

Immunic

plain text basic immunic tutorials



a not for profit
yoga of
immunity

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It would be good at first . . .

We want you to get some hands-on experience with self-immunization. Immunics is not that easy to explain, and not that hard to do.

On our web site www.immunics.org, you can listen to talks right at the beginning. But you know what? It helps to at least first teach yourself how in immunics we test for a confirming signal. Feel your finger react from a force that's not you.

So if you're brand new, read on...

Warmly,
Frances Hora, elder

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Skill 0

Opening caveats / Introduction to confirming signals

Please read this -- It may save your life, or at least save you a lot of trouble.

Don't quit the day job. Your doctor will let you know when it's safe to discontinue her treatments. Put safety first. Do everything that we show you how to do yourself with immunic and everything else that might cure you as well. Do it all. Do immunic, but keep working with your doctor, and stay in complete partnership with him until he tells you that you don't need him anymore.

Doctors are very good judges of when they can safely stop working with you, and they have sophisticated medical tests which we love, because those tests will tell you, and us, when immunic has cured you. And that's when you and we get credit!

Immunic will probably look ridiculous to you when you turn to the first lesson in a moment -- it does to most people when they first see it, even to people who are quite experienced with other forms of yoga. Or you will probably think you already know how to do it -- you'll say it's "muscle testing," Reiki or some other good thing that you are already familiar with or have studied. Bear in mind that we have cured the things that we mention around our web site. Some of us have cured everything that has come at us.

If you can't learn the testing methods that we're showing you in his basic tutorial, but have another testing method that you're already skilled at, **get a password and just start curing your disease.** You cure diseases with the advanced text lessons, audios, and videos. This is a college where you cure yourself of diseases and raise your immune system in the physical, emotional, and spiritual areas. The testing methods we teach here in this plain text tutorial are faster and more direct. But if you do the advanced text lessons using a method you do well already, at some point you will become able to test the way we're showing you.

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Opening caveats / Introduction to confirming signals - cont'd.

Whether you are successful with this or get stuck, AS SOON AS POSSIBLE GAIN ACCESS TO A COMPUTER THAT PLAYS AUDIOS, SO THAT YOU CAN LISTEN TO CURE SHOWS, AND FOLLOW ALONG WITH THEM, LEARNING AS YOU GO -- ESPECIALLY THE ONES THAT ARE ABOUT THE SPECIFIC DISEASE OR DYSFUNCTIONS YOU ARE PLANNING TO CURE. Since this is the only place on our entire web site where we've written something in ugly, all-caps type, this is probably an important point. The kind of information that is conveyed by audios cannot be conveyed by text-- especially when you're listening to people like yourself actually doing this.

For a beginner, hearing another person doing immunic is very important. As you become more advanced, text becomes a more viable way of learning. The lessons in the Advanced Area are far more viable to convey with text than with audio/video, or even audio. Certain types of advanced information however does remain more viable when conveyed by audio, especially lessons that are appropriate in a lecture or story format.

The video tutorials are in certain ways even more effective than the audio cure shows, because of the combination of certain nuances, and most of all an attitude of curing, is conveyed by the interactive combination of visual and auditory expressions. ***Tough cases really need to watch video tutorials.*** There's no substitute for them.

Really, this needs to be on television all day, and everybody needs to know what it is and watch others do it. If this were the case, then it would be possible for most of us to start with the advanced tutorials. You'd come pre-prepared. If you can think of a way to get the networks and news media to pick this up, [please communicate with us immediately.](#) This basic skill you're going to study now is supposed to prepare you to do the advanced work.

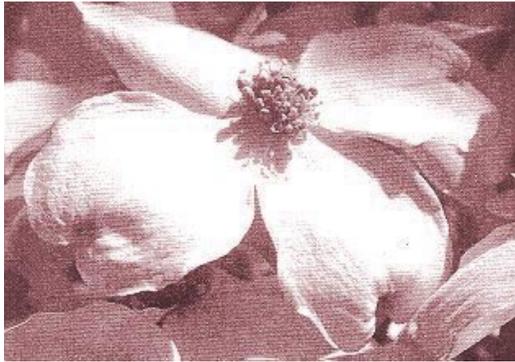
People usually print out this short skill because they're having trouble doing immunic or they want to introduce their friend to it. If you download or print this out, beware that we are always improving it. The very thing that you needed to break you through may have been inserted 15 minutes after you made your print out. Re-print frequently.

Stay in touch with your highest intentions for humanity at all times when embarking upon any kind of cure. The attitude, "I've got to help myself first, then I can help others," is a bad one. If you intend to cure disease or end a dysfunction, it's not time to decide that it's every man for himself -- that will make you sicker.

