

Simplified Core Ask & Receive for Sensitivities

1. **There is a part of my being that already knows how to unhook and clear through all of my ages any traumas or negative associations with _____. All traumas with _____ are over now. I survived the traumas. I am safe and I can let down my guard and relax.**

That part of my being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body, and spirit are receiving this information.

Information transfer is now complete.

2. **There is a part of my being that already knows my immune system no longer needs to have an inflammatory reaction to _____. My immune system now knows that _____ is good and safe for me.**

That part of my being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body, and spirit are receiving this information.

Information transfer is now complete.

3. **There is a part of my being that already knows how to absorb and use _____ properly.**

That part of my being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body, and spirit are receiving this information.

4. **There is a part of my being that already knows how to handle _____
and feel safe and comfortable.**

That part of my being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body, and spirit are receiving this information.

Information transfer is now complete.

Meridian Laser Technique

Red Laser - 635 NM / Less than 5 MW,

Infrared – 810 NM

Hold reactive substance in energy field.

(Substance, vial with energetic frequency, paper with name, think of substance)

Muscle test.

If weak, shine laser beam on ears (hands, feet) reflex points on front and back of both ears.



Spinal Release Treatment

- ✚ Hold reactive substance in energy field.
(Substance, vial with energetic frequency, paper with name, think of substance)
- ✚ Use knuckles to tap down bladder meridian on either side of spine from bump at base of neck(C7) until under scapula.



- Breathe in.
- Breathe out.
- Hyperventilate.
- Breathe normally.
- Circle eyes.
- Circle eyes other way.
- Close eyes.
- Closed eyes circle.
- Closed eyes circle other way.

Allergy Antidotes™



Inclusive Online Training

Special conference price \$250

- ✚ **Seven training videos: recorded for unlimited replay.**
- ✚ **Seven PPT presentations (PDFs) of all training videos: unlimited replay.**
- ✚ **Comprehensive supplementary materials: videos, audios, interviews, manuals, checklists & protocols for unlimited review and replay.**

For more information go to:

<https://allergyantidotestraining.com/>

Contact Christina: email allergyantidotes@verizon.net or text to 609-464-2803.