvoyant. You have a very generous and giving spirit, and you are always open to new possibilities.

16. Dark blue aura or cloudy blue aura You don't trust the future and can't face the truth due to your desire to take control.

17. Light blue aura or sky blue aura You're truthful and serene, and you excel in all fields of communication.

18. Light green aura A light green aura indicates love, healing, and innocence.

19. Forest green Aura You're a natural healer. You are tied to nature and use herbs in your healing practice or use healing modalities, muscle testing.

20. Yellow green aura You're a communicator. You may be an actor, a writer, a musician, a comedian, or a salesperson.

21. Dark green or cloudy green aura You are a very jealous person and full of resentment. You refuse to accept responsibility for your own actions.

22. Turquoise aura or greenish-blue aura This is the ultra aura color for a powerful healer. You help others discover their inner truths. It's usually found in doctors, healers, and counselors.

23. Violet aura You are a visionary of the highest level. You're someone who can daydream and change the world with spiritual love.

24. Indigo aura You get glimpses into other worlds and are a wise seeker.

25. Silver aura This is the color of abundance. If shiny and bright, it indicates you have great physical and spiritual wealth.

26. Gold aura You have angels and other divine entities protecting you. You're being mentored and guided to reach beyond yourself.

27. Black aura you're holding on to negative feelings. Typically, it indicates an unwilling and unforgiving spirit. This color can indicate that disease is being held in certain regions of the body.

28. Grey aura This color indicates blocked energy fields. You don't trust anyone or anything.

29. Dark or murky brown aura You're afraid to let go, and you're trying to hold on to your personal power or you're afraid to share yourself with others.

30. White aura colours typically indicate a newness and purity. White energy can be found in highly spiritual people who've transcended the physical and are preparing to ascend. Religious history claims white auras were seen surrounding angelic beings. White aura energy can also be found in souls that are very new to the incarnation cycle on earth, typically in a first lifetime.

Is it Dark/Light aura Dark Aura means blocked energies and Light Aura means clear energies.

Is it a Bright aura A bright energy you are experiencing. Means a stronger energy.

Is it a Pure aura A pure energy you are experiencing. Means a cleaner energy.

Is it a White aura A white energy you are experiencing. Means a solid energy.

Is it a Transparent aura A transparent energy you are experiencing Cosmic consciousness.

Is it a Gold Light aura You are at a very special level and very connected w Higher Self.

48 NEGATIVE ENERGIES: Energies can be absorbed from anything like People, Places, Video Games, Movies, TV, Things, Appliences, Furnature, even Ideas!

ABSORBED ENERGY

01. Have I absorbed negative energies from a person?
02. Do I know them? Male/Female? Older /Younger?
03. Have I absorbed negative energies from a place?
04. A place I know or not? Can I disconnect from this?
05. Did I absorb negative energies from Video Games?
06. Did I absorb negative energies from Movies or TV?
07. Did I absorb negative energies from Any Things?
08. Did I absorb negative energies from my Appliances?
09. Did I absorb negative energies from my Furnature?
10. Did I absorb negative energies from Ideas/Thinking?
11. Is something attracting negative energies to me?
12. Can I clear these with intention or help from guides?
13. Now Installing a shield protecting me from all People, Places, Games, Movies, Things, Appliances & Ideas.

HOUSE/PROPERTY CLEARING/SHIELDING

14. Is there any type of negative energy in my home?
15. Are there any impairments or attachments/entities?
16. Impairments: From people, ideas, curses or spells?
17. Can I clear them with intention or help from guides?
18. Entities: Are in the house, on the property or both?
19. Are they evil or lost? Clear them or direct to light?
20. Ask: Am I strong enough to clear them w intention?
21. Can I ask my team of guides to help clearing them?
22. If Lost: Do they have any message I need to hear?
23. Can I direct them toward the light? Did they go yet?
24. Are there any Active/Dormant Portals in the house?
25. Can I close and seal any and all portals and doors?
26. I'm creating a shield to protect this house/property.
27. How strong is the shield now, ranked from 1 to 10?