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If you're done ruminating on these points, [let's get started.](#)

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Skill 0

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lesson Start-up

You're now going to do a series of immunic actions.

Say:  **I am now connecting to my own ability to control my immune system.**

And actually do it. Look for an involuntary signal in your fingers. That tells you that you have done the immunic action. Getting the signal means yes. The absence of a signal means no. The kinds of signals people first experience vary with individuals.

Now, do it again. Say:

 **I am now connecting to my own ability to control my immune system.**

Look for an involuntary signal.

During the Cure Show we usually tell people to simply keep their hands relaxed and focus on them. Some people get a finger twitch or jump, or energy or warmth and their hands. (Experienced Reiki masters often feel a warming of their hands as their signal.) A few have actually noticed one of their toes suddenly move!

Here's an example:



As a Cure Show progresses, this "signal" develops into twitching or moving of one of their fingers, and we encourage this type of signal development.

Now, do it again. Say:

 **I am now connecting to my own ability to control my immune system.**

The signal means that you are receiving an answer/confirmation from an outside source, a "higher intelligence," telling you the action you're doing is accomplished.

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lesson **Start-up - cont'd.**

Does it really matter whether the signals come from a higher intelligence, your own higher intelligence, God, your higher self, your higher bodies, your "natural Knowingness," or your immune system? At this point, at least, not really. First cure something with this, which you'll probably do by the end of this text tutorial, albeit possibly only a minor sense of discomfort, then fine-tune where you're signals are coming from.

People who have been completely paralyzed from the neck down have gotten signals by the hair on their arms standing up. Some people use their eyes: they close their eyes, and when closed eyes feel like blinking, or twitch in the mode of a blink, that's a "yes." But if you're not paralyzed, you should focus on body sensations or movements, and train yourself to have them happen with one of your fingers, or possibly a toe.

The idea here is to work with this higher intelligence to develop a dependable signal that you feel comfortable with. After you receive your first signal, which happens for most people on the first or second time they try -- of course, that's when they're with us on a Cure Show, for you it may take a few more tries -- the absence of the signal means "no"/action not accomplished.

Some people can start out right away getting an obvious signal by hooking their fingers together, as in the picture below. For some people, their finger slips or pops off the other one. For others, the hooked fingers actually move apart.



Some people test by simply placing their fingers together; when the fingers repel each other, that's "yes." When they seem to bind closer together, or lock, that's "no."

Again, your basic statement:



I am now connecting to my own ability to control my immune system.

Is there any difference in you?

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lesson Start-up - cont'd.

Now whether you have, or have not connected yet, test "around" the issues/question. Ask questions like:



Am I slightly more immune now?



Do I feel any different?

That's right, you can second-guess how you actually feel by asking a higher power.

Gil was diagnosed with stage 3 colorectal cancer Halloween 1995. He had a 14" tumor in his sigmoid colon and 7/12 lymph nodes involved. He had surgery, chemo, and radiation as well as many alternative therapies. Despite all that, Gil had a recurrence on his 5th anniversary, a liver tumor. Again, he had surgery removing the tumor and 1/5 his liver, but no chemo. We visited wayimmune, both learned how to access, and worked our butts off for many months. It's been over a year and Gil's liver appears normal and healthy in blood tests, CEA below normal. He is a walking miracle. What a blessing you have communicated to us! We still work hard but rarely find cancer in his bodies. Recently, we were able to remove the radiation and chemo (aftereffects) - which was exciting. I hope this is what you wanted.

- Betsy Greiner, on [Gil's cure show](#)

If you can't connect...

Well, first of all, don't worry. Neither could most of us - and we wrote the site. If you're serious about learning this and you're willing to persevere, you'll connect.

If you can't learn the testing methods that we're showing you in this basic tutorial, but have another testing method that you're already skilled at, **get a password and get started.** These basic skills will come later.

If you've tried a bunch of times and are not getting a signal, that may be because you are "switched." Here's a link to a lesson about "[physical unswitching.](#)" Another way to unswitch is to simply stop trying to do immunic, get away from the computer, take a walk in the forest or through a pleasant neighborhood, and then come back and try again. If you can remember any of the instructions above, you can try during your walk!

Even if you don't experience that you're getting a signal, it's now time to **try some of the immunic actions in the next lesson.**

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lesson Immunic removal actions

If you haven't started getting answers yet, this may be the place where you break through. Sometimes people don't start getting answers until they're in the middle of doing these opening immunic removal actions. You can hear this on the Cure Show -- it happens that way all the time there.

