

LESSON 3 – VIBRATIONAL REMEDIES

Disclaimer: Please note however, that I am not a Medical Doctor, or licensed medical professional. This course is designed for informational purposes only and does not constitute as medical advice, and should NOT serve as the basis for any medical decision made by you. Please always consult your physician or any other medical professional before beginning any new healing treatments. Before taking any remedies please consult with your physician. Once again these remedies are chosen based on the information that is available in various publications referencing the set of symptoms which you are most likely to experience whilst doing the releasing and purification portion of this course and again in no way, shape or form constitutes as medical advice. From what I personally know there are no known side effects for the remedies discussed in this course. However, each body is different and various reactions may be present which are not known to me. Therefore, as always please do your own research and as always consult with professionals in the field prior to taking any of these remedies. The reason for this is to make sure that none of these would interfere with your current list of medications, if you are taking any. Once again, and I cannot overstate this enough, I am not a medical doctor and would advise you to always listen to your own intuition, do your own research, and consult with your physician.

In this lesson we have learnt of various vibrational remedies that should assist you as you move along your Freedom Journey – Karmic Release. Below is an outline of each remedy to help you determine if it is the right one for you.



Homeopathy: As I mentioned in the video, for our purposes, I will only share 1 remedy here with you today. A remedy that should assist you, as move through the letting go process of your journey. This is an all-encompassing remedy specific to releasing various emotions of anger, jealousy, irrational thoughts, overwhelming thoughts of self-pity and humiliation, indignation and inability to rationally express yourself to yourself and those around you. It is a remedy that can help with learning of sudden disturbing news, to help you to process emotions of grief, severe disappointment and heartbreak.

Ignatia, as the name suggests, helps to “put out the fire” so to speak, quiet down the aggressive thoughts, and allow one to center oneself, long enough to look at any given situation from a new perspective, from the

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perspective of objectivity. This is the remedy that can help ease the emotions of despair. This is an overall wonderful remedy, which has helped me personally on my own journey of release and purification.

Homeopathy comes in various potencies, such as 6C, 30C, 200C, LM, 1M, etc., for our purposes we would use Ignatia 200C acutely. So if you resonate with information provided here, then you would use this remedy in the following way.



Imagine, harnessing the power of the crown chakra, with one beautiful handcrafted piece. The guardian of the violet flame, St. Germain, a beloved ascended master, guides the violet flame to the one that possess it. **Saint Germain Violet Flame Disc - Opens 7th Chakra, Assists Crown Chakra & Third Eye, Transmutes Negative Energy, Assists in Raising Vibration, Opens the Door to Higher Realms, Amplifies Communication with Guides.**

<https://natalyaankh.com/collections/ascension-tools/products/saint-germain-violet-flame-disc>

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Please note I am NOT a homeopathic doctor, and am only going by what I know personally from my experience with Dr. Luc De Schepper and Farah Gron. Therefore, if you are uncertain, or do not fully resonate with this particular remedy, I would suggest that you either skip this remedy altogether, or reach out to a qualified homeopath, consult your physician, or do your own research.

So here is how I was taught to take this remedy by Dr. Luc. You would start out with getting a fresh bottle of spring water. If you only have a 16 oz bottle available you would

- Twist the cap and let 2 pallets fall into the cap
- Make 8 oz of water bottle (just measure 8 oz into any water bottle)
- Make a label corresponding to the remedy and place it on the bottle
- Drop 2 pallets from the cap into the water bottle
- Let it dissolve
- Once it dissolves succuss (hit the bottle) from the bottom 8 times
- **Then take 1/2 teaspoon of this solution and pour it under your tongue**
- **Let it sit there for 30 seconds to 1 minute then swallow'**
- **You should begin to feel calmness spread throughout your whole body. You can repeat this every hour for up to 5 times a day.**
- **Please keep these in a refrigerator or put a few drops of alcohol into each bottle. Be sure to keep them away from computers and label each bottle so that you don't accidentally drink it.**
- **Do not touch homeopathy with your hands**
- **Only use plastic spoon to administer the remedy.**

