

The latent illness list

Out of session, look over the list below and cross out any of the **BOLD** words that you don't recognise. Word clear others that you do recognise but are uncertain about.

In a solo session, with one can per hand, direct your attention to your whole body and say the question **out loud**. If the question reads then find the location of the entity responsible and handle it using the Valence Process.

In the next session it is better to re-check the list from the beginning, but you can just re-check the last reading question if re-checking the whole list becomes tiresome.

- 1) an entity being a **COLD** or **FLU**?
- 2) an entity being a **COUGH** or **COUGHING**?
- 3) an entity being **BALD**, **BALDING** or **BALDNESS**?
- 4) an entity being **ROT** or **ROTTING**?
- 5) an entity being **INFLAMED** or **INFLAMMATION**?
- 6) an entity being **INFECTIOUS** or an **INFECTION**?
- 7) an entity being **TIRED** or **TIREDNESS**?
- 8) an entity being **WEAK** or **WEAKNESS**?
- 9) an entity being **SICK** or **SICKLY**?
- 10) an entity being **DEAF** or **DEAFNESS**?
- 11) an entity being **ILL** or **ILLNESS**?
- 12) an entity being **INSOMNIA**?
- 13) an entity being **MAD** or **MADNESS**?
- 14) an entity being **INSANE** or **INSANITY**?
- 15) an entity being **INCONTINENT** or **INCONTINENCE**?
- 16) an entity being **OBESE** or **OBESITY**?
- 17) an entity being a **HEADACHE** or **MIGRAINE**?
- 18) an entity being **DISEASE** or **DISEASED**?
- 19) an entity being **ARTHRITIC** or **ARTHRITIS**?
- 20) an entity being **AGING** or **AGED**?
- 21) an entity being **OLD** or **ELDERLY**?
- 22) an entity being **IMPOTENCE** or **IMPOTENT**?
- 23) an entity being **CANCEROUS** or **CANCER**?
- 24) an entity being a **GERM** or a **VIRUS**?
- 25) an entity being a **CATARACT**?
- 26) an entity being **BLIND** or **BLINDNESS**?
- 27) an entity being a **HEART ATTACK**?
- 28) an entity being a **STROKE** or a **BLOOD CLOT**?
- 29) an entity being **DEATH**, **DEAD** or **DYING**?