

Your Guides Are Always Talking To You:

Do You Know What They Are Saying?

(Draft Version)

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Forward

This book is about the healing of the earth, and the healing of our planet starts with the healing and awakening of ourselves.

My desire is for you to come to understand your true nature and what you came to do at this time on our planet – it is a time of awakening. We cannot afford to be asleep any longer. The longer we sleep and refuse to take responsibility for what is happening in our oceans, on our land, in our systems and structures and in our bodies, the more challenges and chaos we will face. It is up to us to make the changes we want to see.

A lack of consciousness has caused all of us including myself to do things that are not in alignment with our highest good.

This is all part of our learning and evolution. It has been necessary for us to experience certain things so that we might then be able to help others with those same experiences. This is part of our own plan. We set it up this way before we were born.

Let me give you an example from my own life. I experienced a 3 year period which I have called my extended dark night of the soul. During that time I had many health issues, was sensitive to every smell, every chemical, most foods, you name it. I was depressed and yes, even suicidal at times. Prior to that I was successful, happy and quite healthy.

Some part of me knew there was a reason I was going through this and that whatever I learned from this experience I would be teaching others. And in fact, what came out of that dark period was what I call the Sentelligent Solution. Because during that time I learned to understand and interpret what my body was telling me, what my sensitivities were about and how to heal them and that is what I now I am here to help you with.

Sentelligence is a word I coined that represents our highly sensitive and intelligent sensory system. For many, this system has become numbed over the years. We have been taught to push down our feelings and to take medications and supplements to numb our bodies so we do not feel any pain or discomfort.

Acknowledgements

I want to acknowledge my husband and soul mate who has been with me since the beginning of time. Mike is one of my guardian angels and partner in life and has helped me through my darkest nights and stood by my side in my craziest times as well. He is the one who wrote God Bless the Children, one of my favorite songs.

Another songwriter and musician who inspired me a lot on my journey is Daniel Nahmod who wrote, “Here Goes Nothing.” It was as if he knew the deepest parts of me even though we have never met. Thank you for helping me heal as I cried when I

heard the words and played your song at my workshops.

Introduction

In this guidebook, you will learn more about how to know what your body is telling you and learn tips on how to heal those ailments.

***NOTE:** This is a draft. This is a beginning to a more in depth guide and it will be added to and refined as more information is gathered by myself and those who choose to practice sentelligent healing and/or become sentelligent medical intuitives. Please note that while this draft was edited several times, some information may not seem to make sense and will be revised over time.*

At this time, this book is only available to students who are learning to become Sentelligent Medical Intuitives or learn Sentelligent healing modalities.

Please do not give this book to anyone else at this time.

Included are beliefs, causes, healing statements and more regarding, allergies, sensitivities, diseases, insect bites, minor aches and pains as well as common diseases and more . . . all of which are giving you wake up signals in some way.

Everyone has the ability to facilitate the healing of others. Some came to do that in this lifetime and are being woken up to that because we are in medical crises. We need more people to wake up to the truth about healing and what works and what heals permanently and what that actually means.

Dis-ease is lack of ease in the mind and body. Only when you achieve bliss, will you be totally free of dis-ease in the mind and body. We sometimes hope for bliss. It is said that we will attain bliss in 2012 in ways that are more sustainable. Regardless if that is true or not, you can achieve states of minimal physical discomfort and more happiness by clearing things as they come up.

The mind, body and spirit are all one and as we go forward, we will come to understand that connection more and more.

Medical symptoms, diagnosis, body parts or ailments

Acid reflux – Inability to digest the thoughts you are contemplating whether they be conscious or subconscious. Typically this refers to being unable to digest or assimilate the truth of who you are or have known yourself to be. The specific foods that may seem to trigger acid reflux are relevant in that if you stop eating certain foods, you will not have acid in your body, and will feel better.

If you are on a restrictive diet, then you will also feel restriction about who you are. And eventually, you will be woken up again to see your truth. The time period varies depending on what else is up for you in your life at that time. The belief that needs to be healed is *"I can't digest the truth of who I am."* This can be deep seated and should not be the first issue addressed with a client.

Addictions:

Chocolate:

Allergies and Sensitivities

Dairy sensitivity – Sensitivity to milk products is about something that happened in the womb or as a young child. Not as a result of what you drank, i.e. whether you were breast fed or not, but as a result of something that happened. If the allergy is not consistent, then it means it is a sensitivity and not an allergy and it is all the same, but less challenging. If this is ignored too long, it will get worse at times to remind you that you have these issues to clear. It is generational/from your mother's side.

Intuitively tap in to see what the client has going about their mom now and that will be the issue to start with. Strong allergies mean strong issues with needing to turn away from mom. This can result in diarrhea as a symptom that gets triggered by mom's milk, so to speak.

Constipation may also be considered a symptom of allergies to dairy products such as cheese. These are triggered by the need to connect with spirit/guidance to feel good about yourself and what is happening in your life. Hence, the phrases "Cheese, smile, for mom, smile for the camera." This may mean you always had to put on a happy face for your mom and to not show your emotions. We always may think we need to smile or put on a front, because who knows, we may end up on "Candid Camera" some day.

