

Our Categories



Health Watch

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Perelandra Health Watch

ECONOMIC CRISIS

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In an economic crisis, we will need calmness of mind, creativity and flexibility to address and solve the different challenges the crisis throws our way. We need to make sure we don't freeze in place physically, emotionally or mentally when something happens. For example, if you lose your job, home or business you can't just stand there frozen in place. And you're not going to help yourself or the others around you if you run around in circles in a panic. It's calmness, creativity and flexibility that will move you through the hit and resolve the problems. Here's what I suggest to help you achieve and hold this state of mind and your ability to function.

ESSENCE OF PERELANDRA (EoP)

You may already be taking Essence of Perelandra (EoP) for the support, strength and balance it gives your life generally. Whether you have started working with EoP or not, I'm now suggesting you also focus EoP on the economic crisis and its impact on you specifically. (If you are not currently in or affected by an economic "crisis," but you would like to prepare for a potential recession or downturns in regional, national or international economies, change the wording in the guidelines below from "economic crisis" to "economic instability.")

Step 1.

State: "I'd like to focus this dose of Essence of Perelandra on the current economic crisis and its impact on me physically, mentally and emotionally." (Or state: "I'd like to focus this dose of Essence of Perelandra on the current economic instability and its impact on me physically, mentally and emotionally.") Then take one dose of EoP orally (10 drops) while holding your attention on what you have just stated. Wait 10 seconds before going on to step 2.

Step 2.

Here's where you can get even more specific and shore up different areas of your life from the perspective of the economic crisis. You may focus on any of these suggestions (one at a time) immediately after completing step 1.

- If you own a business, state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis and its impact/effect on my business." (Or state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic instability and its impact/effect on my business.") Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.
- If you wish to add EoP's support, strength and balance to your job/work, state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and its impact/effect on my job/work." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically. (Note: Taking a dose of EoP for this focus includes how the impact of the economic crisis is effecting your ability to do your job.)

- Should you lose your job, state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and my need to find or create a job as soon as possible that will support me through this crisis/instability." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.
- Should you have difficulty paying your mortgage (or lose your home), state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and my need to keep up my mortgage payments (or my need to find a new home as soon as possible)." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.
- If you are a senior citizen and your retirement has just evaporated in a stock market meltdown, or if you're planning to retire soon and concerned about losing your retirement, state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and my need to support myself in retirement." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.
- If you wish to add the support, strength and balance to your immediate family unit, state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and its impact/effect on my immediate family unit." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.
- If you are working with a soil-less garden and wish to add EoP's support, strength and balance to your project from the perspective of the economic crisis or instability and its effect on your project, open your soil-less garden coning and state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and its impact/effect on this soil-less garden." Set up for an N.S. application, place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically. Remember to close your soil-less garden coning when you are finished.

NOTE: Do not try to save the remaining liquid after a shift. That EoP cannot be used again.

For any other specific element or area of your life that you would like to shore up with the strength, support and balance from Essence of Perelandra, first complete step 1, then focus on what you wish to address and state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis/instability and (insert your specific focus) ." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

IMPORTANT: With any area you apply Essence of Perelandra, it is important that you try not to limit any options for getting through problems that might arise. Adding EoP and its unique balance opens things up to a whole new level of possibility. This is where you'll need to be especially creative and flexible. A potential resolution may, at first glance, look really odd to you. But once you put it into place, it may address your problem in ways that surprise and astound you.

How Often Should You Use EoP?

If you use PKTT (the Perelandra Kinesiology Testing Technique), you can test for how often you will need to apply Essence of Perelandra for the step-1 focus and each of the step-2 focuses. If you do not kinesiology test, use your common sense and/or gut feeling. If you sense that any of these areas are weakening or losing their support, strength and balance, just set up and apply EoP again. Always do step 1 before going on to any of the specific focuses in step 2. You don't adversely impact or damage anything if you orally administer or shift an unnecessary dose of EoP. If you are unsure about the need for EoP, just go ahead and take or shift the dose. The only thing you will lose if it's not needed is 10 drops. And you gain a lot if it is needed.