Ask HS, *"Who Can You Trust?"*

People Checker

1) Loving People -Trust
2) Average People - Hope
3) Misguided People
4) Untrustworthy - Avoid
5) Evil - Run Away Fast

Review your circle of people and filter your contacts to maintain healthy relationships in romantic, business & all areas of your life.

Are they a Type 1 or 2? OK to be w them!

49 MINOR DISTORTED ENERGIES: Ask HS, *"Are there Negative Energies to Clearin my energy field?"*

NEGATIVE ENERGIES

01. Any Negative energies I can clear?
02. Are Neg Energies Active or Inactive?

INTERNAL NEGATIVITY

03. Neg Self Talk? Neg Self Judgments?
04. Negative ties w places/people/ideas?
05. Negative Voices in my head? Who?
06. Voices from Inside me/outside me?
07. Serious/Uptight?Procrastinating?
08. Any Neg Swearing Energy in me?
09. Any Neg Self Doubt/Neg Self Pity?
10. Mental Self Abuse? Poor Self Image?
11. Any Self Hatred? Self Criticism?
12. Any Self Sabotage? Abandonment?
13. Addictive Heart/Obsessive Energy?
14. Miasm? (Inherited Disease energy)
15. Do I have Vicarious Trauma energy?
16. Am I free from my own suffering?
17. Can I release my past Neg Karma?
18. Am I Trusting Ego, Bad Consciences?
19. Can I Trust the Voice Inside Me Now?

EXTERNAL NEGATIVITY

20. Do I Have a Negative World View?
21. Living life on purpose or by accident?
22. Energy Reversals stoping my goal?
23. Any Cancer Symptom Energy in me?
24. Is___draining my energy & Focus?
25. Is___controlling my happiness?
26. I'm Attached/Detached to outcome?
27. Am I Distracted/Lacking Focus?
28. Bright Shiny Object Syndrome?

PATHOGENS

29. Bacterial
30. Fungal
31. Mold
32. Parasites
33. Virus

TOXINS

34. All Mutations?
35. Chemicals?
36. Covid19?
37. Dental Toxicity?
38. Excesses?
39. Food Additives?
40. Heavy Metals?
41. Medical?
42. Microbial?
43. Preservitives?
44. Prions?
45. Vaccine?
46. Ancient Microbes?

DARK ENERGIES

47. Dark Actions/Beliefs?
48. Dark Addictions/Pains?
49. Dark Connections?
50. Dark Energy Attacking?
51. Dark Forces/Beings?
52. Dark Friends/Family?
53. Dark Games/Movies?
54. Dark News/Media?
55. Dark Souls/Spirits
56. Dark Thoughts/Feelings?

TRANSMISSIONS

57. Reaction to EMF Spectrum Frequencies?
58. Reaction to 5g, Microwave or WiFi Nets?
59. Reaction to Color or Sound Frequencies?
60. Reaction to Unknown or Alien Energy?
61. Reaction to Blue Light Interference?
62. Reaction to Energy Inside/Outside You?

SELF-PERCEPTION/MISPERCEPTION

63. I Have a 100% Sunny Disposition?
64. Do I easily love and accept myself?
65. Can I easily accept this moment?
66. Is there any Pressure on Myself?
67. Am I Misperceiving my Energy?
68. Am I able to Forgive Myself/Others?
69. Am I Recognizing the full Situation?
70. Am I missing a very Important Part?
71. Am I Ready to Move Forward Yet?
72. Am I Accurately Perceiving my HS?

NEGATIVITY SYMPTOMS

73. Feeling a Failure?
74. Feeling Abandoned?
75. Feeling Anxious?
76. Feeling Depressed?
77. Feeling Disconnected?
78. Feeling Drained?
79. Feeling Inept?
80. Feeling Lost?
81. Feeling Out of Sorts?
82. Feeling Sluggish?
83. Feeling Stupid?
84. Feeling Tired?