It is also important to release, *"I have to put on a happy face or make everything okay or people won't want to be around me."*

Bile: "Shame on you for thinking you are not enough, good enough or feeling up to snuff." – that is how it may feel when your bile is restricted and cannot flow from your liver. It is a sign that you are ashamed of your anger that you have towards yourself and others and ashamed because others are angry at you. This can result in physical symptoms including but not limited

to **constipation, white stool**, and more. To let go of the shame, journal about it, be with it and then choose to let it go. The white stool should change color quickly and be back to normal over the next few days. This can occur in people of every age. Children have it too when they are shamed by their parents, teachers, etc. Can be dangerous if not healed in some way, so see your favorite practitioner if it persists.

Gluten Sensitivity - Glutton for punishment, clear I am miserable and I have to suffer and I am a glutton for punishment and related beliefs.

Gluten free diets are not necessary and gluten free products may test well for you. If you prefer the taste of some gluten free products, then enjoy them and know that they are indeed a healthy choice. You can also eat bread of any type, pasta, etc. Allow your guidance to choose for you.

Allergies and Sensitivities (continued)

Sugar sensitivity – Not feeling like you are sweet enough. Having negative thoughts about yourself. These often have deep roots as well.

Sugar sensitivity is what causes you to have big highs and lows from eating sugar.

Not everyone has these reactions contrary to popular belief but the vast majority think they are not sweet enough, or good enough or too sweet or too good for something or another, so it occurs for many.

A sugar high is not as the result of eating too much sugar but rather from enjoying the feeling that you are alive and well and good enough. Sugar does have an attribute that makes you feel good. It is raw sugar that feels the best and when it is refined, you do not get as strong of a sugar rush. This is also symbolic because we feel good when we are open and raw and learning and enjoying life and yet we feel vulnerable when we are too open. So when you eat raw sugar, you may experience any of these symptoms but they are just your guidance showing you what you need to clear.

After you experience a rush of energy in your life, it is not sustainable whether it is a sugar rush or otherwise. You then may feel very low or even tired because this high is not sustainable.

When you crave sugar, you are seeking more sweetness in your life. You must stop and look and say "What is the issue that I am not dealing with that is causing me to seek more sweetness?"

Wheat Sensitivities – are about not feeling good about who you are. Perhaps you didn't have your Wheaties today? (grin) When people have wheat allergies they often feel weak in some way. It is related to how you feel about your own inner strength and resolve. Keep stepping into the truth of who you are. When you do this more and more, you will feel stronger no matter what you eat. It is never about the wheat. It just triggers something in your body, because you now associate a certain body symptom with what you ate, whether it is wheat or anything else.

If you have tested positive for allergies or sensitivities:

People make associations and think it is true and if they think it is true, their guidance and other's people's guidance will confirm it sometimes. If the other person who is guiding you believes in wheat allergies and other sensitivities, they have probably experienced it themselves and that is why you are drawn to them. They likely do not understand the root cause of it themselves which is true in the world with most physical symptoms and alternative practitioners generally do not understand the root emotional cause or how to heal it unless they are trained senttelligently.

Muscle testing is also a result of your higher guidance combined with your own mind getting in the way. As you evolve, your mind will get in the way less and you will get clearer guidance at times. And if you are attached or in a hurry, your mind will still take over.

Alzheimer's disease - lack of memory is a sign that you are forgetting who you are. And you must be present to know who you are. Many people are not present these days because they cannot be with the truth of who they are. If it progresses to alzheimer's, it means that you have lived a long life and are unwilling to wake up.

Beliefs – *I can't remember who I am now, I can't remember anyone's name anymore, (these are also true for those who have short term memory loss)*

Ankle pain – Feeling bound, stuck in a current situation or mindset.

Arm bent to cover torso – Holding on to who you are (past life fear of becoming all of who you have known yourself to be).

Arthritis pain – You are holding on to old patterns in your life and outgrown beliefs about yourself. For arthritis in hands, release *"I have to grip on to who I have known myself to be"* and other beliefs related to their specific symptoms and thoughts.

Back pain (low) – Neglecting your own needs and putting others needs before your own. A lack of support for your needs. A lack of financial support. It has to do with whatever form of support is missing from your life at this current time and like all things and may have deep roots.

Back pain (mid) – Burdened by self-doubt and lack of trust in self and others. This correlated with fear in the gut area and is behind you so this stems from the past. You are carrying old beliefs from before the time you came into this life that may be generational such as "I am not able to sustain myself" and others like that.

Blood (white blood cells) – These cells are the ones that protect you from toxins. They do not fight off disease but rather keep your system in balance. When white blood cell count is high, you are out of balance because you are not accepting the truth of who you are or some quality about yourself. That thing which you are not accepting is now toxic for you because you reject it. That toxin will now take the form of bacteria or virus or fungus or even cancer depending on the layers which you are out of alignment with. These bacteria, virus, fungus and cancer cells lie dormant in your energy field and are activated when guidance feels it is necessary to show you that you are not at ease with who you are. The harsher the disease, the more likely there are

layers and layers of past life issues to clear. Some of these people are those you would least expect to be spiritual or facilitators of healing because they have covered up who they are due to extreme fear.

