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Spontaneous Healings and  
Coping Devices to Enhance ADHD/FAS **Abilities**

I was gifted with a little five month old baby boy named Nathan in 1991, through the Fostercare System in San Francisco, California. I knew he had been termed a "special needs baby" because his mother had been homeless and living on the streets in San Francisco, but since I had worked with "autistic" and "mentally challenged" children for awhile I felt that nurture would win out over nature.

His development as an infant was quite (un)remarkable (except for bouts of ear infections eventually resolved by a homeopathic doctor). I will spare you the rest of the gruesome details after he started having "trouble" in his private school in the second grade, but after years of trying to help him cope with his school and eventually social "difficulties" which appeared to stem from "cognitive" differences in his brain, I had to "let him go" and try whatever would work for himself.

At about 8 years old I thought he possibly had Fetal Alcohol Syndrome which is defined by the following aspects which could be present in a child's behavior: 1, Acts before he thinks; 2. Unable to comprehend how their behavior relates to consequences; 3. is unaware of universal laws of nature such as cause and effect; and 4. are void of the normal sequential learning abilities in reasoning, judgment and memory. It was a time in our history when FAS was not considered a viable "syndrome" so it could not be an "official" diagnosis.

I never had a lot of "trouble" with him at home but school was another matter. He was kicked out of two private schools and the public schools didn't know what to do with him either.

I was able to give him experiences in several healing modalities (like psychotherapy at Langley-Porter, a weekly psychotherapy session with a social worker, looked into biofeedback but was told it would not be good for him, bought the Voyager XL with sound and lights, did a lot of research through HeatMath and, of course, my own Reiki treatments. The wonderful part of this whole scenario is that Nathan was (and is) an amazing child. He always loved our dogs (and his bearded dragon). He was creative and "thought outside the box" on just about everything. He has always been completely infatuated with life.

Today Nathan is a highly functioning 22 year old who, I believe, did his own self healing by a near death experience, followed by serving on the front lines of Afghanistan. However, I don't think this "disease" was ever a disease at all. It was a difference. A difference that, I believe, should have been celebrated instead of being put in a box of "defiant behavior, will always follow the lowest kid on the totem pole, et al."

For the purposes of this "healing session" I am going to go back in time (but bring back my knowledge of EEG biofeedback, Bio-Voice analysis and sound healing) and design a session for him at the age of 18.

In my own personal preparation before this session I would start with participating in my three favorite guided meditations: Drunvalo Melchizedek's Merkaba, and The Unity Beneath and Patricia Cota Robles' Emerald Green/Violet Flame of Transmutation meditations. I then set up the room with muted light and soft warm colors. For Nathan's comfort (being quite a defiant teenage) my treatment room would have an office-like appearance with a desk, two comfortable chairs, and a comfortable, inviting couch with lots of pillows. The room is uncluttered, with clean lines and little to distract. Before he arrives, I call in (and ask for assistance by) my healing angels and all other divine beings to assist me in helping to bring in whatever is the highest good for Nathan and myself during the upcoming session.

About a week before the session I have Nathan fill out and return a questionnaire. Some of the information gleaned from this questionnaire are things like his different music preferences; i.e. which ones make him feel all warm and cozy and which music makes him feel excited and energized. It also asks questions about his food preferences; i.e. which make him feel all warm and cozy inside and which ones make him feel energized and jazzed! There are also other questions pertaining to what his feelings are on his "condition" and what he feels has helped him in the past to cope with his lack of connection between cause and effect, et al.

I meet him at the door (I am not his mother in this scenario, but a sound therapist) and ask him to make himself comfortable while I go and get some tea and cookies (raw).

Q: Welcome Nathan. I'm so glad you have taken the time out to come and see if we, as a team can assist you in better coping with your everyday reality. Do you have any questions you would like to ask me about this session before we begin?"

A: No, I don't think so. I have tried many things and I don't understand what this EEG biofeedback and Sound Healing is all about but I'm willing to try anything. Is it okay if I ask questions as we go along?

Q: Yes, in fact I want you to ask as many questions as you can think of. I also invite you to, during this session, look within yourself a little more than usual; to tune in to how your body is feeling on the inside as well as the outside. What is your breath doing? How does your stomach, heart, brain or anything else feel during the different parts of the session? In this discovery process I would like to assist you in your own discovery of what makes you feel better

externally and internally; to assist in making the general flow of information and energy in your body as coherent, energized yet still and relaxed tempo.

The first thing I am going to do is give you two paragraphs of reading material. It happens to be about the EEG biofeedback process. For this process you will be wearing headphones and I will be playing different sounds into your ears while you are reading these two paragraphs (twelve sets of paragraphs). This is called a frequency sweep because each of the twelve little pieces will be slightly different from each other in tone.

After reading each section (for about 1 1/2 minutes) I will turn off the music and ask you to tell me what you remember about the two paragraphs. Thus, we will have twelve short listening and reading periods followed by a short reiteration to me about what you just read. Does that make sense?

A: Yes, so I don't have to do any writing, I just need to read and then spit back what I remember, right?

Q: Yes, perfect. I also encourage you to relax since there is no right or wrong answer to this process. It's all in fun to help you understand how your body works. So let's begin:

\* \* \*

See attached summarized article

Q: From this data I will decipher which root note was the most cohesive and focusing for you. I will then make a "homework" CD for him with the Fleur d'Eglise played in this key on the piano, played in the beta range, maybe with some binaural entraining involved.

Q; Finally, I am putting you through the same Bio-Voice procedure that I did in class in order to decipher your "energy level" and the colors and/or frequencies that you need to keep your energy flowing. I give you these items as part of your homework before our next session.

Q: Finally I wonder if you would like a Reiki Treatment on the sound table while I play your new CD? This will help you just to mellow out or chill out and relax.

Q: In conclusion, I would like your feedback as to how everything felt (which I would also be asking all along) and if you have any further questions. I advise Nathan that, in my opinion, he could benefit from 4 possible sessions bi-monthly while he does the homework in between the sessions. I also silently thank all those forces that have assisted us in this session.

The reason why I started the title of this paper as "Spontaneous Healings" was because I have come to believe that these children coming into the earth plane now have extra capabilities to transmute their DNA to take the toxic environment that we have created on this beautiful earth. In retrospect Nathan showed, at the age of five months, all the signs of having a

"mental difference" which influenced how he interacted with his environment. He was born hydrocephalic. whatever that means. and exhibited drug withdrawals the first month of his life. He made no eye contact and "appeared depressed" according to a message therapist who visited Florence Crittenton where Nathan had been placed at 5 months in order to reunite with his Mom (which never happened).

Through the years as a foster mom, which adds up to about 22 years now, I have experienced first hand in the fostercare system, children who most likely had a mother infected with AIDS or tuberculosis and the child never develops it. To me, this is the supreme intelligence of our human systems making adjustments for an already polluted earth. There are many children on this planet who can see with their entire bodies (i.e., their hands, feet, third eye, et al.). These children appear to be living in their Merkaba's or their fifth dimensional solar light bodies, which makes it a bit harder to communicate (or even want to communicate) with those of us already on this planet. but that is my personal opinion.

I, myself, have created antibodies in my body to fight off a case of tuberculosis which it appears I contracted after 2004. I have no idea how I healed myself of this disease since I was extremely ill from November of 2011 to May of 2013. After western medicine could not help me, I did every alternative medicine available and got off of all western medicine prescriptions (since they appeared to be making me worse instead of better). Today I feel better than I have in several years and hope that will continue so I can spend some more time with these amazing children as their Foster Mom (or Grandma).