Now test;



All my bodies are free of pathology.

If you don't get yes at first:



I'm removing all pathologies from all of my bodies,

till you test yes on,



All my bodies are free of pathology.

Next;



All my bodies are free of immune dysfunction.

If you don't get yes:



I'm removing all immune dysfunctions from all my bodies,

till you test yes on,



All my bodies are free of immune dysfunction."

You just learned the basic removal skill.

Now;



All my bodies are at full function.

If you don't get yes:



I'm bringing all my bodies to full function,

till you test yes on,



All my bodies are at full function.

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lesson Immunic removal actions cont'd.

There's a new one! You can simply change things. It's not removing, not installing, not even necessarily knowing, but beyond all three. Bringing a body to full function that has not been functioning for possibly eons may be beyond the scope of this basic tutorial (tee hee) but you may also feel a little better after having done that, yes?

Accelerate/extrapolate

You just did a series of immunic actions.

Do you feel any different from when you started? What effect is doing all this having on you? Is there some fundamental difference in you as a result of what you've done so far?

If yes, ask



A difference in attitude or energy? Any new thoughts or insights?

If no difference, test:



Is there a difference that I can't detect.

From here, I'm going to assume that you may be getting answers, but are not necessarily sure whether your answers are right or wrong, or may not be getting answers, but are forging ahead anyway, which is admirable. With immunic, we win by forging ahead.

The art with immunic is not to accept failure, no answer, or "no" for an answer, but to persevere, to pound away to "yes," and to success, and to immunity.

Wasn't what you did above simple? I hope you didn't get the idea that what we've just done is how you cure cancer. What you've just done, though, will certainly prepare you to begin learning how to cure cancer.

Here's the beginning of how you'll cure your disease.

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lesson Here's the beginning of how you'll cure your disease

Curing your disease is beyond the scope of this basic tutorial. That's why we have a Web college. But the "smart rats" -- as an old college professor of mine used to call certain people -- probably already figured out that you could ask;



Do I have still (name of your disease) in any of my bodies?

And if the answer comes back no, you would notice how you feel "without" that disease.

And if the answer comes back yes, you would then do the same thing you did in the previous lesson, but adapted to this question;



I am now removing all (name of my disease) from all my bodies.

Would doing that cure your disease? Probably not -- too general. But if you feel different right now, it might mean that you are completely free of your disease, at least for the moment.

We have a saying, "first you remove it, and then you remove it."

Immunic works very much like Western medicine. Certain people think, when given a medication by their doctor, that they're cured when they feel better. This is why doctors always caution you to take the full regimen prescribed. Within a couple of days of taking a good antibiotic you may be "completely free" of an infection, but if you stop the antibiotic the disease grows back. Immunic is exactly the same. There are a great many other immunic actions that you're going to have to do to terminate virtually any disease then you will find in this basic tutorial -- and they're different for every disease. That's why this Web College is so huge. Curing things is work.

But you already knew that, didn't you? You already knew that curing cancer would require a lot of you. Everybody knows that. At least, though, we're giving you something that's simple and easy. You can do it in your car. You can even do it when you're talking to somebody. And it feels good. Be thankful.

What are the bodies? You learn about them, and about all the pathologies that can be contributing to your condition, and a host of other things, in the advanced area. But you may find that, even though you don't know what bodies you're taking the pathologies out of, or specifically what the pathologies are, that you feel markedly different, just from doing the simple thing we just showed you. It probably won't cure you, but it has definitely improved most of us.

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lesson Here's the beginning of how you'll cure your disease - cont'd.**One more thing:**

If you just tested that you no longer have that disease, be skeptical! Skepticism is very important to the [Scientific Method](#). We want you to approach curing yourself scientifically. If you test there's no more disease there, and you feel completely free of it, enjoy the feeling. And retest that question later. And go on doing this basic tutorial. You're doing great, so push it. The whole trick with learning how to cure things is to push on to the next thing, and not stop when you've had success.

One of the main tricks -- habits -- that you must develop is to simply keep pushing on forward.

Also, God will tease you while you're doing this. God loves to kid around with us. It may seem like kind of a cruel joke to tell you that you're well when you're not, but if you're working hard, and doing your homework, it's not so cruel, isn't? And teasing us as probably just God's Way of befriending us. God may not be, when you get right down to it, much better than the rest of us at social interactions.