See how you feel for **Great reaction** with better sleep, better emotional feeling, a sense of wellbeing, more positive outlook, etc, even remembering dreams and dreams with a better theme. At this point do not repeat and see how long this dose gives you these good feelings/reactions. Let's say it last for 2 days and the third day your original symptoms come back, then you need to take this dose again exactly as outlined above, just hit the bottle 8 times and take ½ teaspoon directly from the bottle. This bottle should last you a long time.

Bad reaction with an aggravation of your existing symptoms: this is called a similar aggravation: **no repetition** of the remedy!! You must wait till this aggravation goes away (usually fast after 1-2 days without any harm), then you get the benefit from it and only when then the original symptoms come back should the remedy be repeated, this time in a smaller dose and/or potency. Meaning 1/4 teaspoon instead of half.

No reaction: Then I suggest you make an appointment with a really great homeopathic doctor who studied under dr. luc, her name is Farah Gron and you can learn more about her here: <http://www.newlifehomeopathy.com/>

Once again, homeopathy is an intricate science and can truly assist you with a myriad of complications that you might be experiencing, various illnesses, and diseases. However, as always, I advise you to reach out to a qualified homeopath such as Farah Gron who can help you dive deeper into this healing modality and find the right remedy with the right potency to assist you further.



Primary Chakras: Heart Charka, but AA Raphael's disc is a versatile tool which works on ALL chakras in the body. **Arch Angel Raphael Disc - Opens and Heals the Heart, Assists in Healing, Helps to Develop Intuition, Brings Harmony, Wisdom and Love.**

<https://natalyaankh.com/collections/ascension-tools/products/arch-angel-raphael-disc>

FLOWER ESSENCES

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The first flower essence that I would like to introduce you to is Willow – **WILLOW**
According to Dr. Edward Bach it is used for those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed”



This remedy is used for **PSYCHOSOMATIC ILLNESS**. This individual shows resentment and bitterness, as well as **PHYSICAL RIGIDITY** and **WORN FEATURES**. Unreleased anger can cause **COLICKY PAINS**, **TENSION HEADACHES**, and **DEPRESSION**. Psychosomatic illness is caused by suppression of emotions and/or over compliance. **HEART PROBLEMS**, **TACHYCARDIA**, **HYPERTENSION**, **HYPERVENTILATION**, **CHRONIC COUGHS**, **CONSTIPATION**, **SKIN LESIONS**, and **INSOMNIA**. One feels victimized and burdened by an undeserved fate and seeks to blame others. This remedy is for all disorders involving resentment and blame. It describes the **PASSIVE-AGGRESSIVE PERSONALITY**, **ANTISOCIAL** and **DISRUPTIVE PERSONALITIES (HOLLY)** and even **PARANOID STATES** with feelings of dissatisfaction, self pity, self-righteousness and denial of reality.

Keywords: Self pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

Human indication: When you feel resentment, self-pity and bitterness. You would like to regain a sense of humor and proportion.



The next flower essence is Holly - "Holly is used For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness." – Dr. Edward Bach

HOLLY — This remedy is used to transform jealousy, hatred, and envy. It infuses a sense of Divine Love. It is close to the shadow side of envy as seen, for example, in business competition and spiritual practitioners. Holly is for everything that is not love. Sibling rivalry is a very good example of this state. Active anger is Holly and passive is Wild Oat. Holly opens the heart.

The individual may experience "frazzled nerves" due to an overstimulating environment, especially noise and turmoil. There is a conflict experienced because if the anger is expressed others may suffer and if held within, the person who is angry feels the pain. TENSION HEADACHES, MIGRAINES, PARANOIA, DELUSIONS, and ANTISOCIAL PERSONALITY DISORDERS. Much violence and abuse originate in this state and may manifest even if not wished for. It is also excellent for people with good intentions who are easily annoyed. The projected anger causes the individual to see disturbances or people as a threat. These strong emotions can rule the self and create much suffering.

