

INCAPABILITY & ALLERGIES



Intuitive Mentor



Incapability & Allergies

Let's talk about incapability and allergies.
What a strange topic! I am an intuitive mentor
and a psychic.

I simply pick up things intuitively and I just
channelled this word to you - incapability.

I am an expert in many things and I have
been working as a holistic professional for 11
years.

I've had more than 6000 clients throughout
the years, many of them being sensitive
people.



So just know that what I'm speaking about is out of my experience.

So let's play a little game. If you are incapable of digesting dairy, (which many people are, because we're not designed to digest milk and dairy products, because they're not natural for our body to digest).

Let's say you do know this fact.

Let's say you can't digest white flour, potatoes, rice, or pasta, which are not great products after they've been through the processing process or refined in any way. **(When it is pure food it is so much easier to digest).**



Let's say you have an allergy.

Let's say you're incapable of digesting gluten,
(which many of us are because we're not
supposed to digest gluten because it's a by-
product.

It's the negative effect of something else,
which we're not supposed to have).

**And let's say you are allergic to other
things and allergic means being incapable
of digesting something.**

Just go with me here, open your mind, open
your ears and open your heart and let's
take it to another level.



If you're incapable of digesting some type of food, ask yourself; are you incapable of making your relationship work with Peter, Laura, your mum, your dad, your husband or your children?

So what's interesting when I get a client in my clinic, when they tell me that they are incapable of making things work out there, with a colleague, co-worker I bring their attention much closer to themselves.

They might also mention to me that they have lots of allergies, which means they are not able to digest certain foods.

We can also turn it around and say
OVERLOAD.



If you are overloaded at your work, if you're overloaded in your marriage, if you overloaded in your private or personal life.

If you have overloaded your system, you have stressed and overloaded your sympathetic nervous system.

Your parasympathetic nervous system cannot regenerate and therefore can't complement your sympathetic nervous system.

So an overload outside of us, becomes an old overload inside of us, which creates an overload in our digestive system.



That overload over stimulates and therefore creates imbalance in our thyroid and our complete hormonal system. Everything is related!

So you might have issues with your digestion. The issue may lie outside of yourself. For example: You might have an issue with men or women. It might sound strange, but it also relates to the fact that you may have a problem with your own inner male or inner female.

Everything is completely connected. You might think that it is strange but there is also a reason why the disease manifested in the first place. Our job is to find a solution.



I do not believe in medicine or antibiotics unless we have something like pneumonia and the infection is bad. Everything can be healed with a proper healing diet, clearing emotions and thinking.

Let's say you have 3 allergies in your life now.

Where can you find these allergies in the challenges you meet, what life circumstances are making you sick?

Where do you have lack? Where do you have issues with your self-esteem or feeling negative emotions? Because as we said previously, everything is related!



So when a client comes to me and says, “I have an issue with my boss”. I take it to the next level and heal the traumas, perhaps related to their father.

When that's done, they have a better relationship with themselves, both with the masculine and feminine parts of themselves.

They also resolve the issue with their boss too. BONUS!

Once balance is established, the body starts to relax and go back to its normal state, which means it can easily digest, absorb, regenerate and heal itself and restore to its original balance.



We were all created perfectly and we all come with different issues, traumas and allergies.

We are not supposed to live with these challenges for the rest of our lives unless we have had a handicap or something like that, but we have these challenges to be able to live with them and heal them.

As a sensitive, I used to have so many allergies. It was crazy! I realised that I was mostly allergic to other people, because ultimately I was allergic to myself and my emotions that I did not want to deal with. I was allergic to the undealt issues in my belly, which is the entrance to the mind.



So my philosophy is; that within our belly lives our lower self, our fear, our self-sabotage and our inner child. So everything starts in the belly. So ask; what have I not dealt with within my body that is causing me to be unable to digest? (Which then becomes an allergy).

This is also reflected out into the world. We can ask; what am I allergic to outside of me? In other words, do you have an allergy to something or someone? Or we can turn it around and say incapability – what are you incapable of?

I know you're smart, so I know that you can heal this.



Exercise

1. Get an exercise book
2. Write down incapability and allergies
3. At the top of your paper write all of your challenges and then let go of any ideas
4. Close the book, because when you do that, you put your higher self to work

Maybe during the night, perhaps, when you are re-calibrating, it will help your mind realise the reason why you are holding on to these allergies.



5. Once you can clear your emotions, you will clear your physical symptoms too.



I hope you got something out of this eBook
and learn little bit about your incapacabilities
and allergies.

**I know you can heal this in your own life
and of course, sometimes we need help
too.**

So take a look within the GHE member site to
find what you need to help you heal.

**This Ebook is a collaboration between Zanne
Piilipson from Intuitive Mentor
& Global Healing Exchange**