During the Cure shows our guests have almost always succeeded in completely removing their diseases in all aspects. If you were to hear, for example, a Cure Show about cytomegalovirus, and hear the woman completely eradicate the virus in all its aspects in the first hour of the show, and express how different she feels, you would get a real, practical sense of how what we're showing you works. That's why we do the Cure Shows -- they document not only our cures, but also how people arrive at them. Listening to [the Cure Shows](#) would give you an overview of how this actually works in nature that's probably just not available from these text lessons, but is certainly available through your own perseverance with doing, and taking further, what you're teaching yourself with these text lessons.

What's next?

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lesson **What's next?**

Well, curing your disease. Diseases are in three areas: physical, emotional, and spiritual. Any disease will have, at least to some extent, components in all three. Accessing all those components is beyond the scope of this basic tutorial. That's why we have a Web college.

Let's just start by asking:



Were any of the things I've accomplished since I began in the spiritual area?

The emotional area?

The physical area?

That's an overview.



Have I removed anything since I started this basic tutorial? (We don't have to find out what that is to know whether or not it happened.)

Have I installed anything?

Have I come into any new knowledge since I started?

Have any of my answers come from God?

That's another overview.



Does this ability come from God?

Do you know what would be good idea? To remember the questions that you've just tested, and retest them as you continue to do the other lessons in this basic tutorial, and when you're doing the advanced tutorials just for the next few weeks, so that you continue to get this kind of overview. Valid answers can come from many sources other than God, such as your immune system, any of your 12 bodies (more about them in your advanced tutorials), physical body organs -- your liver, for example -- spirit guides, your spirit guide, angels, even people.

Sometimes it's actually easier to know how your friends feel about things by asking: How does (name of your friend) feel about this? -- and testing various things that pop into your head.

Isn't this fun?

Now let's check whether or not you're in **the calm clear place.**

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lesson Welcome to the calm, clear place

Your questions are:



Am I now in the calm, clear place?

If you are, stop and enjoy it.

If you get no:



Can I now go to the calm, clear place?

If you get a no, ask:



Is there something I need to do before I got to the calm, clear place?

If you get yes, you'll have to channel what that is. If, for example, you test that you need to use the toilet, you may find that as you sit down on the toilet, you suddenly arrive at the calm, clear place. So then you would retest:



Am I now in the calm, clear place?

If you got a yes when you asked if you could go to the calm, clear place:

Say:



**I will now bring myself to the calm, clear place.
When my finger opens or moves, I am there.**

Have you arrived in the calm, clear place?

Notice how you feel.



**Is there a difference?
Do sounds sound different?
Do objects look different, more beautiful? Cleaner?
Can you smell smells you did not previously perceive?
What's it like to touch something?**

Now test: .



**Is this dependable? Can I depend on myself to go to the calm, clear place
any time I want?
Will I sometimes have to actually remove, install, or know something in order
to get to the calm, clear place?**

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lesson Welcome to the calm, clear place - cont'd.

Now ask:



Am I still in the calm, clear place?

Once you're there, ask:

Am I more:



alert?
 confident?
 powerful?
 relaxed?
 assertive?
 unflappable?
 unstoppable?
 interested?
 involved?
 committed?
 grounded?
 happy?
 creative?
 compassionate?
 silly?
 light-hearted?
 open?



accepting?
 determined?
 strategic?
 trusting?
 timely?
 in the present?
 diplomatic?
 goofy?
 witty?
 flexible?
 real?
 free of stress?
 unattached?
 self-directed?
 bold?
 friendly?
 forward-moving?
 free?



natural?
 spontaneous?
 fast?
 competent?
 inventive?
 objective?
 focused?
 caring?
 in the lead?
 willing to plan?

Do I experience more:



health?
 time?
 wealth?
 love?
 happiness?
 freedom from worry?
 synchronicity?

What we've given you above are examples of how you get to the calm, clear place. It's really a two-step process:

- One, you get yourself there.**
- Two, you notice you're there.**

You hang out there. You see, discover, teach yourself, come to know what it is to be in the calm, clear place. *It really is a place.* When you arrive here, it's unmistakable. Obviously there are degrees of calm and clear. You will find - or anyway we did - that as you RIK, the calm, clear place you are experiencing right now will deepen and expand.

Now, let's look at some of the pitfalls.

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lesson **Some pitfalls**

When you first succeed with immunic your troubles are just beginning. You start to encounter the pitfalls soon after, and keep encountering them throughout the rest of your life. Remember -- the one you're going to fall into isn't on the list we give you.

People usually fall into a pitfall when they encounter something that they don't want to face or change, without realizing that they don't want to face or change it. They think the way they feel is normal, or important to their survival. This is even true of resenting, hating, or/and obsessing, pursuits which many people feel getting well will enable them to become more skilled at.

