

---

# AUTOIMMUNE-ALLERGY RESCUE REMEDY MP3

---

## TOLPAKAN™ Healing Directives

The healing process is like peeling back an onion. Deeper layers are revealed with each healing. In this TOLPAKAN healing, we will be healing another layer of your autoimmune, allergy or multiple chemical sensitivities.

As you hear the TKH directives, you can imagine light and energy flowing into all parts of you, cleaning, clearing and restoring. Feel free to visualize. Your creativity makes the process deeper and more efficient.

So let's begin!

***“It's now commanded that all causes of autoimmunity, allergy or MCS, in this or any other timeline where you exist, be healed and resolved in the highest and best way with ease and grace. That includes physical, mental, emotional, energetic, spiritual, dimensional or any other reason that can be healed now. If there is anything blocking this healing, it's commanded that this block be resolved now too..***

***“It's now commanded that all autoimmune antibodies, receptors, inflammatory molecules including cytokines, histamine, paracrines, fibrin that aren't necessary for optimal health, be now dissolved and uncreated, and anything preventing this, be healed too..***

***“It's now commanded that the autoimmune score and pathological inflammation score be lowered to a 0 on a ten point scale or as low as is allowed and possible for the highest good***



*Karen Kam*<sup>M.D.</sup>  
HARNESS YOUR SUPERPOWERS

*“It’s now commanded that the microbiome be healed and balanced and the gut lining sealed and restored to 100% healthy and intact...and the energies of any probiotics needed downloaded*

*“It’s now commanded that your sensitivity be turned down to as close to a 0 on the ten point scale as possible...and your reactivity be turned down to a 0*

*“It’s now commanded that all parts of you, physical, mental, emotional, energetic, spiritual, dimensional be made sovereign and your boundaries restored to 100% intact and health, whether awake or asleep, and in relationship to everything and anything in the infiniverse, in all timelines where you exist...*

*“It’s now commanded that any energetic responses that are not necessary from any timeline be deleted and ignored if not appropriate for this timeline..*

*“It’s now commanded that all available Resiliency Codes be downloaded and activated in you, including resiliency to whatever you have previously been sensitive, reactive or intolerant to, including things like toxins, gluten, sugar, spices, glyphosate, heavy metals, pathogens, chemicals, dairy, soy and other legumes, nuts, fumes, smells, gases, loud sounds, bright lights, coarse fabrics, the elements (such as wind, cold, damp, dry, heat and summer heat), negative emotions, storms, EMF radiation, ascension upgrades, mass consciousness detoxifying etc. just to name a few...*

*“It is now commanded that every cell’s membrane be restored to optimal health and balance, and all biofilm and debris physically, mentally, emotionally, energetically spiritually, dimensionally due to the healing process or other processes be dissolved and uncreated.*

*“It is now commanded that your body’s cells be able to absorb, process, utilize and assimilate water, minerals and other nutrients with optimal efficiency now and with each ascension upgrade...*

*“It’s now commanded that this healing be reflected in all timelines where you exist in all directions of time with ease, speed and grace. Thank you”*



*Karen Kam*<sup>M.D.</sup>  
HARNESS YOUR SUPERPOWERS