Blood (red blood count) – This count is high if you are fighting disease with all your might and it is not working. There is a war going on within your body and it can sometimes manifest as leukemia or lymphoma. When the count is in normal range, then your body no longer needs to fight and is being allowed to heal itself. Cancer no longer exists when red blood count is in an average range and is considered to be in remission.

When blood is very deep red, then the hematocrit volume is high and when blood is lighter than normal in color, the hematocrit volume is low.

This first happens when a person has much anger and they may describe their wounds as dark red or even as looking angry. During this stage a person may or may not have been diagnosed with lymphoma but that is what it means.

When the blood color is light or pale, then it means that they have given up the fight with themselves and need to regain their strength and learn who they really are. This stage would be classified as anemia and the person would be weak.

When a scar is the same color as the skin or has just a bit of pigment, then they are merging with themselves and health is returning to that area of their body and their soul.

Blood Platelets – The way to see if your blood count is normal and it measures the truth of who you know yourself to be also. Our platelet count varies a great deal on a daily basis depending on how in alignment we are with ourselves and speaking our truth is part of that. So if we need a lot of water, then we may find our platelet count is high and we need to nourish ourselves as we are growing to new levels. If our platelet count is low, this is a sign of dis-ease in the body. A doctor will use a platelet count as way of knowing if cancer is in remission or other diseases are completely healed. This is measured by hematocrit ratios and is described below.

Lab tests: (to help you understand and translate from traditional tests that a client may have taken or may be urged to take by you or others)

- 1 **Red blood cell count.** This test counts the number of red blood cells in a single drop (a microliter) of blood. As a general guideline, the normal range is considered to be 4.5 to 6.2 million for men; 4.2 to 5.4 million for women.
- 2 **Hemoglobin.** This test measures the red-pigmented protein that carries oxygen. Normal range for red blood count is 14 to 18 grams per deciliter in men; 12 to 16 grams per deciliter in women. When someone's hemoglobin drops below 10 grams per deciliter, they are considered anemic.
- 3 **Hematocrit.** This test measures the percentage of total blood volume made up of red blood cells. Normal range is 40 to 52 percent for men; 35 to 47 percent for women. A complete red blood count usually includes additional measures of the size, capacity, and number of red blood cells. The doctor will usually order a battery of tests to get a

complete picture of the health of a patient's red blood cells. For example, a low hematocrit in combination with low hemoglobin may indicate iron deficiency, while a high hematocrit can indicate dehydration.

Blood pressure (high) – Internal pressure to perform at higher levels than you feel you are capable. Has anger at self, self-loathing and needs to forgive self and others. This can lead to heart attack, heart failure, or stroke. Most commonly found in people who are considered laid back or low achievers. Cultural norm propagates this. To help these people, reduce the risk of shame, embarrassment and pressure to perform and clear these fears and help them identify it when it comes up. May not expect others to help them and are not good at receiving help from others.

Blood pressure (low) – Pressure to lower the level of intensity in your life. This is most commonly found in high achievers. These people are considered risk takers by others but they consider themselves risk averse because they take calculated risks so they are less likely to fail. To help these people, help them to slow down by listening to their body. Most often have pain in gut area and have much underlying fear despite their financial success.

Blood pressure (normal) – These people have found a balance in their life, at least temporarily. It is only when blood pressure gets outside the normal range that it is considered dangerous. But everyone needs to be aware of the pressure that they put themselves under to perform, make money, be successful, fit in, etc.

Bronchial congestion – Can't breathe in the truth of who you are. Others are not seeing you because you are not seeing yourself. You are congested with thoughts that do not serve you.

Bronchitis – Inflamed family environment. Stems originally from past life issues and exacerbated by family issues in this lifetime. You are inflamed because people are not seeing you for who you know yourself to be. It is also as a result of anger at self for not being true to self. Reflected by inflammation of lungs.

Bronchitis (chronic) – May occur repeatedly in attempts to wake you up. This will keep happening until you move to next level in your evolution.

Burping – a way of letting go of energy when you release that which you were thinking about consciously or subconsciously. May happen when you do energy work. If you burp towards the end of a meal, it could be a way that your body, via your guides lets you know to let go and stop eating now as you have had enough.

Candida – You are out of balance with yourself and others. Not being candid with yourself or others about what is on your mind, holding back the truth of what you know. Not fully believing in yourself and what you have to contribute to others. Physical symptoms may include digestive disorders, flatulence, bloating and vaginal discharge. May be on a restrictive diet to balance diet or may be on estrogen or other hormones to balance yin/yang (masculine/feminine). This can be related to acid reflux, but not the same. Statements to use are in alignment with beliefs such as *"I don't believe in myself. I have nothing to contribute that is new or meaningful in new ways."* *"I*

am exhausted by doing things the old way" (and more to be determined with each individual based on what is going on with them).