Every lesson in this by iCollege will, if done proactively, indemnify you against being consumed by your own pitfalls, which await you, and which you brought here with you, and which you have been falling into and trapped by your entire life.

For example, if there's a lesson on installing something, and you need to install it and you don't, that's a pitfall, because if you don't install it and then you need it, bang! You're in the pit. With all those bamboo stakes through your body. Or if there's a lesson on removing something and you need to remove it and don't, suddenly, wham! You're falling, falling, falling through the abyss.

How could we cover the pitfalls in this list? It's impossible. Below are some examples of pitfalls. We're going to assume, from this point on, that you have already trained yourself to test. Since this Web site is so huge, and the amount of written material on it so massive, it is extremely important not to waste time reading things that you do not test to read, or to do. So now just test, are there any pitfalls listed below that I need to find out about. If you get no, go onto the next lesson.

If you get yes, run your finger down the list below, and learn about the pitfalls that you get signals on. If you haven't already gotten a password, you will need one to read about the pitfalls. But, before you read about them, see if you can see specific ways that each one you test on applies to you. When you see a way one applies, actually test if what you see is what you're supposed to know.

Go ahead and do that now. Here's the list:



Thinking you can access what you need to know
Thinking you can - or even should - do it all for yourself
Thinking that what you access is true
Insufficient training for the job



Thinking the disease will stay gone after you've removed it
Stupid ideas about what immunity is
Simple unwillingness to deal with one of the more unpleasant factors
Unwillingness to behave as an immune person

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lesson **Some pitfalls - cont'd.**

Thinking you got it all when you didn't (if it's not specific, it didn't happen)
Assuming that the thing you're doing or using is all you need
Allowing fear to stop you from discovering and acting

Another good way to test the above, if you test yes on one of the things on the list, is to ask, "How many things do I need to know about this?" "More than 10?" And narrow the number down by asking "more then" and "less then" questions. After you get your number, test each thing you come up with, until you either reach your number, or suspect that you don't have to reach it, whereupon you would ask, "have I done enough "need to know" of these for now?"

This is usually a good thing to do when you test to click on a link in this iCollege -- asking yourself a few questions about why you were directed to that link. This will train your intuition, and caused many important discoveries that would not come from simply accessing the link and reading what you come to after doing that.

About 3 years ago I was surfing the net to find information about cancer for my book. I ran across your wayimmune website. I spent my free month learning everything I could. (Boy can I access!!!) I liked what you had to say so I included your website in my book on how to survive. Later on (about a year ago) I went back to your site and I signed up as I wanted to cure myself of allergies. You were right about "one thing leading to another." At the same time my son was in a mental hospital for schizophrenia. So I worked on him. The initial result was it put me into a mental ward. Not your fault. I am bipolar. This has happened before. The final result is that my son has been cleared of his demons. He and I both are back to normal, healed if you will. My allergies are almost gone. The symptoms are much reduced before "accessing" them away. My problem (manic depression) has always been that I latch onto a major problem with no apparent solution. I slip into the supernatural realm where my mind takes off and does not stop thinking about the problem. My mind races until I am ready for another bout in the funny farm. Unfortunately, accessing to cure myself of hay fever sent me way too far into the twilight zone. I am staying away from accessing. Whoever is answering the phone on the other side . . . I cannot get a straight answer from anyone over there. God bless you and the others at wayimmune for your efforts.

- **Jon A. Craig**, author, *A Cancer Survival Plan*
 Publisher's website www.1stbooks.com

This is what it is to work this material: you access a link, test some questions, get some information, go to the page linked, test through that page, ask yourself some questions about the things you test there, and so on, all the way down to a completion, if there is one -- some of these testing threads go on forever.

If you're complete with this lesson, go on now to
the conclusion lesson, where more insights await you.

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Spiritual guidance is not like some spirit makes a choice for you. You make all your choices. You're going to see this real soon. This is fun. You're going to enjoy this.

- Bayard



Skill 0

lesson Conclusion

If you're here, you probably started testing. Congratulations.

Your next step is to get a password. You don't have to donate for a password if you can't afford to. If you can afford to, we expect you to donate at least the usual amount when you get one.

You may be testing that what you've learned in this basic tutorial is all you need to cure what you came in to cure, and feel better already. And you may even have tested that there is nothing in the advanced tutorials that you need. It would be a huge mistake to go with that test. **Remember: don't trust what you test.** We test what we want to hear.

What about if you "lose it?"

