

AMAZING HEALING SESSION HOMEWORK

The HEALing will start immediately after receiving the Amazing Healing Session. Understand this: The body cannot heal when it is in FEAR. (Explained in my book, “U CAN Heal Yourself”,) coming out soon. And, you must heal your gut first. Ex. Take probiotics and Lactobacillus Fermentum (Essential ME-3) daily. Start your morning with 1 c. hot purified water w/1/2 organic lemon + 1/4 tsp. grey sea salt.

Everything is energy, including our bodies. Our bodies may also have stuck energy and/or trapped emotions, causing health issues. We will remove both Stuck Energy and Trapped Emotions in the Amazing Healing Session. Your Stem Cells will also be activated.

I will be ‘in charge’ through the Amazing Healing Session. Then, through our Innates, we will start the healing process. As I work with mine and your Innate, you will visualize your negative health issues being removed from your body. Ex. When I visualize, I visualize an empty safe next to me and I put all the negative health issues into the safe, lock it, throw it up in the air and blow it up. You may visualize destruction of your health issues in whatever way you like.

This removal of your health issues may be instant (overnight remission) or, more than likely, take time. Afterwards, never say “I have _____”, never claim your bad health. If you have to say it, follow up with “Cancel, cancel, clear”. This is how this works: Even though your health issue is not completely healed, you DO NOT want to send out to the universe that you are not healed, yet. What we send out to the Universe, comes back to us. We only want a healed body to come back to us, not negative health issues.

For YOU to become in charge of your Innate and bodies cells, you need to do the Cellular Reprogramming Session, available on the website <https://healingyou.info/shop/ols/categories/healing-sessions> You may do this before or after the Amazing Healing Session. This program changes the template that your cells are on and makes you CEO of your bodies cells.

Whether I have told your cells what to do or you have told your cells what to do; this is how I picture it:

We are 37.2 trillion cells (latest count). I think of them as little children that our Innate is ‘boss’ over. If we send out to the Universe that we HAVE (Ex. Cancer), after instructing our Innate to get rid of it, we confuse our bodies cells.

They are little children that keep running around and crying out, “What do we do? What do we do? I thought this body wanted to get rid of this Cancer and now this body is saying they have Cancer. Do they want the Cancer or Not? What do we do?”

So, after this Amazing Healing Session, speak as if you are healed. Think and say positive, positive, positive!

Say “I am healthy, I am healed, I am youthing, I am in charge.”

Not; I'm working on it, not; I'm trying, not; It will happen someday.

“I am worthy of happiness!

I am worthy of a peaceful situation in my life!

I am worthy of a solution in my life!”

Continuously, do the Trauma Clearings to remove the trauma layered in your cells causing havoc on your health: <https://healingyou.info/shop/ols/categories/trauma-clearing-videos> Remember, your body was created to heal itself; but, you need to give your innate and bodies cells what they need to help the healing and remove what is detrimental to the healing.

For your positive health,

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As I go off-grid in St. Johns, AZ and prepare my underground Monolithic Dome home for the Bellissimo Healing Retreat, I am informed I will be doing healing for large groups. I am being channeled more and more information on how to do this.