Keyword: Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion
Human indication: When you need to overcome the feeling of hate, envy and jealousy.



The next flower essence is Pine, Pine is an excellent remedy for those who are plagued with guilt - "For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?" – Dr. Edward Bach

This state has much GUILT and DESPAIR along with CRABAPPLE, OAK, WILLOW, STAR OF BETHLEHEM, SWEET CHESTNUT, ELM, AND LARCH. The person in a Pine state also is susceptible to regret, self-reproach, and self-blame. OCD, GASTRIC and DUODENAL ULCERS, IRRITABLE BOWEL SYNDROME, ASTHMA, and INSOMNIA can be seen along with other remedies such as MUSTARD and WHITE CHESTNUT. ITCHING, as well as the aforementioned symptoms, can be seen if there is deep seated conflict being expressed through the body. There is a masochistic desire to sacrifice the self as one clings to guilt.

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Keywords: Guilt, shame, self-reproach, humble, apologetic, shame, unworthy, undeserving

Human indication: When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.



The next remedy is Walnut, **Walnut** is an excellent remedy for those in the healing arts, it helps one to disconnect from their clients and their negative energies. Walnut is - “For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” – Dr. Edward Bach

This personality is always worse with change of circumstances. This remedy allows the individual to take the final steps to change some negative aspects of their personality where they are still caught up in old circumstances. To be used where major changes are about to take place. It helps with a new beginning in the emotional and spiritual spheres, such as teething, puberty, meno-pause, pregnancy and old age. Walnut can alleviate stress due to major change so as not to revert to old patterns. It is for those who are about to take the final step to break old conventions. Walnut is also supportive to those with a pioneering spirit and need the guidance of the Higher Self. It is THE BREAKER OF SPELLS and allows one to let go of the ideas of the past in order to fulfill the mission of one's life. It stabilizes chiropractic manipulation, helps with the pain of withdrawal from addiction and stabilizes the therapist against the energies of his or her clients; it offers protection from deep impressionability and environmental radiation like power lines and computers, pollens and perfumes. Physical symptoms can include GASTRIC and DUODENAL ULCERS. The over-impressionability causes disturbances from deep within.

Keywords: Change, link breaker, menopause, puberty, moving, let go of the past, protection

Human indication: Protection from outside influences and energies. Helps you adjust to major changes.



Aspen. “Vague unknown fears for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others.” – **Dr. Edward Bach**

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ASPEN — This remedy belongs to the group of THOSE WHO HAVE FEAR. It houses illogical fears and unconscious fear with a potential for fearlessness. There are issues of trust and a potential for "psychic rape". The panic attacks in this state may include trembling and sweating (quaking like a leaf). It can be used successfully for women who have been raped and children who have been abused. The mind is too easily impressed and the pathological symptoms may include, OCD, SLEEP DISORDERS AND INSOMNIA.

Keywords: Fear, worries, unknown fears

Human Indication: Fears and worries of unknown origin.



White Chestnut is a wonderful remedy. "For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day." – Dr. Edward Bach

In this state we can see constant mental chatter, even in bed at night, preventing sleep. These individuals can also suffer from INSOMNIA, FRONTAL HEADACHES, and GRINDING LOWER JAWS. This constant flow of chatter "blocks the soul's progress." There is preoccupation and intense worry (OBSESSIVE COMPULSIVE DISORDER, IRRITABLE BOWEL SYNDROME, ULCERS and INDIGESTION). One sees an inability to stop anxiety and compulsive thinking .

Keywords: Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia.

Human Indication: When you mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.