Cancer (lung) – Inability to breathe in life, anger at those who took your breath away (and much more anger at many issues from many lifetimes). This is all related to being unable to breathe in the truth of who you are due to trauma from before you came into this life and the current life as well.

Cancer (breast) – Anger at those who chastised you for being a woman and looked down upon you as a sex object plus anger towards yourself and towards men. Males symbolize disgust and hatred and revenge for you on a subconscious level and this also stems from being victimized and raped and pillaged in many lives.

Cancer (colon) – Disgust with those who think that life is easy as it seems hard. Difficulty in letting go. Chronic constipation is only one symptom and there are many related issues. To be continued.

Cancer (in remission) – This is the belief that a disease such as cancer is healed for now, but could come back at any time. Actually what happens is that the cells recover or are removed or burned out and there is no need for fighting in your body between the good and the bad cells anymore. When the negative beliefs are cleared, the concept of fighting the bad is totally alleviated with regard to that particular issue and that part of the body heals. Disease can return if the person chooses to ignore the messages received by their body in the future but that is the case for everyone. We don't say we are in remission from a cold, but actually we always are. This bacteria lies dormant in our body and when it is time to purge them, they are activated by a lot of stressful thoughts. Then you have a cold that has been activated.

Cancer (skin) – Anger at those who do not see the beauty in who you really are on the inside.

All cancer is caused by unresolved past lives and then gets carried forward and more situations build up in this lifetime due to the unresolved past that trigger the cancer and it is done so that you can hopefully resolve it in this lifetime and attain the peace you always wanted.

Canker sore inside cheek – You are chewing on your words, not happy with what you have said.

Chronic Body pain – You are constantly trying to fit in and resisting your own innovation and creativity.

Cold sore – You are sore at someone and have not been willing to speak about it. This could be that you are sore at anyone but often it could be that you are sore at spirit/god/your guides. If this happens when you are young and don't feel connected to your spirituality, it is because there are past life issues regarding your anger with god/spirit.

Common cold – A cold is the body's way of releasing toxins which have accumulated over time. Generally this is what is known as stress that needs to be released. It is not the release of

past life issues but rather the day to day stress that has accumulated for a while and needs to be purged. When you clear your body of pent up beliefs on a regular basis and use stress relieving techniques, you will not get as many colds.

The bacteria that "causes" a cold is in the body all the time, but is not activated until there is too much for your body to hold. The reason people think they catch colds from other people is that a cold in one person triggers the reminder in another person that they need to let go of what they have been holding onto. This is subconscious, of course. We do not actually transfer bacteria from one person to another. The bacteria is always there but lies dormant and gets activated by various things that happen in our life which jog old memories stored in our cells and energy field which extends 3 feet from the body in all directions.

Constipation – To solve constipation at one level, you need to keep letting go of whatever is tying you in knots. You must practice letting go and you will often need to let go at deeper levels when constipation persists. Look at whatever is going on that is causing you grief, worry or anxiety at the time.

Cough – Irritating thoughts, unexpressed ideas (Fear of Self-Expression). If cough is chronic, then it means there are deeper issues and should be explored further. This could become a bronchial problem.

Creativity – everyone is created equal and that includes your creative abilities. Everyone can sing, dance, take good photographs, draw and more.

When you open up the blocks to the truth of these things, there are many ways to get in touch with your inner artist.

Singing/songwriting Beliefs – I can't sing worth a darn, I can't carry a tune, I am too old to have a good voice anymore, I am too young to reach a high note,
I can't write a song, I am not poetic enough, I can't write under deadlines

Dancing beliefs – I have 2 left feet, I don't have rhythm, I am too awkward, clumsy, embarrassed about how others will see that I am not as good of a dancer as them, there is no place where I can dance to music I like other than nightclubs, etc

Drawing beliefs – I can't draw worth a darn, I am no good at this, I am a lefty and not able to draw or write correctly, I need lessons to do this and don't have the time or patience for that

Photography -

(some of these also apply to singing, dancing, arts and crafts, photography, etc)

Death (painful) – When death is prolonged and painful, it means that this person did not wake up to who they came to be in this lifetime and are still having an inner battle about it. They may not have a long life or they may have one but it is going to get more painful as time goes on.

And if they have much to do, i.e. are on a master path, they will be given more chances and the pain will not be intolerable for some time.

When people want to leave to be with a soul mate who has already transitioned, it means that they do not want to do what they came to do alone. This also causes inner conflict and turmoil and can result in painful death.

Most people have inner conflict with whether to stay on this planet in physical form or not, and they are often not aware of it. They also have a fear of death/dying if this conflict is present. Or they have a fear of staying and doing things the way they have been doing it which is making them sick, crazy, etc. It's not always about not living your higher purpose, but it often is.

When people die in car accident or any accident, they did not want to be around any longer, and decided to have this happen subconsciously. This is also a sign that they did not do all they came to do but had enough for this lifetime.

