



DUST ALLERGY

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"I have had a terrible dust-allergy for over 40 years"

I have had a terrible dust-allergy for over 40 years. At least I thought I did, because I always had to be careful about keeping the house clean and, above all, dust-free.

Whenever there was even the slightest evidence of dust or the finest traces of any powder in a room, I had to sneeze continually for about three hours and was constantly sniffing because my nose was always running.

After having become familiar with GNM, I started asking myself why it was that I constantly had to sneeze and sniffle, when this all started and what the "tracks" were that kept activating the condition (the "allergy").

After recently moving into a new house that wasn't quite finished yet, my allergy really took off, which indicated that I had set on a track! So, I continued thinking hard about what the reason could possibly be.

I was rewarded by having a sudden memory of having been hit by rocks three times in the head, while playing with my buddies in the ruins of Berlin. It was the only playing area the children of that city had available in 1955. It was of course terribly dusty there, because the walls of ruined houses were still collapsing and clouds of dust would explode. In all that dirt, I was accidentally hit three times in the head by a rock. I had to go to the doctor, and each time a concussion was diagnosed.

The moment I remembered these events, the sneezing and my runny nose stopped – and has done so right up to this moment! In the meantime, I have even been in a terribly dusty garage. There, a marble polisher had been cutting up his marble slabs for 30 years, but had never once cleaned the garage. I swept out all that dust with a broom, and the dust-clouds just flew. I was literally working in a fog of dust! However, I didn't have to sneeze or sniffle even once – neither during the rest of the building period, nor afterwards, or during all the weeks after that.

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GNM Explanation: The biological conflict (DHS) linked to the nasal membrane is a "stink conflict" ("This situation stinks!") or a "scent conflict" in the sense of not being able to "scent" – sniff out – an immediate danger or threat; in the case at hand: the rocks flying towards the head. – During the conflict-active phase, the nasal membrane ulcerates, causing tissue loss to widen the nasal passage so that the danger can be better identified (sniffed out). During the healing phase, the ulcerated area is replenished accompanied with swelling causing a stuffed up nose; other typical healing symptoms are a runny nose, nasal discharge, and sneezing to get rid of remnants of repair process (symptoms of a common cold).

When a DHS occurs, the mind picks up all the components that are considered important in association with the conflict, in this case **dust established as a track**. The biological significance of tracks is to serve as a warning signal, saying “Watch out! Last time you were around dust you were in danger!” Thus, when ever the brain registers “dust”, the conflict-related Significant Biological Special Program (SBS) is quickly re-activated with instant sneezing and a runny nose. What is commonly referred to as an “allergy” or an “allergic reaction” are the track(s) that were established at the moment of the conflict shock.

The first step to break the track-cycle is to identify the original conflict. With the awareness that DUST does no longer pose a danger (for our friend, the dust in the ruins in Berlin is, in the present time, no longer a concern), the psyche can now delete “dust” (the “warning”) from its memory, and the “allergy” is instantly gone – and this after 40 years!

NOTE: The diagnosis of a “dust allergy” can cause a new “dust-track” causing, for the uninformed, a chronic allergic condition. With the knowledge of GNM, a person suffering from “allergies” is in a position to complete the healing once and for all.

Translated from the original German document

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