What else can you balance-?

This is an interesting question.

It brings me back to one that I ask a lot.

How powerful do you think you are?

Well some people thing I am a nut, nut and that’s ok- but I’ve seen crazy cool things change for people who become open enough to accept the assignment of God to stand in your power as a human being.

These are balances I have done and tried over the years and things I have used with other people that have changed things with them.

The understanding that all things are comprised of energy form the very smallest of creation – the atom, and the interworking’s of that atom that man still has yet to calculate, brings us too some basic principles.

All things are comprised of energy. All energy is made of frequency and vibration.

An intelligent human mind can direct the flow of energy.

Energy is impressed on matter.

Energy follows thought.

From a powerful state of mind and a little imagination (mental picture) Miracles can be performed.

Miracles have been around for a long time- Jesus performed miracles as well as many after him. We hear about miracles every day. If you know God and You are an instrument of Gods- you know you are made in his image. You can perform Miracles.

Solving a problem can sometimes take more than one try or technique. Be patient, you may need several try’s at complex issues.
Sometimes taking the problem apart and going at small pieces will make a big difference.

For example- Asthma- I balanced all my allergies in my system-

I balanced my lungs-
Balanced my lungs desire to thrive in my body-
I balanced cell rejuvenation-
I balanced lung capacity-
I balanced a statement that said something to the effect of-
My lungs are healthy and whole- and oxygen flow smoothly in and out.

I inhaled rosemary and I do not use an inhaler or inhaled steroids any more.

So as you can see you can make this whatever you need to.
It is up to your imagination.

Other ideas

You can bless and accept things into your life or bless and reject them.

If it is something positive that you want, think about it- then say I bless and accept and name the thing- and do a balance.

If it is something negative and you don’t want it, think about it- say I bless and reject that- and do a balance.
Balance your bodies energy - If you are feeling run down or low- and you need a little lift

Balance to raise the energy of your body. You can accomplish this by thinking of a time when your energy was high and balance. Or by a statement that say “I am raising my vibration or energy level to the right amount for me right now.”

This is seriously limited by only your imagination. Your body will eventually go where your brain and mind take it. If your body is guiding your existence you are probably severely out of balance and fighting and struggling through this life.

Disharmony in relationships

If you continually find yourself in disharmony in relationships, and everything you have tried hasn’t resolved or helped the issue. It could be that you’re energy and the person’s energy is not in resonance with each other. This energy balance usually happens naturally when people like each other, but can go out of balance for many reasons- and if you are not aware that that is the issue many problems can arise. Balance this by simply thinking about the person in a loving compassionate (not sexual) way- and do a balance. It may take a few attempts- you are not only shifting your energy you are shifting theirs, by bringing the 2 into alignment.
Negative energy - negative energy can attach and make chaos where none is needed- this energy can be bad thoughts or words someone has spoken about or around you. It can be from a fight you were in or even just close in proximity to. It can be from residual energy that was left in a place you are now occupying, where issues had occurred. It can be from spiritual influence or warfare.

Whatever the case clearing this energy will release the negative influence that may take hold in your life because of it.

Take authority over yourself, your body, your area (room, house, property) by saying it out loud- I take authority of ____________ state what you are taking authority of, and do a quick balance. Tell the negative energy it has no right to you and command it to leave.

If the thing, or space is not yours to take authority over – it may not happen- but you will probably get release in areas that are yours to take ground on.

Sometimes people will experience other people’s emotions and get angry or upset and you may know that it is not your issue but you are having the emotional upset from it- if it is not an experience you are invested in going through with or for the person- and in my understanding it should not be- you can balance that so your perception can be that of help instead of involved and stuck with. Go into the emotion and do a balance.
Epidemic issues

These are issues that affect most people. Most do not realize it until they feel a change and then say wow, it didn’t realize that was an issue.

The chemical and pollution problems of our earth today can make it even harder to recognize.

The amount of problems across people globally can be connected back to the earth we live on and the energy of the planet itself.

While we like to single out issues and look for local sources to the problems when looked at globally the issues themselves have a broad reach and but not the underlying source.

While each individual problems seem to be their own and have their own starting point, they all share 1 commonality. Agree or disagree, we are all on the same planet- and we all share the energy that we were birthed into on this planet. We all came from the same source. If you know me, you know I believe that source to be God- The one spoken of in the Hebrew texts that have been translated so many times. The bible.