When people live for 100 years or more and/or just die peacefully without and physical pain or malicious activities from self or others, they were peaceful with their life at the end and feel complete with what they did and did not do. They fulfilled their purpose in a way that was in alignment with their soul and this means they did all they wanted to do and felt good about it.

It is important to make peace with where you are all the time, no matter what path you are on or where you are on your journey.

Deviated Septum – see folder with symptoms – it is written down

Diabetes – Diabetes 1 is a burden the child carries that really belongs to the parent. Diabetes 1 is also carried forward from prior lifetimes. Usually it is both generational and historical.

Diabetes generally (both 1 and 2) has to do with blocked creativity, lack of a creative outlet, or the need for creative expression. Those with this disease desire more sweetness in their life. They are searching for the sweetness of life. This can be achieved for many of these souls when their creativity is expressed. This need often becomes very urgent during mid-life and is the reason why this dis-ease is common in that age group. (You need insulin because you want more sweetness in life – but most bring out and express your creativity and ability to heal others if you are a healer – healing arts.)

A diabetic's blood sugar goes up and down as does everyone's. It is good for everyone including, but not limited to diabetics, to clear the following statements: "I am too sweet, I am not sweet enough, I have a tendency to be too sweet, I will always be too sweet, I have to be too sweet." Must also help them unlock their creative blocks

When it presents in a child, the child can be carrying the burden of the parent's blocked creativity. His/her creative nature may not be getting the proper outlet OR if they are properly engaged in creative pursuits perhaps there is pressure being put on them to perform a certain way or at a certain level, which can cause the creativity to be blocked and to not move freely. It

would be helpful for them to clear the fear of self-expression and also to re-claim their identity and this should be done in a way that is age appropriate. Young people are often not open to hearing they are a healer and this should not be addressed until they are ready for it.

When you get headaches or really angry and grumpy if you are hungry, it means you have low blood sugar which is actually a sign of onset diabetes. Diabetes is low blood sugar and also it is an adverse reaction to sugar. And both must be present for it to be considered diabetes.

An adverse reaction to sugar is due to negative thoughts and not being open to how sweet you are.

Low blood sugar is not enough sugar. When you have diabetes you are not getting enough sugar and you crave it which is why it is so hard to stay away from it and at the same time you do not really like sugar, but you eat it anyway. You have no idea why you do it and you beat yourself up about it incessantly.

Blood sugar levels go up and down depending on your mood, or how in alignment you are with your truth or if something is triggered emotionally it and you will continue to crave sugar because your blood sugar level went down and it will be that way until you clear this issue.

Diarrhea – You are running away from something or from the truth of who you are.

Elbow – is about flexibility in swinging in a particular direction.

New – ning done -Elbow tendonitis/Itendonitis/Tennis Elbow – Not flexible about swinging forward. You have a strong will and are determined to go in a certain direction. and when you have tennis elbow you must swing your self around in another direction and see what you have been missing all your life. You are not able to take time out for yourself and play tennis anymore and even if you don't play tennis, you must take time out for yourself more. That is the direction to swing in now. *Itendonitis* – I tend to not listen to anyone but myself and it is what it is but listen to your higher guidance sometime and let go of what you think you know.

Beliefs to clear include but are not limited to: “I can't take time for myself.” “ I have to be the one to take care of things or they will surely fall apart.” “ I have to be right.”

Eye (floaters/flashers) – Spirit is orbiting around you, letting you know that you are in good hands and that your guides are with you.

When you see white spots in pictures, that also means that spirit was there in the moment the photo was taken and wanted people to know he is in that space. It can be for a variety of reasons but if you noticed it, it is because he wanted you to know that he is with you too. It does not mean you need to do anything related to what is in the photo.

Eye (bright streaks of light) – Spirit/God is with you and is trying to get your attention. But generally it is only to let you know he/she is with you. (This does not include lightening.)

Food poisoning – A reaction to what was said that you could not stomach.

Foot pain – Afraid of stepping into your authentic self.

Gas/flatulence – We let go of things when we have gas either through burping or flatulence. Both are your body's way of telling you to let go of all that you are thinking about in the moment. This also may happen when you are releasing during an energetic healing process. When we have gas, it is a sign that there has been an inner conflict, i.e. fighting going on inside you.

When you release gas, you begin to release a conflict about something. And there are often deeper levels that need to be released using a sentelligent healing technique such as DOS..

H1N1 Virus- all viruses are dormant in your body until they become activated. H1N1 is no exception. You are frightened about your higher calling in life and cannot find the energy to move on. It is curable by medication, but only if caught early. It is thought to be contagious and it is. The reason for this, is the same as other viruses. It triggers the fear in you that is brought up when you consider the idea of H1N1 which means Herpes influenza in flux. These people are closed to the idea of certain types of alternative healing and may think you could never do the kind of work that I am writing about in this book. It is especially prominent in healing professionals who are in the traditional medical field but all who are in fear of great danger in their lives from moving forward in their respective missions are also susceptible.