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Flower essences ☆ Gems elixirs ☆ Starlight elixirs ☆ Vibrational mists ☆ and more

PEGASUS ELIXIRS

The next set of vibrational remedies comes from Pegasus Elixirs. These Elixirs are very similar to Bach Flower Remedies, however they are prepared differently. Each elixir is carefully aligned with the frequencies and vibrations of a particular gemstone and/or star system. It is a safe and natural method of healing. They gently restore the balance

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between mind and body by casting out negative emotions, such as, fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. These remedies allow peace and happiness to return to the sufferer so that the body is free to heal itself.

Some practitioners are reporting that it is not always the best idea to mix homeopathic remedies which are in C, M, LM, dozes and Gem Elixirs, because they too just like homeopathics (excluding flower essences) work very closely to the body. Therefore if you were suggested a specific homeopathic remedy, and/or are presently taking homeopathy consult with your homeopathic doctor first if you should proceed with taking Gem Elixirs as well. Either wait with homeopathics (this does not include cell salts and/or flower essences, as they work on different levels) and take Gem Elixirs or take homeopathics first and then Gem Elixirs.

And so today I would like to share a few of the sprays, that should help shift your body into alignment when you begin the action part of this course.

They are the:

- **Protection Spray** - A vibratory shield may be put into place. This is valuable when one's natural intuitive and natural protective abilities are functioning below par. Can relieve situations where the aura may be damaged enough to allow de-evolutionary energies to have undue influence.
<http://www.pegasusproductsshop.com/protection-spray-p-1961.html>
- **Clear Energy** - Vibrational cleaning spray for stones, rooms, and more. Containing some of the most powerful vibrations of flower, stone, and element elixirs to clear unwanted energies. Can be sprayed on food, stones, antiques, rooms, the body, in cleaning, anywhere a shift of energy is desired.
<http://www.pegasusproductsshop.com/clear-energy-p-1950.html>
- **Disconnect** - A spray that helps bodyworkers disconnect energetically from their clients after working on them. It will also amplify the energy that flows out of their hands. The vibrational mixture has been used for many years to achieve closure and separation of energy when desired between individuals as well as objects. A common complaint of bodyworkers is picking up too much of their client's energy during a session. Disconnect will solve this issue.
<http://www.pegasusproductsshop.com/disconnect-spray-p-1954.html>
- **Yarrows** - Provides a blanket defense against negativity and radiation. Each color has an affinity for a different chakra region , so by including all the colors it assists in many areas. Used for periods of psychic attack or of being in the presence of negative emotions. It can be used externally in a bath or spray or massage oil for strengthening the aura.
<http://www.pegasusproductsshop.com/combo-127-yarrows-p-215.html>

To learn more about these elixirs and to order them please visit [www.](http://www.pegasusproductsshop.com/)

<http://www.pegasusproductsshop.com/>



SCHUESSLER CELL SALTS



The cell salt that I would like to speak of today is called Kali Phos or Cell Salt #6. This is an excellent cell salt to use whilst working through your emotions.

Kali phos works on the brain and nervous system. Alleviates depression. Supplies energy, especially to those who have “desk jobs”, where you have to spend most hours of the day working on a computer, reading, studying, basically overusing your brain. This is the salt that gets depleted the most and hence is helpful to replenish your brain power.

In the words of George Carey from the book of The Chemistry and Wonders of the Human Body “This salts is the great builder of the positive brain cells. Kali Phos (also called phosphate of potash, or potassium phosphate) unites with proteins and by some subtle alchemy transmutes it and forms gray brain matter.

When the chemical possibilities of this brain builder are fully understood, insane asylums will go out of fashion. Nervous disorders of all kinds, sleeplessness, paresis, paralysis, irritability, despondency, pessimism, making mountains out of mole hills, crossing broken bridges that do not exist, and borrowing trouble and paying compound interest on the note – all these and many more abnormal conditions that make life a burden are caused by a break in the molecular chain of this nerve and brain builder.”