In the absence of continuous television coverage that you can absorb this from, get a bunch of your friends together and study it with them especially if you are either having trouble picking up the basics or if you are addressing a life-threatening or crippling ailment. We mean physically, all in the same room. This will create a massive information feedback system that will catapult you to real immunity within days, if you meet every day. Even five or 10 people is sufficient, a few hundred would be better. In a certain sense, the more friends you have, and the more supportive the people are who you hang out with, especially the ones who you love and love you, the more immune you are.

Keep listening to cure shows, and Bayard's audios, and keep doing text lessons -- or trying to. It will come back when you're ready to have it come back. You lost it because there's something wrong with you.

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lesson Conclusion - cont'd.

Persevere, and whether you're doing it or not, whatever is wrong with you will clear up and you'll be able to do it again.

A little note about blocking this ability:

Have you ever given gas to a car when you were to trying to start it, and "flooded" the engine? That, essentially, is parallel with how people block themselves from testing.

If you haven't developed this skill, or aren't sure that you did, try, try again.

The best way to do that might actually be to try, try, try again with some of the advanced lessons, because if you're going to fail, you might as well fail doing advanced stuff as remedial stuff, right? Who knows, you might accidentally cure your disease while you're failing around.

If you haven't succeeded, but got here anyway, I'll give you a few good approaches that will cause you succeed, ultimately:

Get a password and listen to the Cure shows, and watch the entire video tutorial, as many times as you find necessary to begin doing immunic. Let them carry you along without focusing too hard, but keep trying to do immunic every few seconds or minutes.

Get yourself on our e-mail list, and, every time you receive an e-mail from us that gives you something to test, try to test it! Sometimes a specific question will cause a person who was not getting answers to suddenly begin getting them.

Keep trying to do immunic all the time, and especially when you're in relaxing settings such as the forest, or even asleep. Yes, some people actually have their breakthrough -- begin to do immunic -- in their sleep! People sometimes even wake up knowing that they were doing immunic in their sleep without being able to do it when they're wake. But later, within hours or days after those experiences, the ability comes. It was there all the time; they were just blocking it.

Here's a link to [A Compendium Of Testing Techniques](#) (in appendix) that we have compiled over the years.

Soon after you get your password, go to be "warnings" page that is linked to the navigation bar at the top of every page and test through the list of pages that constitute warnings.

If you need a warning, that's the place to get one. Then begin doing proactive immunic.

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lesson Conclusion - cont'd.

Stop asking what you need to do and ask what it would be good to do, or even what you might enjoy doing. Notice the word "might" enjoy. No guarantees. The more proactive immunic you do, the more immune you will become. The writer of this particular sentence hasn't just avoided having a cold or flu for the past 10 years because I noticed them coming and nipped them in the bud before they started -- I haven't even had to nip one in the bud more than three times in the last 10 years, and I used to get three or four a year.



The specific way that you do proactive immunic, or at least one of the very basic ways, is what we call "list testing."

It involves -- you guessed it! -- finding any kind of list and testing through it to find specific immunic actions to do, things to remove and install, or things that you need to know, and then going to conclusion with those "RIK's." The main and most essential list in this iCollege is called the "hub." You get to it from any navigation bar on any page, or by logging in when you arrive. Set a bookmark on the hub. It's the starting place for most threads you'll need to follow.

List testing can also be done in bookstores; you can test which rack, which shelf, which book. It can be done in books -- start with the table of contents; test which chapter, which page, which paragraph. Some people test directions with it when they're lost driving. You can test restaurants, doctors of acupuncture, or anything else in the phone book. Please don't test complete strangers, call them, and tell them you don't know why you're calling but you tested to -- you'll embarrass us!

Remember: list testing will get you to what to do, buy, use, or know. But once you find the thing that the list testing leads you to, you then have to test how to use it, what to do with it after you've bought it, or take whatever lesson you test to from the hub to do its completion. You need follow through.

Let's put it this way:

In using this Web college is like matriculating at any other college. You are learning about, applying,

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lesson Conclusion - cont'd.

and testing, the discoveries that other great scholars of immunic have provided in order to discover, create, and pass on your own. This is why we call you a "colleague." It's not just a stupid jargon term. We intend for you to be, and expect you to be, one. If you do not become a colleague of ours in the truest sense, you will not only have let us down, you will have let down everyone who would have benefited from your scholarly pursuits. And those people make up all of all of our posterity.

There's a reason why we call this a college. That wasn't just a high-falutin' way of selling you a program. It is one.

Here's a little quote from an e-mail that Frannie wrote to someone who was just starting, as you are:

The disease removal for cancer is similar to the pathology removal. Find if it is in the 12 higher bodies, which specific body, and remove it. Keep doing it whenever you think to do it.