MAJOR OFFENSIVE ENERGIES:

ENTITY CLEARING PROTOCOL

85. Am I now under attack from any entities?
86. Are any entities inside me, in my house?
87. How many/strong are they? Ranked 1/10?
88. Can my Spirit Guides protect from them?
89. How many Spirit Guides are on my Team?
90. They Strong enough to defend wSleeping?
91. Can our Team ask another team for help?
92. Can I release them w my Team Suport?
I now intend to clear any Entities from Home
93. Do I have Active/Dormant Portals open?
I now intend to close all portals and doors, I install an encription code to keep locked.

SPIRITUAL IMPAIRMENTS

94. I Release Limiting Patterns/Belief Systems.
95. Voodoo, Black Magic, Spells, Witchcraft
96. Post-Hypnotic Suggestions, Decrees, Vows
97. Contracts, Oaths, Promises, Complexes
98. Curses, Book or Doc Curses, Hexes/Vexes
99. Any Neg or Pos Self Fulfilling Prophecies
101. Clear Variations, Types & Similar energies.
102. Seal Active/Dorm Portals & Spiritual Doors.

SPIRITUAL ATTACHMENTS

102. I Remove all Entities/Demons/Devils/Jinns.
103. Saboteurs/Poltergeists/Mythical Creatures
104. Shape Shifters (posing as good energies)
105. Reptilians/Anunnaki/Ghosts/Goblins/Gouls
106. Evil Energy/Iblees & their servant Shaitans
106. Satan/Lucifer/Beelzebub/Mephistopheles
107. Clear Variations, Types & Similar energies.
108. Seal Active/Dorm Portals & Spiritual Doors.

50 WHAT'S DRAINING YOUR ENERGY? Ask HS. *"What is draining me?"*

01. Addictions
02. Astral Travel
03. Bacteria/Virus
04. Chakra Imbalance
05. Cords (people/entities)
06. Diet
07. Emotional Issues
08. Energy Vampires
09. Entities
10. Fear
11. Feng Shui issues
12. Healing Energy Loss
13. Hormonal Imbalance
14. Ignoring heart messages
15. Ignoring life's purpose
16. Imbalance in your systems
17. Imbalanced Male/Female
18. Listening to Your Ego
19. Low Vibration People
20. Negative Beliefs
21. Negative Thinking
22. Not accepting things as they are
23. Offensive Energy from others
24. Overactive Immune System
25. Overthinking
26. Overworking
27. Portals
28. Processing Energies
29. Psychic Cords
30. Resistances
31. Rips or tears in your aura
32. Shadow Self
33. Sleep Issues
34. Soul Loss/Fragments
35. Source trying to communicate
36. Spirit Attachments
37. Too attached to your thoughts
38. Trapped Emotions
39. Trauma Energy
40. Unbalanced relationships
41. Unwillingness to feel feelings
42. Using Your Energy Healing Others

Thanks to Angie Inglis for her chart. More info at https://modernhearthealing.ca

METHODS FOR CLEARING YOUR NEGATIVITY

43. Abhaya Mudra (Palm)
44. Add Houseplants
45. Add Mirrors
46. Air Everything Out
47. Burn Incense
48. Cleanse Your Aura
49. Clear your Clutter
50. Create a Home Alter
51. Do Smudging Rituals
52. Eat Well
53. Lighten up your Space
54. Light Candles
55. Move Your Body
56. Place Crystals
57. Practice Gratitiude
58. Practice Meditation
59. Practice Kindness
60. Ring a Bell or Gong
61. Salt in the Corners
62. Smile, Often
63. Spend Time in Nature
64. Take a Bath
65. Take Deep Breaths
66. Use Essential Oils

Thanks: https://www.yogabasics.com/connect/yoga-blog/clear-negative-energy/

WHAT DO I NEED TO LET GO OF?