To learn more about cell salts please look them up online. There are a myriad of companies that offer these for sale. I personally tend to use Hylands, however find that 1800homeopathy.com’s ones are also of very high quality.



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<https://natalyaankh.com/collections/ascension-tools/products/saint-germain-violet-flame-disc>

And last but not least is Natalya Ankh's phenomenal tools. She has a myriad of very powerful metaphysical ascension tools to help you on your journey. The very first tool that I was introduced to by her was the Arch Angel Metatron's tool. What an amazing time that was when AA Metatron's tool came to be. Metatron's Key is quite powerful indeed, as it opens the heart chakra, and helps your Merkaba to blossom, offers protection from external forces, connects you to the divine web of likeminded people, and helps keep your energy field in tip top shape.

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- Natalya has various tools, such as St. Germain to keep your 7th and 8th Chakra activated,
- AA Raphael to assist with your overall healing and heart chakra,
- The Goddess vortex that takes away pain and activates your DNA,
- The Ankh Key which helps to clear all the blockages in your second chakra aligning you to the psychic abilities that you have,
- GAIA which helps with the connection to the new earths matrix,
- AA Michael which is an amazing tool that not only works to protect you in all ways that is AA Michael, but also aligns your throat and second chakra allowing for amazing transformation to take place, AA Michael tool should also come in handy for those of you to be working with the release form the Karmic Wheel of Life, it is not necessary but is something to keep in mind,
- Seraphim Sephirot which works on all of your chakras and is a very powerful tool for those working in the healing arts,
- Gabriel tool which allows for higher communication and to receive clear messages from the divine,
- and finally the Melchizedek's Reconnection Device which is imprinted with energies that assist all three of your subtle bodies to come into complete alignment, balancing out various energies and helping you to heal your body. Natalya has many more phenomenal tools available on her site at www.NatalyAnkh.com

LET GO AND EMOTIONAL RELEASE TECHNIQUES

As you go through the “Letting Go” and “Releasing” exercises presented for you in the lessons that are coming up, you may find yourself processing various emotions throughout the day. Sometimes you may not have any of the previously mentioned remedies available for you, and various thoughts and emotions may begin to overwhelm you. If you find yourself in such a situation there is a very simple and quick technique that I have received from Melchizedek that can help you on the spot.



The technique involves holding two fingers (index & middle) on your forehead where the third eye is.

Thinking of the emotion that you are experiencing and stating “I understand that I am experiencing _____(put whatever emotion you are experiencing here), for example “ I understand that I am experiencing anger. I fully understand that this is the emotion that I am experiencing. I understand and I acknowledge and accept that I am experiencing Anger. But... “ As you acknowledge this emotion, you tap 3 times on your third eye with your fingers and then you move your hand slowly down to your heart chakra middle of the chest and as you hold your fingers on your heart chakra you say “But, although I appreciate having experienced the emotion of ____ (anger), and I do understand that I am experiencing this emotion due to whatever circumstances, I wish to replace this emotion with ____ (here you state whatever you want to replace this emotion with, for example “with peace” so that I can evaluate given circumstances from the place of Love” and then you tap 3 times on your heart chakra.

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You should feel better immediately. Which would allow you to take a look at the situation that is causing you to feel this emotion from an impartial perspective where you would be able to evaluate what has happened and what has triggered you to feel this emotion, get to the root of the cause, understand the lesson, learn from it and finally let it go.

This technique is to help you to quickly get back to balance and keep a balanced outlook, to help your emotional body adjust to your heart's signals and find balance in the most conflicting situations. However, you still need to really look at any situation in-depths in order to really learn from it and truly to let go of whatever the trigger is, that keeps you in an unbalanced state. Further along we will discuss various ways of doing just that.

As you can see there is a lot of assistance available in order to help balance your body, help you to release all that no longer belongs on your path, and assist you in aligning you onto the right path for your soul's journey here on earth.