

SoulArt Allergy Identification Questions

◇ Foundational Inquiry ◇

- Is this allergy primarily physical, emotional, energetic, or ancestral?
- Is the response immediate, delayed, or cumulative over time?
- Is the sensitivity caused by an overload, trauma, toxicity, or imbalance?
- Is this reaction protective, inherited, or stored in the subconscious mind?
- Does this allergy affect my digestion, breathing, skin, hormones, or emotions?

◇ Food-Based Sensitivities ◇

- Is my body reacting to a specific food group? (e.g. dairy, grains, protein, fruits, vegetables)
- Is gluten, casein, or lectin involved?
- Is this allergy related to poor digestion or gut permeability?
- Is my liver, pancreas, or stomach needing support?

◇ Additives / Chemicals / Fragrance ◇

- Is this reaction caused by synthetic chemicals or preservatives?
- Is my detox system (liver, skin, lymph) overloaded?
- Is this response related to childhood exposure or trauma imprint?
- Am I reacting to laundry detergent, perfume, or home products?

◇ Environmental Allergens ◇

- Is this allergy seasonal or year-round?
- Is it triggered by dust, mold, pollen, pet dander, or spores?
- Do I feel worse in certain rooms, homes, or environments?
- Is this connected to a memory or event in my past?

◇ Emotional / Energetic Sensitivities ◇

- Is there a trapped emotion contributing to this allergy?
- Am I carrying someone else's sensitivity (ancestral or empathic imprint)?
- Is this a stored energetic pattern in my aura or chakra system?
- Does my body react when I'm around certain people or situations?

◇ Tech & EMFs ◇

- Do I feel drained, anxious, or wired after using my phone or being near WiFi?
- Is this a sensitivity to electromagnetic frequencies or radiation?
- Does grounding or nature exposure improve my symptoms?

◇ Hormonal / Stress-Related ◇

- Is this allergy worsened by stress, PMS, menopause, or cortisol spikes?
- Is my nervous system in a fight-flight-freeze response?
- Is this related to adrenal or thyroid fatigue?

◇ Mold, Parasites, Fungi ◇

- Is there an underlying microbial imbalance (mold, yeast, parasites)?
- Has this reaction worsened since a water leak, damp home, or travel?
- Is this connected to an immune system weakness?

◇ Confirmation Questions ◇

- Is this allergy ready to be released now?
- Is there more than one layer to this sensitivity?
- Can this be cleared with energetic support alone?
- Do I need a supplement, herb, or homeopathic to assist?
- Is integration needed before moving forward?