

Possible Reactions & Listening Instructions

It is best to sit or lie quietly with eyes closed while receiving the recorded clearings for the chakras and any other supplemental audio products or recorded clearing/activation calls. One cannot be doing anything that requires your attention, as the clearings are going at your unconscious and subconscious blocks and when it gets to them you will go somewhat unconscious, including what I've seen quite frequently - folks heads fall back or to the side as they "knock out" to sleep. The ego-mind is getting out of the way, so that the energy can go to the non-conscious parts of your consciousness. So yes, your receiving of the clearings and activations is enhanced by sitting or lying down quietly during the session. It is ok to fall asleep during the session and many people will fall asleep, as the energy is very relaxing - you'll most likely end up in theta brainwave state too. You will want to try to listen to the clearings and activations tracks for the first time consciously, then you can put them on when you're going to sleep, for example. Try to revisit one time a week thereafter with a conscious listening, because the more you see yourself staying awake the more unconsciousness has been cleared. You can listen daily to these clearings, try maybe at most 2 mp3's a day. Gauge your ability to do this - which will change if we hit a more blocked chakra, for example, where your reactions will be fuller and a bit more - by your level of spaciness in non-listening times, your level of irritability and your level of tiredness. If you have a lot of any one of these to an uncomfortable point, reduce and/or back off the listening for a day depending on how much you're listening to. If you have more than one of these - which is typical - give yourself a break from any listening for a Day.

Following your exposure to Dr. Alison's Vibrational UPgrade™ energy, whether in an Energy Medicine Session or via a phone call w/clearings & activations, or any of her products, you may notice some discomfort from changes as outlined below. This usually lasts for only one to two weeks – three at most - during what we call the transformation period. Please note that all of the below are based on anecdotal reports.

After receiving any of the products or services - or any interaction with or from Dr. Alison, an individual may experience one or more uncomfortable symptoms due to the healing or normalization process that is transpiring. As with all natural modalities such as homeopathy, this period of “feeling worse before you feel better,” sometimes referred to as a “healing crisis,” is just an indication that the energy is working as it should.

One symptom you might experience is exhaustion as this energy targets each cell of your body and creates a new energetic structure. Like a newborn baby, you may need to take complete rest during the transformation period as many hormonal changes happen within your body. Aches and discomfort in your whole physiology may be experienced with no observable cause. Some people feel mental confusion or anxiety. This happens because the transmission's energy has an impact on your endocrine system, which secretes various hormones that regulate your emotions.

For example, in women, menstrual cycle disorders start to disappear yet they can also begin to cry without any reason. Both of these are results of hormone secretion. The crying helps to continue to release hormones as part of the cleansing process.

This energy is actually doing a tremendous amount of physical, mental, spiritual and emotional cleansing and aligning within a very short time.

Individuals may also notice that they have become more intuitive.

Other possible temporary symptoms include:

- flu-like symptoms - high temperature, sweating, aching bones and joints, etc.
- migraine headaches - severe pain that may not be relieved with painkillers
- occasional diarrhea
- runny nose, sometimes with sneezing that can last for 24 hours
- Dizziness
- heart palpitations
- feeling the whole body vibrate (especially at night when one is in a relaxed state)

- intense muscle spasms often accompanied by pain in the body, often in the back
- tingling in arms, hands, legs or feet
- loss of muscular power in hands (caused by changes in circulation system)
- immune system changes
- lymphatic system changes
- feeling tired or even exhausted from minor exertion
- wanting to sleep longer and more often than normal
- toenails and hair growing quicker than before
- delving into the past - or looking at relationships and gaining sudden clarity on personal issues
- feeling of having experienced a huge purge
- anxiety or an uncomfortable feeling that something is going on but don't know

SUGGESTIONS:

Get your bare feet on the earth for as long as possible

Get your back up against a tree for as long as possible.

Take a bath in Himalayan Pink salt - this helps to ease the emotional responses.

Take a step back, and act as if you're watching this old version of yourself on the theatre stage, and you're seated in the back row, as these feelings and thoughts that you haven't felt or thought about in so long, clear out of your system, wherever they were being held.