Doctors have great concern over catching this disease, because many of their peers have died from it. That is because those in the traditional medical field often/always have a bigger role in life. They are healers and they know it and they know that their treatments don't always work. They want to heal others and they are frustrated at their lack of progress. They should take heart with themselves as moving from traditional medicine to alternative healing is not an easy move to make and they have the same fears other healing professionals have and that would help them to see the higher mission they came to do.

The healer's fears are taught only to Certified Sentelligent Healing Facilitators.

Hair (loss) – This is generally due to the stressed feeling of "pulling your hair out" which people say when they do not know which way to turn. The area affected will tell you more about what is going on with that person. If there is hair loss at the crown area, it will help to look at what is in the way of accessing information through your crown chakra which is where the energy of god/guidance comes through in its clearest form.

If hair loss is at front of head, then it means there is too much thinking going on and you need to get out of your head more and see what it looks like when you start to access information from your heart.

Release related beliefs such as *"I need to pull my hair out", "I have no hair", etc*

Hair (excess hair in unwanted areas) – Too much emphasis on doing and not enough on playing. Needs to release fears about playing and not being good at extra curricular activities and also about not being able to do enough to please others and succeed. May show up as too much testosterone if tested by traditional medicine. Release, *"I work too hard for the money and other related fears, including "I have not time for fun" and, "I don't know how to play"*

Hands - Things slipping out of your hands and dropping things. Things in your life are dropping out to make room for the new, which is in alignment with who you are. (Things may also seem to slip off a table without you even touching it.)

Head – A bump on the head is a wakeup call. If you find you have a bump on the head and no idea how you got it, that is spirit saying, wake up and see that you are sleep walking much of time and you are not even aware of when you hurt yourself

In general, a light bump on the head is simply a knot on your head and shows you are knotted up with your thoughts.

Heartburn – Sabotaging your own power. Resistance and fear of your own power. My heart burns because I am angry with others for burning me in the past. A victim mentality. Release anger with everyone who has done you wrong – *list specific names with assistance of client.*

Hot food causes temporary heartburn and means that you are being triggered to look at who you are angry with – can be yourself and often is yourself and others.

High cholesterol – Accumulation of excess. Resistance to letting go of what you do not need--physical things as well as ideas, information, even people Can have hoarding tendencies (Fear of Poverty/Lack). High cholesterol is also as a result of eating too much fat and if you are thin, you think you do not have high cholesterol but you may and that is how people end up with hardening of the arteries. Is it from lack of self esteem, that we tend to hold on to the past and are unable to go with the changes in the times including technology easily.

Get rid of the fat in your life, so to speak, meaning things that are not serving you in your home and your life and old beliefs. High fat foods will send up your cholesterol rating and the way to get your cholesterol levels down without medication is to clear related beliefs so that you can more easily let go.

We are all being urged to let go of more and more at the energies shift on the planet. Some physical letting go of old things and clutter usually happens first and then it is easier to let go of old beliefs and step into the truth of who you are now.

Hip pain – Feelings of instability. Fear of falling, losing current position. Right side: more concerned with money, job issues, taking big steps towards a bigger mission in life. Left side: more concerned with relationship and spirituality issues.

If hips go in and out of alignment frequently in some period of your life, it is because you are transitioning and one hip juts out more than another at times until you are balanced in your

current position and have more confidence in your new role.

In elderly people, their hip stays out of alignment for longer durations and they don't think about the job/higher purpose much as they are often retired.

Hot and cold flashes – Stress about the future, unknown. This is often thought to be a symptom of menopause. But menopause is actually a mid-life wake up call. It is not about travelling the world, or finding a younger partner or buying a red sports car. It is about waking up to your highest truth.

Hypersensitive:

Sensitive to Light – if you prefer to be in dark rooms and don't turn on the light much, they are want to be "in the dark" and are afraid of seeing the truth about something.

Belief – I need to be in the dark

If the light and or colors are too bright for your eyes, it means, you can't see how bright of a star you are in that moment.

Belief to clear - I am not a bright star. Then install - I am a bright star.

Impotence: Fear of your own sexuality, rejection of self, fear of intimacy. Release, "*I am unable to get up to speed with who I am as a male*" and other similar beliefs.

Women are also impotent when they do not have orgasms. Use the same beliefs for women.

Insect bites – If you are susceptible to being bitten by mosquitoes, it means that you believe that and what you believe is true. You attract bugs when you are bugged by things in your life and they irritate you and if you scratch at them, they will be more painful. Look at what in your life is irritating or bugging you and be with it and let it go and the pain will release quickly. If it gets infected, it means that you are holding on to this fear and it has deep roots from past lives.

To stop attracting mosquitoes and other bug bites, let go of the belief that you are and use Dominion Over Self and up to date sentelligent techniques to *release "I am a mosquito magnet"* and other similar thoughts you have had about it, including "*I attract bugs because I am sweet.*"

Immune system – When immune system is low, it means that you are not open to knowing more about yourself and you reject the cells in your own body which causes them to become toxic to you. Self loathing of who you really are is one thing to clear when there is a weak immune system as well as I reject myself.