67. Expectations about any kind of Outcome
68. Disappointment in Friends I Counted On
69. Worrying about it Turning Out OK or Not
70. Thinking it'll likely Turn Out Bad again
71. Blaming Myself/Others for my Failures
72. Disempowering Myself/Others Regularly
73. Underestimating My/Others True Abilities
74. Denying my True Powers That I can Hold
75. Imagining I am Somehow unable Cope
76. Hurting Myself/Others with Words/Deeds
77. Any Blocks to my Total Success and Joy
78. Any Idea that I must Be Something Else

SACRED HERBS TO SMUDGE

79. Burn Cedar for Decluttering
80. Burn Frankincense for Purification
81. Burn Juniper for Comfort
82. Burn Myrrh for Stilling the Mind
83. Burn Mugwort for Dreamy Nights
84. Burn Palo Santo for Prosperity
85. Burn Rosemary for New Beginnings
86. Burn Sage to Release Negativity
87. Burn Sandalwood for Grounding
88. Burn Tibetan incense for Clarity
89. Burn Yerba Santa for Loving Vibes

https://www.mindbodygreen.com/articles/herbs-to-clear-negative-energy

51 SHIELDING: Ask HS, *"Is my Shield Strength Good?"* Bring Shield Strength to 100%

Types of Shielding	Shield Openings	Shield Repairs
01. Cloaking / Invisibility	10. Tears in Shield	18. Remove and Redo
02. Reflecting Mirrors	11. Back/Trap Doors	19. Encryption Codes
03. Mirages/Fire Walls	12. Ancestral Doors	20. Increase Power by %
04. False Video	13. Lower Mind Allows	21. Inner Work/Reflection
05. Skin Shielding	14. Energy Field Doors	22. Back in time & clear it
06. Energy Field Shielding	15. Soul Attachments	23. Amplify Components
07. Transmute Energies	16. Entities/Portals	24. Identify Blocks
08. Recycle to Source	17. Inside Infiltration	25. Test Shields Again
09. Ask, Is it Upgraded?	*Thanks to Raylene Info:* **https://rootsrestoredwellness.com/**	

To Restore Shields, every Morning and Evening, with a strong intention, Say ***"Shields UP!"***

GROUNDING: Ask HS, *"Am I Grounded Physically, Emotionally, Mentally, Spiritually?"*

GROUNDING METHODS	GROUNDING PRACTICES	UNGROUNDED BY
26. Breathe Deeply	46. Being More Present	36. Physical Trauma
27. Look at your Hands	47. Focus w Surroundings	37. Emotional Loss
28. Walk Barefoot	48. Cold Water on Hands	38. Mental Disconnect
29. Slowly Move Body	49. Grab your Chair tight	39. EMF Disturbances
30. Meditation on Heart	50. Clench/Release Fists	40. Psychic Attacks
31. Practice Earthing	51. Progressive Relaxation	41. Childhood Trauma
32. Connect Within	52. Focused Breathing	42. Panic Attacks
33. Ask Guides to help	53. Notice Five Things	43. Dissociation
34. Be in Nature more	54. Count to Ten Slowly	44. Eating Disorders
35. Listen to Calm Music	55. Have a Hot Chocolate	45. Chronic Pain

52 WHAT AM I RESISTING: Ask HS, *"Do I have any Resistance to _____"*

DOING	BEING	FEELING
01. Exercising	14. Successful	27. Sadness
02. Eating Healthy	15. Abundant	28. Depressed
03. Chores	16. Vulnerable	29. Hurt
04. Taxes	17. A Winner	30. Anxious
05. Working	18. Rich	31. Fearful
06. Meditation / Mindfulness	19. Seen	32. Guilty
07. Showing my true self	20. Visible	33. Shameful
08. Succeeding	21. Healed	34. Abandoned
09. Failing	22. Loved	35. Betrayed
10. Starting my own business	23. Criticized	36. Unworthy
11. Growing my business	24. Single	37. Worthless
12. What's Right	25. In a relationship	38. Joy
13. What's Easy	26. A Man / A Woman	39. Loved

Resistance Chart Copyright 2021 Jad Chamcham. All Rights Reserved for more info visit the Resistance Breakthrough Community
https://www.facebook.com/groups/894889987923412

CHECK YOUR LIGHTSCORE: Ask HS, *"Is my Light Score 100?"*

Your Light Score is a number between 0 and 100 that indicates the ratio of light and dark entity energy in your field. A light score of zero indicates the highest level of offensive energies, a score of 100 represents the highest level of light.

