

Healing Chronic Hives: Programming Smarter Magick with Modern Medical Research

In late 2011, I healed a friend's chronic hives. In January 2012, she reported that the healing gave her:

"A better outcome than oral antihistamines, Betamethasone (the most powerful topical corticosteroid) and emollients combined."

This healing wasn't straight-forward. The force I use for healing was made by a spirit who didn't know any modern medicine, and didn't understand autoimmune disorders. Direct commands like "Heal her hives" or "Stop the itch" were ineffective. We had to reprogram the force, using modern medical research, to create an effective healing.

Since then, I've reprogrammed forces for manifesting, other healings, and other magick, with good results. Reprogramming lets you solve new problems, explore the forces you channel, and see the steps those forces take to actually cause change in the world.

I'm going to show you how I healed Lisa's hives, then give you concrete exercises to find and re-program the forces behind all your magick (not just healing).

Case Study: Healing Chronic Hives

Lisa developed chronic itching and hives in early 2011, most likely caused by overexposure to latex or adhesive tape as she finished nursing school, though we can't be sure. Whatever the initial cause, by mid-2011, it had progressed to where everything set off the hives, even getting dressed in the morning.

Her dermatologist recommended steroid cream and oral antihistamines. They worked at first, but over time she developed a tolerance, and by December 2011, her condition was dreadful. Brushing against anything would make her break out, and the itching was so bad she couldn't focus on anything else.

Healing her took four attempts over about a month. Each attempt improved the programming of the force, until eventually, we got enough parts to break the cycle of itching. I'll give you the highlights here. For details and pictures, visit MagickOfThought.com/reprogramming

Healing 1: The Default

Like most healers, I sometimes channel external forces in my healing. Some people choose to call these forces "The Universe" or "Universal Life Energy," or something similarly impressive. I choose to call these forces "ethereal software," because that makes it feel natural to investigate how they work and reprogram them to work better. (I'll sometimes just call them "software" or a "force," too.)

So, I contacted the ethereal software I normally use for healings, connected it to Lisa's nerves, and asked it, "Heal her itching."

It did its best, but it wasn't very effective. Lisa reported her itching went from an 8/10 to a 7/10 in a few spots, and was unchanged elsewhere. Clearly, the itch was too much for the default healing.

Healing 2: Better Default

The first improvement was a more detailed command: "Heal the itching in all the nerves from her skin to her spine, throughout her body," with a connection to one of those full paths as an example. It was much more effective: A few minutes later, her itching had dropped from an 8/10 to a 4/10 throughout her body.

This healed the symptoms, not the underlying cause. Lisa had to re-apply the healing with each new itch, several times a day. She does psychic work, so she can use these forces, but there were two problems:

- She can only send broad intents, not precise commands, because she hasn't learned the more advanced communication techniques.
- While she can visualize her nerves, she can't actually connect to them.

In short, she could only use the default (ineffective) command, not the complex (effective) one. So I told the ethereal software that, when Lisa gives the default "Numb my itching" command, it should run the command I just gave, rather than the default we tried in healing #1.

At the time, we weren't thinking about re-programming. We were just setting up a better command for her to use. But this was the first of many reprogrammings we'd need to heal her hives properly.

Over the next few days, Lisa continued healing herself several times a day. Each time, the itching quickly dropped to tolerable levels. Problem solved.

Except that, after a week, the ethereal software stopped responding to her commands.

Why the Healing Stopped

I asked the ethereal software why it stopped responding to Lisa's commands. I was expecting something wrong with our commands, or with its connection to her mind. But those were both fine. The problem, it said, was a buildup of neurotransmitters.

A little background: Nerves communicate via neurotransmitters. One nerve releases a chemical, like dopamine, which the next nerve absorbs. When that nerve absorbs enough, it sends the signal along to the next nerve.

When a drug blocks a nerve signal, this often prevents your nerves from absorbing the neurotransmitter. This can lead to a buildup of that neurotransmitter, causing problems later. For example, it's one of the causes of hangovers: The alcohol blocks neuroreceptors, which leads to a buildup of neurotransmitters, which hang out in your system until the alcohol wears off, then cause problems. (There are other causes of hangovers, too.)

So, the ethereal software was checking for that buildup, to prevent a hangover-type backlash.

All of this info about neurotransmitters and drugs is straight from modern medicine. Lisa, remember, just finished nursing school. And we're lucky she did, and enjoys reading medical research, because we wound up needing a lot of it to find an effective healing. Let me share a bit of that research with you.

