

Ask & Receive for Sensitivities - 9 Step Protocol

Your Antidote to Allergies! Use the sentences below to use Simple Ask and Receive to retrain your immune system.

ASK & RECEIVE PROTOCOL

"There is part of my being that already knows _____".
"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 the information"
"Information transfer is now complete."

Insert the sentences below in the blank in the first line of the Ask & Receive Protocol.

- 1. How to heal and release any trauma associated with _____.**
- 2. It is safe to heal and release any trauma associated with ____.**
- 3. How to instruct my immune system that _____ is good for me.**
- 4. My immune system no longer needs to have an inflammatory reaction to _____.**
- 5. How to absorb and use _____properly.**
- 6. It is safe to absorb and use _____ properly.**
- 7. How to allow _____ into my cells.**
- 8. How to use _____to promote my health**
- 9. That _____ loves, supports, sustains and energizes me.**

If you want help with this protocol or you want deeper work that identifies and releases your specific underlying traumas and limiting beliefs that have created and maintained the reactions, you can schedule an appointment online (click link below)

[Schedule an appointment with Sandi](#)

or contact my assistant Christina allergyantidotes@verizon.net to schedule an appointment.