01. Ask, *"Is it safe to know what my light score is?"* Clear blocks w Intention
02. Ask, *"Is my Light Score 100?"* (ask 3 times, take the 3rd answer given).
03. Ask, *"What is my light score? Is something blocking it from being 100?"*
04. Ask, *"Is it safe to raise my light score to 100?"* Raise light score to 100.
05. Ask, *"Did I raise it to 100?"* If YES, retest using the original question.
06. *"Is my Light Score now 100?"* If NO, ask, *"Is something external to me blocking me from clearing it?"* Clear any blocks with intention *"Now 100?"*

NOTE: The Easy Entity Release manual and accompanying app is a comprehensive energy healing system that guides you to clear and release Dark Entities, Dark Entity Consciousness and Spirit Attachments from your energy field, physical body and subconscious mind.

Special Thanks to Kate. For more info visit: https://EasyEntityRelease.com/

WHAT IS MY RESISTANCE %?

0 - 10 - 20 - 30 - 40 - 50 - 60 - 70 - 80 - 90 - 100

WHAT IS MY LIGHTSCORE %?

0 - 10 - 20 - 30 - 40 - 50 - 60 - 70 - 80 - 90 - 100

53 AGREEMENTS: Ask HS, *"Do I have any type of Agreement? Can I release it with Intention?"* Get answer from each column for the total results and release whatever you find.

AGREEMENT	with, to or from	A PERSON/ENTITY/ORG	to	AN ACTION	with	SOMETHING
01. Accord		17. Child		33. do		49. Abundance
02. Aphorism		18. Current self		34. always do		50. Anything
03. Blackmail		19. Country		35. not do		51. A ruler
04. Bond		20. Dark Entity		36. never do		52. A slave
05. Contract		21. Extra Terrestrial		37. have		53. Celibacy
06. Covenant		22. God		38. always have		54. Chastity
07. Decree		23. Humanity		39. not have		55. Health
08. Dictum		24. King/Queen/Ruler		40. never have		56. Love
09. Duty		25. Loved One		41. be		57. Marriage
10. Oath		26. Mother Earth		42. always be		58. Obediance
11. Obligation		27. Mother/Father		43. not be		59. Poverty
12. Pact		28. Past/Future self		44. never be		60. Sickness
13. Pledge		29. Religious Person/org		45. feel		61. Sin
14. Promise		30. Sibling		46. always feel		62. Strong
15. Treaty		31. Tribe		47. not feel		63. Weak
16. Vow		32. Twin Flame		48. never feel		64. Word List

USEFUL DEFINITIONS

Accord: Consent or Concurrence of Wills and/or Opinions
Aphorism: A saying that is bought into / agreed upon that often has a Negative slant
Blackmail: Threats of Injurious Revelations designed to Force it's Victim to do or refrain from doing something
Bond: Written Promise
Contract: Agreement w 2 or more, to do or not do something specified by a contract
Covenant: Formal Agreement w 2 or more, to do or not do something specified
Decree: Formal and Authoritative Order or Proclaimation
Dictum: An Authoritative Pronouncement or Assertion
Duty: A task or action that someone is required to perform
Oath: Statement/Promise strengthened by an appeal to a deity, revered person/thing
Obligation: Something by which a person is bound or obliged to do certain things
Pact: Agreeement or Covenant, all parties agree to adhere to the same set of Rules
Pledge: Solemn Promise or Agreement to do or refrain from doing something
Promise: Declaration regarding something taking place in the Future
Treaty: Formal agreement, often between Nations
Vow: Strong decision or commitment, often to oneself or to a loved one

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54 WILL TO DIE: Ask HS, *"Do I have any 'Will to Die' energy in my energy field right now?"*

DO I HAVE ANY 'WILL TO DIE' ENERGY IN MY ENERGY FIELD?