Joint pain – You are holding on to old patterns in your life and outgrown beliefs about yourself. For arthritis in hands, release "*I have to grip on to who I have known myself to be*" and other beliefs related to their specific symptoms and thoughts.

Knee pain – Resistance to change/moving forward or changing direction. Lack of flexibility in your path or in some other area of your life in which you are not moving forward. Look at current situation to see where you need to be more flexible in moving forward and release associated beliefs.

Leg cramps – Fear of moving forward in alignment with the truth of who you really are. You are cramped up about making a decision on which way to go. May be related to whatever you were thinking at that time, conscious or subconscious. If you wake up with leg cramps, then you went to bed thinking about something that is not resolved about it and you need to let it go and be and your cramp will lessen.

May be may not be awake to the truth of who you are. Also may be fear of going forward with a particular project that is in alignment with your truth.

Ligament (torn) – You have torn yourself up over something and it is tender and thought to be over. This may happen when a relationship is falling apart or a job is not going well. You need to separate from a current situation but are not aware of it.

Menopause – Menopause happens at different times in people's lives – both men and women. It shows up differently for each person but it is much more severe if you are in pain which means there is something painful related to your vaginal area including a resistance to having sex with someone you love or if you are doing all you came to do or if you are on a path that is in alignment with who you are at the moment.

If you are a man and you have mid-life crises and start searching for something to fill you up, note that nothing will fill the void until you wake up to your higher calling or leave a situation that is not right for you and find one that is – including but not limited to relationships, career, and relationship with God.

Moles – Benign moles are anger bumps that are from past lives regarding how people treated you when you did not look the way you thought you needed to look, i.e. if you were heavy or hunched over or considered ugly for some reason. They continue to grow more and more and get more moles until you know that who you are is inside and not about how you look on the outside.

This does not mean, don't care about your looks, but you need to get that the message which is to know who you are and is much deeper than your looks.

Mononucleosis – Going at life too hard. Believe that life must be hard. You are unwilling to let it be easy. Often stems from hard past lives where you also had this belief. This can occur when you have been overdoing things as a way to remind you that you must slow down. If you are on your path but still working too hard, this may kick in to remind you that you can be on your highest path and accomplish it without going into overdrive.

Multiple sclerosis – The nervous system has gone awry due to anxiety about the truth of who

you are. The hands are numb from not using the energy in them to heal others. The legs are incapacitated to varying degrees because you are not moving forward to do what you came to do and use your gifts.

Multiple represents multiple symptoms. Sclerosis is hardening of the tissues, which represents hardening to life and closing down your body and systems so you cannot connect with your higher guidance. On a physical level, your systems/internal organs are not connected and running properly.

Muscular Dystrophy – deterioration of muscles and nerve endings and tissue. This is caused by lack of strength inside. Lost the will to move forward. This is present in people of all ages and when found in young children, it is due to generational and past life traumas that were unresolved.

Nasal (chronic severe problems) – If you haven't been able to sleep for years due to nasal congestion (perhaps had deviated septum surgery) then it means you have no mental room for what you need to really be doing with your life. If you think you are on track, you are mistaken and yet, perhaps you are very successful. There is more for you to do and you need to stop and just let yourself be and have more quiet meditation time or time in nature. If you do not wake up, you may have more severe physical challenges over time. This can be true with any symptom that becomes chronic.

Release the beliefs that *"I do not have time for myself"*, *"I am over this life and want to just stop and get off"*, *"I am on a roller coaster and love the highs but can't seem to get out of my head about them"* *"I love thinking about my successes but dwell more in my failures and think I can never be successful enough"*

Nausea – Vomiting up who you are not. Your soul cannot tolerate playing roles that do not fit for you anymore and if you are vomiting more than once in a blue moon, then you are being called to pay attention to this and you likely a healer.

Neck pain – Person or situation feels like a pain in the neck, annoyance. Also occurs when spine is out of alignment. **See info on spine out of alignment.**

Osteopenia – This is a warning sign. There is a likelihood you are working too hard at something or have in the past when you were doing your life's work or any job. Release the belief that *"life is hard and you have to struggle to survive"* and related beliefs for osteoporosis for prevent it from getting worse.

Osteoporosis – Your bones become brittle from working too hard. And they break and they break again if you do not slow down and listen to what you really need to be doing with your life now. This can refer to your higher path as well as time with family and just quiet time to be with yourself.

Release "*life is too hard*" "*I have to work hard to succeed*" "*I have to work all the time to keep up*" "*I may have a breakdown if I have to keep working this much*" so release the above statements to avoid the bones breaking down.

Pleurisy – Having no control in your life, feeling helpless and like there is nothing you can do about it. This may occur when you are in the midst of a transition and moving up to a higher level of what you came to do. You may feel like you have no choice but to follow guidance mindlessly and this is true. Pleurisy is characterized by coughing so hard that your back aches severely. You need to clear the fear of being out of control.