Regardless of what you believe we are all governed by the same rules and consequences will apply no matter what. The law is the law- whether man made or natural and to the extent we have control- I say take it.

So, one of the biggest overlooked underlying issues faced by all man is the issue of energy flow with the earth and nature around us.

If you are out of balance with the natural earth you will have problems.

Grounding techniques are often talked about and are very effective to restore some of the lost balance- but if your brain continues to believe you will be out of balance based on the life you have lived , the things you
have learned, and experienced, and all the current happenings of the world- you will continue to stay out of balance.

While I am not saying this will stop all of the world’s problems or yours- It will go a long way to helping you keep good perspective and energy balance and flow.

The statement I use to balance this is

“I am in total balance with the energy of the earth” do this daily until you gain some relief in whatever is troubling you.

Do this same balance idea with your home, the office, the people you will be in contact with, again imagination is the only limit here.

Where are you feeling out of balance? Balance that and notice what changes.

**Activate the natural function of your body** the same way. Over time and living in time period of earth existence again puts us in high contact with many dangerous and deadly chemicals and poisons. It is human instinct to run from poison and for some reason we are accepting it like it is just part of life. It is killing us and deactivating the systems and organs of our bodies.

The diseases titles we all end up with are not the problem- they are a consequence of a bigger problem.

Fortunately there are as many ways to solve the disease titles. One way to start is to balance the organs and systems of your body that are out of balance.

Whether you start with dietary changes and then realize that you are struggling in lingering symptoms or you have started by balancing the systems and find your
self craving different foods and being repulsed by things you once loved—either way will trigger the system to start to want to reset.

I started with dietary changes years ago and now balance the systems often that seem to still struggle because of the physical damage they were left with.

Balance function for endocrine system, eyes, respiratory system, circulation (then balance blood flow to the brain), cellular regeneration, digestion, balance each organ at least once and especially the ones that are having issues in your body.

This body was given to you to take care of and not once does it say in the bible pray to God and he will heal you—certainly it is one way to come against it and while I believe God can do anything and certainly does grant healings—the book does say go and heal—which means we can heal ourselves and each other, there are many outlets to do this.

This is one.

**Balance your organs** and command them to operate functionally correct—Balance using the whole brain balance like you would anything else—you are giving your brain direct information on what to do—it still has the blueprint—it will know what to do.

**Desire to live**

This may sound crazy, because you are not suicidal. Have you thought about your body’s desire to live? Is it low? But your body may be so tired and ready to be done that it just needs to be realign with your desire to live and thrive.
I have noticed for some people that even when all is said and done they are doing everything they can to get the physical body to respond. They cannot seem to overcome the issues of their bad health

Your body’s desire to live over all may be low and causing problems. Raise your bodies desire to live by balancing your desire to be alive with your body.

A phrase I have used sounds something like this- “My body’s desire to live is raised to the highest level to heal and function correctly.” That statement matched my desire to be alive.

**Cures, hexs, vexes, and spells**-

Call these whatever you want if you have this problem it can sickness, poverty, bad luck, pain, misalignment, and conditions that mimic low life force and energy issues.

If you have angered someone and they have cured you or continue to you may feel ramifications of this.

To cancel or neutralize the effect of Cures, hexs, vexes, and spells- Balance I neutralize the effect of any and all curses thrown against me or my property. They cannot affect my now or in the future nor any of my children or family members.

If you do not allow negative energy to stay on you – it cannot stay on you.

Demonic or otherwise.

If you have a relationship with God- yelling the Name of Jesus Is most effective-
Always remember forgiveness and gratitude can not be left aside.

Forgiveness

Daily, ask for forgiveness for things you know you did- and even things you don’t know. The things you do unknowingly can cause as many problems for people as the things the do on purpose. And come on all of us are human-we all do things and sometimes realize it and do it anyway, sometimes we don’t realize it until its done and someone is hurt, and sometimes we never know-

Daily sit in a whole brain posture or a posture that gets you into a position of forgiveness and release and say – “Forgive me”- and list what you need to and say “forgive me even when I don’t realize what I did.”

Say “I forgive myself” and Bless tomorrow for it is coming.. Everyday... Forgive, It will go a long way to heal and balance you

This will take 2 mins if that- it needs to be part of a daily practice.

Gratitude.

Say thank you to God for everything around you.. Everything. Everyday...

be grateful. It will go a long way to heal and balance you.

Sometimes I will sit and be in a whole brain state and go into gratitude, balancing gratitude to the world and God can change your heart.