01. Is it True in my Energy that Something Inside of me Pushing me to Die?
02. Is it True in my Energy that Something Outside of me Pushing me to Die?
03. What % of 'Willing to Die' Energy have I absorbed in my field at this time?
04. Did I absorb this 'Willing to Die' energy from a Person, Place, or an Idea?
05. Can I release any 'Willing to Die' energy from my field with my Intention?

WE EXPAND OURSELVES WHEN WE LEARN TO TRUST THE UNIVERSE!

06. Do you hold an inner Trust that a Higher force will always Protect you?
07. Do you have a strong feeling that you can Trust it will work out perfectly?
08. Do you sometimes Feel as if you are being Guided from Above or Within?
09. Do you believe that there Angels are real and that you have Spirit Guides?
10. Do you somehow just Know that you will always be Protected from above?
11. Do you sometimes see connections between things that others don't see?

[I'm NOT suggesting people consider dying, I only ask that they dig deep into Subconscious Mind to find and let go of any kind of Suicidal thoughts they have, and drop any Resistance to or Fear of Dying that may have been absorbed into their energy field w TV, Movies, etc.]

QMC 3.0 INDEX: A very compressed list of what's included in the QMC 3.0.

Page 01. Types/Symptoms/Levels/Life/Water/Food/Air/Body/Sleep
Page 02. Systems/Misalign/Inflammation/Minerals/Vitamins/Lymph
Page 03. Cancer/Circulation/Stresses/Infections/Viruses/Diabetes
Page 04. Brain/Vagus/Brain Respiratory/Disease/Disorder/Cranial
Page 05. Nervous Sys/Eye/Ear/Mindfulness/What Triggered/Belief
Page 06. Emotions/Cords/Heartwall/Inner Children/Allergies/Detox
Page 07. Relationships/Positive Statements/Bach Flower Essence
Page 08. Energy/Color/Chakra/Ratio/Meridian/Feng Shui/Levels
Page 09. Abundance/Immersion/Clearing/Manifestation/Business
Page 10. Upliftment/Gratitude/Forgive/DNA/Past/Nogier/Solfeggio
Page 11. Intuition/ScaleCon/Enneagrams/Architypes/Tarot/I-Ching
Page 12. Sadhana Code/MeditationTypes/AuraLayers/AuraColors
Page 13. Absorb/PeopleCheck/House/Distorted/Offensive/Draining
Page 14. Shield/Ground/Resisting/Lightscore/Agreement/WillToDie

INSTRUCTIONS

INTUITIVE ENERGY HEALING 101 Ask HS, *"How can I learn to muscle test so that I can connect even better with my Higher Self more often and have 100% super accurate muscle testing?"*

Learn basic Muscle Testing or how to use a Pendulum and start to practice asking Higher Self (HS) questions and getting the correct answers. Before you begin, choose a safe and undisturbed space. Take a moment to slow down, focus less awareness on Head, more in Heart & Gut. Who are you working on? If another person, do you have their permission? Have you created a list of issues and numbered them for HS? Once you have their permission, use the opening protocol to clear yourself and proxy your energies together. Then begin the energy session. Ask your higher self for assistance to serve them in the best way possible. After the session use the Closing Protocal below to be complete.