ETS FOR HUMANS

Just listening to the news can be pretty stressful. To maintain calm, creativity and flexibility, it will be important to eliminate the impact of stress. Any time you hear or read something that hits, shocks, surprises or worries you, take a dose of ETS for Humans. During this exceptional time it's

perfectly reasonable to take a dose of ETS once, twice or even three times daily, depending on your situation and how you deal with a major crisis. Remember, your goal is to remain functional. If you tend to want to curl up in a dark closet with your favorite blanket until a crisis blows over, three times daily is the dose for you. If you are the more stoic type, once daily is your dose. Hint: If you are taking one dose of ETS daily and you notice reactions to the stress that is swirling around you, you've underestimated your need for ETS and you need to take more regular daily doses.

Being diligent about taking ETS throughout this crisis will help eliminate that initial hit you take when suddenly faced with something difficult or shocking. This keeps the initial impact from building up inside you and goes a long way in keeping you calm, creative, flexible and functional.

NOTE: If you're in crisis and find yourself debating between having the ETS for Humans you need and maintaining daily support from Perelandra Solutions such as Virus, Bacteria or the MBPs, that may be a time for our Crisis ETS Service.

VIRUS, BACTERIA AND THE MBP BALANCING SOLUTIONS

What you don't want during an economic crisis is medical bills. Working with EoP and ETS will provide daily support to keep you up and going. By adding the Virus, Bacteria and MBP Balancing Solutions, you have even more support. If you can afford it, taking all 15 Solutions daily for strengthening all of your body's systems and microbes is the way to go. However, most of us would need to consider a more cost effective approach. Here's my suggestion: If you can only purchase two bottles, get the Virus and Bacteria Solutions and take both of them daily. If you can add more bottles, also take the Immune and Lymphatic Systems Balancing Solutions daily. And if you can add more bottles, think about what systems in your body tend to demonstrate a weakness. For example: Do you need to strengthen your respiratory system? Does your digestive system go haywire when you're anxious? And so on. Just look at the list of Individual MBP Balancing Solutions on our website and determine which specific bottles would be helpful. Then include taking those additional MBPs daily along with the MBP Immune and Lymphatic Solutions. (Virus and Bacteria would be taken daily at a different time of day.)

HINT: If you are someone who is prone to getting clobbered by stress and its effects, take Immune, Lymphatic and Nervous Solutions TWICE daily along with ETS two or three times daily, depending on your personal need.

PERELANDRA ESSENCES

If you use the Perelandra Essences, I suggest you test them once daily throughout the crisis (even if it lasts a year or two). If you test them daily, you won't need to test for solutions or dosages and this will simplify your testing. Just take one drop of whatever you need each day. The essences will address any residual effects the crisis has on you and further assist you in maintaining strength. And they are a perfect tool to add to the EoP, ETS and Perelandra Solutions during the crisis.

MAP

MAP is a comprehensive medical assistance program that you set up to be used in the comfort of your home — and you don't have to pay a medical bill! If you have not tried MAP, now is the time to consider getting the book or ebook) and jumping into the program. With MAP you have some serious, major medical help right at your fingertips. Besides the book *MAP*, which is required and includes all the steps and instructions, I highly recommend you also purchase a bottle of ETS to be used in conjunction with the program. The ETS is optional but it greatly facilitates the MAP team work.

If you have been using the program, talk to your MAP team about setting up a schedule for regular "economic crisis" appointments. For these sessions you will be focused on all the health issues that arise as a direct result of the crisis and those issues/illnesses that arise during this time as a result of life in general.

PIC: The Perelandra Information Center

PIC (pronounced "pick") is an effective and exceptional approach for working with the Perelandra bottled products for any issue you may be facing. It answers the question, "What Perelandra bottles do I need for addressing (insert your specific issue/concern) well?" For more information about PIC and how to use this approach, [click here](#).

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