

## INTENTIONS TO UPGRADE THE IMMUNE SYSTEM

Mary “Mo” Wheeler ©2006, Revised 2016, 2017 with Merrill Cook,  
Rebecca Gurland, Peter Champoux and Jean McDonald

### DISCLAIMER AND BACKGROUND

*The work that follows is not intended as medical advice or to treat illness and is not a substitute for professional medical advice and care. It is a supportive and integrative energy-based system that is complementary to treatment by a licensed health care provider. No representations or warranties, express or implied, are made with respect to accuracy, completeness or suitability. We will not be liable for any direct, indirect, consequential, special, exemplary or other damages arising from the use of this information.*

*Mary “Mo” Wheeler, Ph.D. is founder of Energy Healing Partners, Inc., a 501(c)(3) non-profit organization. Mo is an ordained minister, retired psychologist and university professor. Her approach to improving health uses energy based modalities and co-creating with a Higher Power to supplement the expertise of the medical profession.*

*Federal and state laws require that all medical advice can only come from a licensed medical physician. Although Mo has an extensive background in psychology and was a licensed psychologist for 23 years, she is no longer working in that role; she is not a physician and cannot diagnose, treat or cure any disease. Mo is bringing new information and insight in the spiritual dimension, as well as her gift of using sound to amplify the results of prayer—supporting the body and mind to heal itself. She is aided by a team of volunteers as well as higher powers that neither can be seen nor verified by any conventional means.*

One day when Mo’s grandson was a teenager, he approached her rather secretly in the hallway and said, “Grammo, what *is it* that you do?”

Mo smiled with appreciation and replied quietly, “Well, I work with a group of people doing a type of prayer work for the planet. We work out ways to ask Higher Power for what is needed and then we amplify the asking with energy work, kind of like praying. “Oh.” He seemed satisfied. We hope you are too. If not, please ask!

### UPGRADING YOUR IMMUNE SYSTEM WITH ONLY TWO STATEMENTS OF INTENTION\*

*“I want irrefutable M∞Os.”*

*“I want the immune system upgraded.”*

*\*The complete list of intentions is not included here because it has become over 70 statements long, is very complex, and may have additional changes. Using the short form above will accomplish the same goal, with the updates included.*

## WORKING WITH INTENTION STATEMENTS

Mary “Mo” Wheeler 2014

1. Balance Energy with the “*Less-Than-A-Minute*” Clarity Steps. (See <http://www.healingforearth.com>.)
2. Identify Biosphere Disturbances - We all have at least one guide who has always been there—our Higher Self...and more. It is important to address all questions about biosphere disturbances to this guide. Otherwise, the intentions will go to your conscious mind. The biosphere disturbing energies are very good at deceiving and can bypass your conscious mind by accessing you in your sleep or when you are dissociated (in a trance state). You need to double check your answer by asking your Guide Who Is Always There if it is the truth using these exact words:

“Guide Who Is Always There, are there biosphere disturbances affecting the energy field or the surroundings into infinity? Guide Who Is Always There, is it absolutely 100% true?”

Other intention statements can be addressed to your conscious mind without concern.

3. Resolve Any Biosphere Disturbances - There are many ways to clear biosphere disturbances. We suggest using the charts or lists in the book, *What’s Going On? Maintaining the Integrity of Your Energy Field*, Wheeler, 2015, available on line for sale or as a free download at <http://www.healingforearth.com/training.html> or [www.dowsers.org](http://www.dowsers.org). We suggest downloading Parts 1-3 and 5-7 as a way to start. Part 4 of the book is designed to be used as a resource.
4. Create a statement of intention. To be most effective, begin with the words, “I want....” The “I” is the universal One. Ask guidance if they want more words, less words, or different words until the wording is accepted.
5. Ask Permission Questions - “Can I...? May I...? Should I manifest this intention?” If the answer to one of these questions is *no*, you will need to ask more questions to find out what is going on.
6. Ask what you need to do to manifest the intention. We suggest using a chart or list to determine the answer. It could be anything in your repertoire--or just ask!

**Below are suggestions, with deep gratitude to the founders of several wonderful energy psychology techniques (and with apologies for adapting their methods).**

### **Using Mo Wheeler’s dowsing/divining technique**

I adapt everything I learn using my own guidance. I believe the set up provided above (steps 1-6) does more than accomplish what other methods include as preparatory work. I trained in and used many of the energy psychology techniques and found they all had slightly different things to offer. I ended up including them on a “Where Do I Start?” dowsing chart and asking guidance to tell me what was most appropriate for what I was doing. I also have “Referral” on my chart and that usually directs me to a particular guide to ask for help. Most of the time, I say, “Just ask?” and get a *yes* response. With my Modian energy, intention statements are always followed by guided breathing or sounding. If nothing happens, I know it’s not exactly what guidance wants and ask more questions. Be sure to ask permission questions for whatever you do!

### **Using a short version of Fred Gallo’s Negative Affect Erasing Method (NAEM)**

The Negative Affect Erasing Method (NAEM) is an energy psychology technique created by Fred P. Gallo (1999). A simple version is to say the statement of intention and then gently tap the following points for about fifteen seconds each: the center of your forehead, just below the nose, just below the mouth and the upper center of your chest.

### **Using an adapted version of Larry Nims’ Instant BSFF**

Larry Nims (1998) developed an energy psychology method called Be Set Free Fast and then shortened the technique to an “instant” variety. The short version is all you really need, and we have adapted it for our purpose. You set up a cue for your guides to know you are asking for their help. Because you have free will, they cannot help you unless you ask. The cue can be a word (for example, “Guidance”), a phrase (for example, “Please help”), an action (for example, a sigh or a hand movement), a sound (for example “uh”), or just about anything they agree to respond to. Ask if your guides agree to this statement: “When I \_\_\_\_\_ (insert cue), I want you to completely and permanently manifest whatever I ask for.” Then ask, “Do you agree to do this?” When you have a statement they agree to, you have installed a program for automatic healing of intention statements. Just say the statement and then give your cue. For example, you might say, “I want the immune system upgraded using the *Intentions to Upgrade the Immune System*. Guidance.” Following this with a pause or deep breath gives you a chance to notice your guides responding.

### **Using Gary Craig’s Emotional Freedom Technique (or a spin-off of it)**

This technique is readily available at [www.emofree.com](http://www.emofree.com). Read Gary’s comments on spin-off techniques and then try this one: I would just say the intention statement while tapping each of the EFT points.