

ASTHMA



Vortex Subconscious Healing



Asthma & Vortex Subconscious Healing

Let's talk about some causes of asthma.

It's important to realise that whenever there is an illness or dis-ease within the body, there's always a vibration, thought process or pattern that causes the illness or disease in the first place.

That's why it's so important to target illness or dis-ease through vibration and thought patterns and clear them before they manifest in the body.



Some things that trigger asthma are; childhood trauma, allergies and later in life smoking.

Most of the causes of asthma are usually due to childhood trauma.

It's really important that we address the whole vibrational aspect of the childhood trauma.

You will find a pattern with asthma, it starts with children usually in a certain age bracket and it's usually after they have had trauma in their life.



So we usually find that children of a certain age will develop asthma after a traumatic experience or a subconscious belief gets stored and this will trigger the illness.

What we find is children usually grow out of asthma.

In adults, during the emotional/vibrational clearing process, when we are clearing old emotions, we can start to re-engage the cause of the original trauma, it triggers that old trauma and the asthma sometimes comes back.



If you are an adult going through this process, and you want to know how to help reduce the symptoms, it's important to know that there are some easy steps to follow to make asthma easier to deal with.

1. Record When Asthma Occurs

Make a monthly record of when the asthma occurs. Note which stress causes it, which food triggers it, which allergies trigger it and which memories trigger it.

Keep a log book. It sounds difficult but it's really not, it is your key to healing.



2. Write A List Of Childhood Traumas

Your next step would be to write a list of all childhood traumas that you can remember.

Try to remember the age bracket that you were in. This may cause you to remember other childhood traumas you may have gone through.

The important thing to remember is to be patient and take time, because this may bring up some old emotions for you. When doing this it's important to really soothe yourself.

So how do you soothe yourself easily through childhood trauma?



It's quite simple. Take your hand, using the tips of your fingers, tap your chest and say, "It's okay. I'm safe".

It's a really easy way to soothe yourself and let your self know that you're here, in the now, in this moment.

Let yourself know that you're not back there, as a child, where all the trauma happened in the first place.

So that now brings you to the present moment. What can you do next?



3. Acceptance

Start to accept that these traumas happened and that they are not with you now. Know that it would be really healthy to clear them and cleanse them. That's where the next part of your recovery will come in.

4. Meditation & Relaxation

This is the really fun part where you can really just gently release and let go through meditation and relaxation.

A really important thing to remember is that you're not in this alone.



5. Remove Old Trauma

You can find a subconscious healer that specialises in this kind of trauma removal.

This is key to healing.

Many modalities touch the surface and most healings will get you to a certain point, but will not get you to the very core. So the key is to find a subconscious healing specialist that can go deeper, way deeper than other types of therapy.

There are many amazing healing modalities out there and you want to go to the very core of your issue. Invest in yourself and find someone who is a specialist.



I hope it's really helps.

As you can see, handling asthma in your adulthood is really not that difficult or complicated.



This Ebook is a collaboration between Kathryn Baldwin Thompson from Angel Soul Healing & Global Healing Exchange

