

Fears shame.

motivation.

slow lazy inaction procrastinate
think about it in a million ways forever
avoidance
hide at home, lonely, holding back, step back
discomfort with busyness

fears
not good enough or as others, comparison
worried about and frozen by what I think others
may think

→ sad + disappointed

→ personal potential unevolved

Goal

Do it, take action, have courage, 100% trust in
believe self + offerings.
have confidence
with ease + grace + joy

- Business "The Healing Affect" - register, ABN, logo, business card, website, Facebook Page
 - manifest clients
 - Breathwork clients
 - ⊕ Group Breathwork/sound
 - collaboration - other practices
 - ⊕ voice liberation
- exercise, daily
- meditation
- cleaning + tidying house
- social fun, joining in - family, friends, experiences

Winection
sad disappointed
lonely

- broken -

Sam
Bee
Jodie
Helen
Sarah
Gabrielle

Rob

uncomfortable

Stubborn

stern

protecting self

↓ trust

desire for loyal trustworthy kind equal fair
supposue gentle

Cellular components of the allergy response

B cells	Production of IgE to harmless antigens
T Helper cells	Facilitation of harmless antigen recognition and inappropriate activation of naive B cells
T Suppressor cells	Lack of suppression of antigenic response to harmless antigens
Mast cells, Basophils	Binding of inappropriate IgEs triggers mast cell and basophil degranulation and subsequent inflammation

The below table can be scanned to identify allergy-specific stress.

Allergy Table: Sp 21 x Ki + BI 15				
Anatomy mode		Cell Mode	Physiology	Gland + Hormone Mode
Immune Tissue:	Red bone marrow (Bone x Ki)	Cells in Immunoglobulin production: Cell x Sp 21 x Ki + - Naïve B cell + Lv3 - Active B cell + Lv4 - Memory B cell + Lv6 - T Helper cell + Lv13 - T Suppressor +Lv12	Production of leukocytes, mast cells	Interleukin-8 (IL-8), Interferon-gamma, interleukin-5, interleukin-12, histamine, heparin, chondroitin sulfate, peroxidase, platelet activating factor, lymphokines, monokines
	Thymus gland (Ant x Gland x TW + CV 17)		Conversion of naïve B cells into active B cells producing IgEs to harmless antigens	
	Lymph nodes Tissue x St 35		Production of IgEs to harmless antigens	
	Spleen (Organ x Sp)		IgE: Protein x Sp 21 x Ki + BI 15	
			Production of IgEs to harmless antigens	
Allergy site:		Mast cells: Cell x Sp 21 x Ki + Lv 10 Basophils: Cell x Sp 21 x Ki + Lv 7	- Insertion of IgEs into cell membranes - Antigen-antibody complex - Degranulation - Inflammation - Activation of complement system	HERBS: albizia, dong quai, globe artichoke, echinacea, chamomile, piccorrhiza, ribwort, rehmannia, baical skull cap, St Mary's thistle, paul d'arco (glisotrax necessary for liquid herbs)