Want to learn Intuitive Energy Healing, get the FREE Emotion Code Starter Kit here: https://discoverhealing.com/the-emotion-code/ref/whisper/

USING YOUR INTUITION TO CLEAR THE ENERGY? Ask HS, *"Shall I begin with the list of issues or do you wish to show me something first?"* **Begin to Trust your HS knows best.**

Complete the Opening Protocol and Ask HS, *"Can I connect for a healing session for either myself or another person?"* Connect with your HS now. Ask HS, *"What page is the correct answer.on? Page 1 to 5, 6 to 10, 11 to 14? Page 1, 2, 3, 4 or 5? What section is it in, 1st, 2nd, 3rd, 4th, etc?"* Ask, *"What column is it in, the 1st, 2nd, 3rd, etc? Which number item is it, Between 1 & 14 or 15 & 28? Is the answer Item 1, Item 2, Item 3, etc?"* When you do find the correct answer, ask HS, *"Do I need more or less of this energy? Is it safe for me to Release any Blocks with my Intention?"*

USING YOUR MIND TO CLEAR THE ENERGY: Ask HS , "Can I Clear My Energy using this Checklist?" **Next Find the Imbalances on the QMC and Clear all the Blocks that you find.**

01. Complete the Opening Protocol to fully Connect with your Higher Self.
02. Confirm you have only 1 Ego/1Personality/1Side & Ego down to <1%.
03. For a Systemwide approach release Energies in the Golden Triangle.
04. Start by clearing All Head, Heart & Gut blocks. Do Whole Body Scan.
05. Clear any & all Aspects, Inner Worlds, Forms on all Levels & Layers.
06. Clear all Body Systems, Organs, Glands, Chakras of Blocked energy.
07. Clear the Eyes, Palms, Soles and Body Openings of Blocked energy.
08. Clear by Mimicing Healing Charts, Modalities, Books and Methods.
09. Clear any blocked Dimensions, Past Live, Memories & Heart Walls.
10. Clear any blocked Core Beliefs, Programs, Triggers, Past Traumas.
11. Clear by Mimicing all Healing Machines and Frequency Generators.
12. Clear any Known/Unknown Energy Types like Hidden, Missed, etc..
13. Clear any Unwanted Symptoms of All Known/Unknown Conditions.
14. Clear Non-beneficial Energies on all Levels (Body to Inner Being).
15. Clear all Life Areas that hold you back from being 100% connected.
16. Create a Reality Intention Ball w Energy from Rubbing your Hands.
17. Is my vibrational frequency now a perfect match with my intentions.
18. Complete Closing Protocol and 100% Disconnect all your energies.

TIPS AND GENERAL ENERGY HEALING SUGGESTIONS

01. Ask HS, *"Can I clear any energy in my field that's not my energy?"*
02. Ask, *"Can I clear any energies in my field that no longer serve me?"*
03. Ask, *"Is it safe to clear this energy from my field? Safe for others?"*
04. Ask, *"Can I clear part of the energy? Now can I clear the rest of it?"*
05. Ask, *"Am I blocked from clearing something? Can I clear that block?"*
06. Ask, *"Am I at ease in this situation? Am I resisting something now?"*
07. Ask, *"Am I blocked in perceiving something? Can I clear that block?"*
08. Ask, *"Am I aligned and in harmony with my Higher Self at this time?"*

ADDITIONAL SUGGESTIONS FOR CLEARING ENERGY

09. Put on your safety mask first then help others applies in healing too.
10. Polarity Off means too much in your head. Move to your heart or gut.
11. Anything interfering? Find where it comes from and clear right away.
12. Fix Psychic attacks, Curses, Black Magic or Entities like any energy.
13. When you dial Ego down to <1%, accuracy of muscle testing is 99%.
14. It can help to Hold strong intentions for session to be 100% effective.
15. When connecting w others energy, first surrender to their energy.
16. After the session ask, "Am I now 100% disconnected from others?"