I find also that if I just connect to the harmonic, that I feel a major change in my body. I do this by just saying I am connecting to the harmonic and when my fingers pop open, I am. It usually feels as if it is all unclenching and relaxing. In one of the cure shows with Gil, he said that was what he did constantly. His tumors would shrink if he just did that all the time. I then can let light and energy into my physical body and even position where it goes in and out.

I hope that this helps you.



- Frances Hora

Now, forward, into the unknown!

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Appendix

A Compendium Of Testing Techniques

Be warned -- most of these are very cumbersome. If you have not started yet, one of them might break you through -- sometimes when people try something different, they break through, so this could work for you. Just remember that the simple, easy way is to train yourself to get a short, quick signal, without having to use two hands, some awkward body posture, close your eyes, or a clunky gadget.

We also included these other testing techniques because we thought they might be of interest to immunicis historians (tee hee). Even though we are serious and these might be helpful, we could hardly keep from laughing at how some of these may sound.

- 1) Rub your fingers together - smooth is no, grainy is yes.
- 2) Make a circle with the thumb and index finger (or any other, if the index finger feels too strong) of your non-dominant hand. Hold these two fingers firmly together. Use the thumb and index finger of your dominant hand as a "beak," which you insert into the hole and then try to open it up.
- 3) Make a circle (as above). Make a hook with the index finger of your other hand. Place it in the circle and pull where the two fingers meet to see if you can separate them. Make a circle (as above). Join the thumb and index finger of your other hand inside that circle to create a figure eight. Pull apart where the fingers join. Hold your index finger out straight and strong. Use the middle finger of the same hand to push down on it just behind the nail.
- 4) Make a circle (as above), using only the amount of strength it would take to hold a piece of paper. Take the index finger of your other hand, put it in the circle, and knock it from side to side or up and down, as if trying to get out of the circle.
- 5) Use Hand Muscle Exercise Grippers or small gripper clamps from a hardware store (much cheaper). Battery cable clamps may also be used. Find one that has the right amount of tension.
- 6) Hold your arm out to your side, parallel to the floor, no fist. Have a partner press down, just behind the wrist. Hold your arm out in front of you, parallel to the floor, no fist. Have a partner press down, just behind the wrist. This one can also be used as a self energy test.
- 7) Hold your arm next to your body with thumb next to thigh. Have a partner pull out at wrist. This one is especially good for testing substance sensitivities. Lift something heavy. Try lifting a gallon of water from the floor with straight arm and slowly lifting it out to the side, or use your little finger to lift a chair or footstool. You need enough weight to challenge, but not strain, the muscle. The difference between yes and no should be dramatic.
- 8) Put your arm on a table as if to hand wrestle. Have your partner sit opposite you and pull down on the arm as if it's a slot machine.
- 9) Sit and hold a leg out in front of you. Have a partner press down on the ankle. Cross one ankle over the other knee. With your hand, push your ankle away from your body by pushing on the heel.

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Appendix - cont'd.

- 10) Say you want smooth to be "yes" and sticky to be "no." Rub your palms together, saying "Give me a yes?." And then "Give me a no." This is usually dramatic when it works.
- 11) Say you want smooth to be "yes" and sticky to be "no." Rub the end of your index finger in one direction over your thumb nail.
- 12) Say you want smooth to be "yes" and sticky to be "no." Rub a plastic credit card.
- 13) Set your hand on a surface where it can be relaxed. Your finger(s) moving is a signal to tell you "yes." Wait. It will move one finger involuntarily for yes. Thank it and ask it to repeat the "yes" signal. Wait. Thank it and ask it for a signal with another finger to signify "no." Ask subconscious mind to repeat it, give thanks.
- 14) You can also find fingers for "don't know" and "don't want to say." Set hand on a flat surface. Ask for a "yes" and raise your index finger slowly off the surface. Don't force it. Ask for a "no" and do the same with the same finger. "Yes" will rise higher. Ask you head to nod ever so slightly up and down for a "yes" and ever so slightly back and forth for a "no."
- 15) Ask your head to nod ever so slightly forward for a yes, and tilt ever so slightly backward for a no.
- 16) Standing with your feet together, say my body leaning forward is yes and backward for no. This one can be used to test substances by putting them up against your stomach.
- 17) Choose one color for "yes" and another for "no." Close your eyes and see what color is there. Or choose a face of someone you love for "yes" and the face of someone you dislike for "no."
- 18) Choose one hand hot for "yes" and the other cold for "no." Use relative heaviness of a limb to distinguish "yes" from "no." You can hold them out in front of you.
- 19) Choose one hand to tingle for "yes" and the other to tingle for "no." Listen to your body and feel what it says, weak or strong. Notice where it speaks to you.
- 20) Choose a sound for "yes" and another sound for "no." Any sound works--buzzer, bell, hum, squeak, etc.
- 21) Choose a tune or song for yes and another for no.
- 22) This can be done with a crystal on a chain, but people may think you're into that weird "New Age" stuff. Just tie a string or thread 5-6" long to a Life Saver, one of the larger ones that comes individually wrapped. Hold the end of the string very still in front of your body. Ask subconscious mind to show you a "yes" or tell it what you want a "yes" to be. Back and forth away from body is like nodding your head "yes." Back and forth sideways is like shaking your head "no." Or if you let it do its thing, it may circle one way for "yes" and another for "no." You can draw a half circle with pie-shaped sections in it and fill in the sections with different choices in each section. Hold the Life Saver over the center of the half-pie and let it rip. (If you don't like this method you can eat the Life Saver!)
- 23) If you don't have the use of your fingers, as in the case of the ALS (Lou Gehrig's disease) sufferer quoted below, perhaps the CCP itself can be your YES/NO indicator.

