



Metabolic, Vibrational Rate, Frequency Generator and EFT by Alister Bredee

It occurred to me that if you can crank up your metabolic rate by using EFT, why can't it be possible to do the same thing with vibrational rate. It seems that specific diseases have specific vibrational rates. Therefore if we increase the vibrational rate we vibrate at a higher rate than the disease itself and thus it cannot exist for us.

Begin by discerning your vibratory rate with 100% being the highest possible rate for you at this time. You can use intuition, a pendulum or the sticky smooth finger rubbing technique

Next I go to the set-up phrase (adapted from Silvia)

"Even though my body vibrates at only XX%. I deeply and profoundly accept my body just as it is, don't I?" Whilst repeating the set-up three times be sure to tap the upper lip.

Then do a round of EFT being sure to tap on the Eye-brow, Side of Eye, Under Eye, Upper Lip, Lower Lip, Collarbone, Underarm, Underbreast and finally on the top of the head.

Next we move to the second set-up which is:

"I now release everything that slows my body's vibrational rate down and I profoundly and deeply accept my body don't I?" Tap on the Upper lip or rub the sore spots adjacent to the collar bone whilst repeating the phrase three times.

Then tap on the previously mentioned spots using; "slows my vibrational rate" as a reminder phrase." In my case it rose to 59%. I don't accept it will rise to 100% because that will mean one has ascended and I don't think that has happened yet.

The **third step** is another set-up:

"I now repair everything that slows my vibrational rate down because I deeply and profoundly accept myself as I am, don't I?"

Say the phrase three times whilst tapping the upper lip. Then tap on the points using "repair everything" as the reminder phrase. The trick then is to monitor the rate on a daily basis. Perhaps you will notice the things in your life that tend to decrease it. However, one just taps on this formula to bring it right back up again.

EFT and Frequency Generator

Following on from Silvia Hartmann's protocol on raising the metabolic rate, and Hulda Clark's book: "The Cure For All Diseases" (that parasites and pollutants cause diseases). Clarke believes the worst parasite is "Fasciolopsis buskii" (the flatworm). Clark says she has found it present in every case of cancer, HIV, Alzheimer's, Crohn's disease, Kaposi Sarcoma, endometriosis she has ever seen. She has found that to kill these creatures she needs to use a frequency generator, which generates a frequency of 434 KHZ for three minutes.

The **set-up phrase** for this becomes.

"Even though I have flukes, my body now sets up a frequency of 434 KHZ because I choose to rid myself of them and I deserve much better health, and more energy don't I?" The tapping spot for the set-up is GV 27 once again. Do a round of tapping whilst repeating "434 KHZ". I found you have to tap all points and the procedure needs to last for approximately three minutes. Muscle testing revealed I had killed all the flukes, and this was linked to an emergency visit to the loo, which lent further credence to the notion. In the meantime my vibratory rate rose to an amazing 84% of full potential which is indeed a far cry from the 27% of a couple of nights ago. As parasites lay eggs, it will be necessary to repeat the procedure on a weekly basis to maintain the all clear.

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