Receding gums – Receding from what you were meant to do or receding from life or receding from anything.

Rotator cuff (torn) – You are feeling burdened by life, not flexible, need to let go of past which left you burdened. This may also be accompanied by a frozen shoulder as the two often go together.

Scoliosis – Curvature of the spine. Bending self to conform to what others want and to fit in. It is important that you set and maintain your boundaries with everyone but also must clear the belief that you must conform, as it is steeped in a past life.

There may be deep anger that also needs to be released here from having conformed. This may be anger at self and others from all lifetimes. Release "*I have to conform to be accepted*" and associated anger at this from all lifetimes. This is also a very deep belief with lots of anger. May need 2 separate sessions, one for the belief and one for the anger using the relationship/anger healing statements.

Senior Citizens over age 65 – This group of people have many symptoms and have the belief that they will get sick as they age. They often feel lucky if they are healthier than their friends and fear being like them some day.

Open up to this group of people at a slower pace unless you know they understand the type of work you do. Love them where they are and look for openings. Go slowly and gently to reduce resistance and they will come along at their own pace.

If you sense they do not want to live any longer, let go and send them love. They may go up and down about their desire to continue living and they may not be conscious of it. When you let go and love them where they are, it provides a space for deeper relationships which is healing in and of itself. Love does heal and that is a good place to start with all family members.

Many seniors have not woken up to their highest calling or woken up at all. They can still do the work they came to do in this life and this is evidenced by people all over the world who are waking up later in life now. Hold a vision for them and let go.

Shoulder (frozen) – Your angel wings are frozen, they have not been used enough. If you want to know why your shoulder is frozen, look at where you have been frozen in going forward. If

you have surgery for this, this issue will show up in different ways in your body and life. A frozen shoulder can take a very long time to heal naturally unless you know the root causes.

Once you know the root causes and have cleared them, the shoulder will heal on its own. You will still need to stretch your shoulder muscles and use light weights. You will be able to do this more easily when the core cause is cleared and you are moving ahead rapidly with what you came to do next.

Shoulder pain: Resistance to spiritual growth and expansion of beliefs.

Right: Resistance to spirit in areas of work. Left: Resistance to spirit in relationship

Sinus infection – Anger at someone else, could be from other lives or this life. This anger must be released at all levels and then the infections will stop re-occurring.

Sinuses – Congested sinuses. Not enough mental space in your life. Mind is clogged with too much unnecessary negative chatter. Replaying old scenes from the past.

Sleep (lack of sleep) – If someone hardly sleeps on a given night or has bouts of sleeplessness or needs medication to sleep, it is a strong call to wake up to who they really are and own their power. They have a hard time sleeping because they feel they have a hard life to go on with and they keep thinking about how to make things work. Then they need to look at the deeper causes of what they think about or journal before bed because they are not in touch with their thoughts or feelings.

If they have nasal congestion or other pains that keep them from sleeping, it is also related and check with the guidance for that symptom.

Sneezing – Letting go of your concerns about what you are about to do.

Spine (out of alignment) – You are out of alignment with who you really are. This can be triggered by anger or stress, which appears to be out of proportion to the situation. This anger or stress comes from old issues and needs to be cleared so you can live in alignment with your truth.

This also can be a sign that you are not doing something in alignment with the next level of what you committed to do in this lifetime or with your highest self. It may seem like you are out of alignment due to lifting something or a fall or whatever, but that situation occurred to put you out of alignment so you can get the message that you need to shift something.

STD's – Victimized by your sexuality. Rejection of your sexuality. Sexuality is viewed as a separate part of one's self. Release "*I reject my sexual side*" and "*sex is bad*" and "*I am a whore, slut, etc.*"

Tendonitis – I am tender about a situation in which I reached out to someone and sore about the belief that I will be rejected for being who I really am.

Yeast Infection /Vaginitis - Candidly, I hate that I can't have sex because it hurts too much. You don't like sex as much as you used to because intercourse hurts when you have yeast and it dries you up and it's contagious so it's not a good idea to have sex when you have a yeast infection.

The root belief behind yeast infection when it occurs in the vaginal area is "Sex hurts". Even if you didn't think sex hurt before, know that you had painful sex in previous lifetimes and it is time to heal it now. Depending on each individual it can also help, to clear, "I hate sex" "I am all dried up" and "I am too sweet" and "I have a tendency to be too sweet". Because yeast feeds on sugar and people who eat too much sugar do it to hide from their emotions and it's all related.

It's contagious because your partner mirrors you in many ways and has the same root beliefs you do and if you clear the beliefs together, it will be better for both of you.

Zero physical ailments - Many people appear totally healthy because they tolerate things and don't even realize they are doing it. Everyone has something going on in their body and even if minor, it is a clue to what else may be happening underneath the surface.

Ask them to do a body scan and then have them tilt head backwards to ceiling to see if there is tightness. They may not think there is and often it is because they are only able to tilt their head so far and don't realize it. You can get more information by asking if they are taking any drugs, supplements, homeopathic remedies, etc.