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Appendix - cont'd.

When I began to study this I really did not know what I was about to do with the Harmonic. I was uncertain about how to "test" because of my paralysis. I thought maybe I could use the opening of my mouth or jaw movements but that wasn't successful. So I continued to read and read the web site and one night when I was resting and able to be still I tried to connect to the Calm Clear Place. I found that I could do that. I could take myself to that calm, clear place.

One day while I was resting in my easy chair, I realized that for a moment while I was in the state (Calm, Clear Place), all of my muscle twitching stopped. I was in a state of complete relaxation... I was mentally agile... yet not dreaming or thinking about anything. So I continue to try to recreate that experience. It has become my way to be - my testing state. Whenever I wake up at night... or in the early morning... I try to keep my mind and body focused in the same way as that state - I try to "program" and train my body to remember it. I've found out that if I think about trying to "stop muscle twitching" the distraction of "trying" to be aware of the muscle twitching stops the relaxation and the twitching returns. I read an email about brain waves and noticed that when I'm in my harmonic state - my calm clear place - I am asymptomatic and I am having theta brain waves. Once I discovered that, I became able to focus even more because I had some intellectual understanding about what was happening ... what I was doing with my body.

A bottom line conclusion I've realized - as a recommendation to others with paralysis or trouble connecting or doing Harmonic testing - is to remember to take time at the beginning and know this as a learning process. Although your disability may not be paralysis, nevertheless you may discover what I discovered - that simply by continuing to read the web pages, merely by absorbing the info on the pages, your mind will go to work on it all and without a lot of effort, your mind will make progress. The mere harmonious processing of the knowledge of the mind enables the skill to connect to begin to manifest itself, spontaneously, hundredth monkey style. I noticed that the more often I personally take myself into the state of being asymptomatic, my will power kicks in and I notice that I am asymptomatic without even trying. That is the more consciously I practice my connection (accessing) skill, the more unconsciously I'm in the state of my own with no work or trying.



*Love in collegueship,
- Bryan Masters*

Bryan masters, a sufferer of ALS (Lou Gehrig's disease). He took accessing to a new level because, since his body was paralyzed, he was forced to originate new accessing methods.

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Appendix - cont'd.

Or, perhaps you have some physical sensation like the following:

Right after my near death experience, I started hearing a humming sound in my ears, like a high pitched buzzing noise. Initially I thought something was wrong with my ears, so I went to a specialist who couldn't find anything wrong. After hearing this for two years, I realized that the humming was an indication that the angels were around and that it was a way for them to communicate with me. At certain times I would hear it only in my left ear, which I now know means that somebody is lying to me or I shouldn't do something. When I hear it in both ears it means a positive affirmation. It's like a yes and no communication.

- Donna Terody, angel visionary artist
<http://www.angelvisions.com>

Hello Greg and friends - I want to thank you for your trust and allowing my access to your knowledge, which I am finding quite inspiring as well as practical. There is so much to connect with and use... so I want to get on with it. The question - I find that the basic harmonic accessing skill works for me but in a very different way than fingers opening. I get a burst of energy in my spine which makes my upper body do a quick twist or sometimes a rapid series of twists left to right. I am understanding this to be a "YES". No motion or twist is understood as a "NO". At times, I feel the energy but no twisting, but mostly there is a pronounced movement when I ask and get a response. Is this OK?

-Yes!, anonymous

***Immunic** is the conscious, immediate, and intentional control of the physiological and psychological aspects of your immune system and the use of your control to do methodical immunological actions that effect cure.*

- Robert Casola, D.O.