A QUICK HISTORY OF THE QMC: A few years ago, a young healer asked me to mentor him and in the process of training him, I created various lists of issues that helped uplift his energies. The lists helped him practice muscle testing and learn intuitive skills. The topics covered many interesting areas and I eventually designed it into the form it's in now. I then created a group with other healers to test the material out. They contributed their input and insights. I have redesigned this latest version 3.0 with the intention of uplifting as many people as possible. I trust that people will discover ways to use the system that I haven't even imagined. **Ask your Higher Self for guidance and you'll be happy.**

Contributor list: David K, Richard S, Tatiana T, Ozge A, Loraine S, Agnieszka P, Madhvi M, Mel C, Irina K, Corinne M, Lisa S, Jad C, Raylene S, and many others, including some of my most amazing teachers, like Dr. Bradley Nelson, Dr. Jerry Webber, Andy Shaw, Dr. David Hawkins, some insights from Genius Biofeedback and even my Guru Sant Keshavadas.

Attention, some of the links provided above may be promotional/affiliate links and I may make a small commission on your purchases, Thanks.

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OPENING PROTOCOL:

1. ***Ask HS,*** *"Am I Hydrated, Centered, Grounded, Ready? Is my Polarity correct? I'm perceiving everything related to this session accurately? Is there anything currently interfering with my muscle testing?"*
   If needed, Drink more water, refocus center etc. Polarity off means too much in your head.
   Ask HS, "Is the interference coming from inside me or outside me? Did I create it or absorb it?"
   Say, "I'm now intending to clear any and all interference completely from my energy field!"
2. ***Ask,*** *"Am I being Psychically Attacked, Cursed, Blocked, Tricked, Drained? Do I have any Black or Dark Magic, Vows, Oaths, Agreements, Saboteurs Voodoo, Entities, Aliens, Reptilians, Devils, Jins, Ghosts or anything here?"*
   If needed Ask, *"Is the attack coming from a person, place, idea or energy? Do I know them?"*
   Say, *"I'm now intending to clear any Psychic Attacks, Curses, Blocks, Tricks, Drains, any Black or Dark Magic, Vows, Entities, Devils or anything like those things, completely from my field!"*
3. ***Ask,*** *"Do I have only 1 EGO/1 Personality/1 Side in my energy field now?" "Is my EGO now dialed down to 1% or less? My Ego surrendered to HS?"*
   If needed Say, "I'm now clearing all Egos, Personalities & Sides beyond my one authentic self!"
4. ***Ask,*** *"Is it safe for____to be in this healing session? And Safe for me too?"*
5. ***Say,*** *"I'm now intending to connect and surrender my energy to ____'s energy field, so I can heal and serve them best. My name is now ____!"*
6. ***Ask,*** *"Am I now 100% connected to ____'s inner being and higher self?"*
7. ***Say,*** *"I'm Placing a protective shield around us both, that allows only good energy in, it blocks all kinds of negative energy! Is it up and Strong now?"*

CLOSING PROTOCOL:

1. ***Ask HS,*** Has everything been cleared that I intended to from _____'s Inner Being, Higher Self, Soul, Gut, Frequency, Chakras, Networks, Heart, Ego, Mind, Body and any other known/unknown levels/layers?
2. Do I still need to clear any Energy from _____'s Head, Heart, Gut, Body, Inner Worlds, Organs, Glands, Systems, Past Lives, Memories, Heart Walls, Core Beliefs, Programs, Triggers, Traumas, Life Areas?
3. ***Say,*** I'm intending that _____ will be 100% free from any processing issues, symptoms and/or any side effects from this intuitive healing session and I am intending that this session will be 100% effective.
4. ***Say,*** I'm now intending to close down any known or unknown, active or dormant energy portals and/or spiritual doors and then seal them by installing a custom Encription Code, Tamper-proof, Electro-shock Vaporization System, w/6 Unbendable Silver Bars, that's Ant-Proof, Gas-Proof and then I'm filling any gaps with 100% of ____'s Light.
5. ***Say,*** I am now disconnecting my energy from ____'s completely and my name is now _____ and only_____. I am now 100% disconnected!
6. ***Ask,*** Is there Truth in the Statement that ____ is the only one inside their energy field, and they now have total Sovereignty over their own energy field? No one may enter it without permission from their HS.