

TIME

Although time should not be our focus when allowing the body to heal naturally, we—our conscious mind—sometimes wants to know how long it will take to accomplish a task so that we can gage our progress or regression of a disorder or dysfunction. Either way, it does not matter. You just do what you feel is right for you and do your best to stick with it.

The following pages are included so that you can understand what your Source energy is trying to communicate to you. Be mindful of connecting to your God-source first before you look at these charts. As you ask your questions source will lead you to the correct word that relates to the proper organ or system.

Systems of the body

Question to ask:

What system needs or desires attention, currently?

Other questions to ask:

The origin of the present condition involves which system?

Integumentary:	Nervous	Respiratory
Skin	Endocrine	Digestive
Skeletal	Cardiovascular	Urinary
Muscular	Lymphatic/Immune	Reproductive

	Circulatory	Spleen
Other words the	Spinal	Lymph
body may use:	Glandular	Pancreas
Cells	(Endocrine) System	Adrenal
Tissues	Pineal	Ovaries
Para-sympathetic	Pituitary	Prostate
Chakra	Mammary	Testes
Sensory	Thyroid	Liver
Genital	Parathyroid	Pancreas
Sympathetic	Parotid	
Psychological	Thymus	

One or more of these may also reside within the digestive system, but I will place them here for simplicity sake.

Condition

Question you can ask:

This dysfunction is manifesting as what sort of condition?

- High
- Normal
- Low
- Acute
- Aching
- Chronic
- Sudden
- Constant
- Under-active
- Over-active
- Intermittent
- Insufficient

- Sufficient
- Deficient
- Excess/ excessive

Is it necessary that I assist in the healing?

Yes

No

(Wait for your source to answer – when it does, you can move to ask the next question.)

What can I do to help you?

Nothing or something else-please elaborate _____.

Source of the present condition

Question you can ask:

What is the source of my present condition?

Diet

Other

Beliefs

Toxins – external

Past

Land

Karma

Air

Emotions

Water

Nutrition

Electromagnetic frequencies

Toxins- internal

Other

Heavy metals

Suppression / blockages

Chakra imbalance

Constitution/will (extreme or lack of)

Color/ light deficiency

Influence by others

Allergic Reaction

Imprint (other)

Imprint (mother)

Imprint (father)

Family lineage

Spiritual interference/ influence

Unresolved spiritual issues

Unresolved emotional issues

Unresolved mental issues

Unresolved physical issues

Unconscious thoughts

Traumatic experience(s)

Surgery/ medical procedure

Childhood medicine/ inoculations

Bacteria/ virus invasion

Genetic inheritance

Adult medicine

Fungus

Parasites

Prior injuries

What, if anything, can I do to help you? (Wait for your Source to answer.)

Nothing or_____.

What type of diet or lifestyle change is needed at this time?

- Mediterranean
- Atkins-high-protein, high-fat, low-carbohydrate diet
- Vegan-no animal products
- Vegetarian-eat vegetables, fruits, grains, seeds, usually eggs, but no meat or fish
- Other