The Physiology of Chronic Hives

The direct cause of an outbreak is your immune system: It incorrectly believes that your cells are foreign cells, and starts attacking them. It releases a lot of chemicals, but they broadly fall into two categories.

First, your immune system releases chemicals that interact with your nerves, causing you to feel the itch. This itch in turn makes you scratch, which damages your skin, causing a bunch of skin responses that make you itch more. The nerves also trigger your skin to take on fluid and signal the immune system that it needs help, which increases the immune response, worsening the hives.

The immune system also releases cellular messengers and antibodies, such as IgE, that put the rest of your immune system into what I'll call "attack mode." (Not a real medical term). These messengers stay in your blood stream for a while (between hours and months, depending on the messenger and other details), which would be great if there were an actual infection to attack, but here just means that your immune system is on a hair trigger, ready to attack if you come into contact with anything you're remotely allergic to. And when you does, it releases more of these messengers, reinforcing the cycle.

You can picture this as two feedback loops that touch in the middle, like an 8. The top loop is your nerves making you scratch, and the bottom is your immune system setting itself to a hair trigger. Either loop can trigger an outbreak and restart both cycles.

OK, that's all the ordinary medical knowledge you need, now back to the magick:

Healing 3: Increased Neurotransmitter Reuptake

At the time, I was focused on the healing software's refusal to heal the itch. I didn't realize that there were two feedback loops, and hadn't thought to ask.

The ethereal software had explained that it has a built-in safety check to detect a buildup of neurotransmitters (and other chemicals) before they become a problem. When that happens, it refuses to perform the anti-itching effect.

(If it didn't stop, what would happen? Probably an increase in itching, or something in the ballpark of a hangover, though that's just a guess.)

The software was already programmed to recognize the signatures for neurotransmitters and how to affect them. It recommended that we increase neurotransmitter reuptake and re-absorption, the two ways to get neurotransmitters out of circulation, and told us that the command takes 4-8 hours to run. I configured it, and we let it run overnight.

For months, Lisa had woken up every morning with her whole body covered in hives – back, arms, legs, waist, etc. We weren't expecting any change to that – we only expected this healing to re-enable the anti-itch command. But the next morning, Lisa woke up with only one hive, on only a couple inches of her back, and itching only a little. It was a dramatic change.

Beyond that, ordinary activities didn't cause a breakout. She could get dressed, and even lightly scratch her arm, without developing a rash, again for the first time in months.

In short, increasing neurotransmitter reuptake appeared to have healed the underlying problem, rather than just numbing the symptoms. And the results lasted for quite a while.

You might be wondering, "Why didn't the ethereal software just increase reuptake right away?" The short answer is, because it wasn't programmed to. The spirit who made it didn't understand all the feedback mechanisms involved in hives any more than I did before Lisa taught me. So the spirit programmed the software to address

the itch, not the over-abundance of neurotransmitters. That's why we had to reprogram it.

But we're not done with the healing just yet. We've only addressed the nerve feedback loop. What about the other cycle in the figure 8? We found out two weeks later.

Healing 4: Reducing Immune Sensitivity

While working an overnight nursing shift, Lisa had another outbreak. Not as bad as before the healings, but much worse than she'd had in the two weeks since healing #3. Maybe she was exposed to latex or adhesive tape, or maybe it was just stress and fatigue, but whatever the cause, we needed to do something.

I connected to her nerves using a direct magick technique called sensory connections. It lets me see how my magick is operating. For healings, I use sensory connections to see the signatures of different tissues in the body, which gives me an idea of what they're doing.

Previously, her nerves had seemed overactive. This time, they didn't, which I took to mean that there wasn't the same overabundance of neurotransmitter. In other words, the neurotransmitter reuptake effect (1) had done what it was supposed to, but (2) was unlikely to help at this point.

We needed another approach, which meant absorbing more medical research. Lisa spent an hour with me and the spirit that manages the healing software, teaching us about the feedback loops I explained earlier. We all agreed we ought to reduce her immune response, but the ethereal software didn't have a command to do that – it simply wasn't programmed to know which signatures influenced white blood cell activity, or how to affect them properly. Which meant we had to program it with that knowledge.

The basis for programming that knowledge was a generic command to increase or decrease a cellular process based on its signature. Remember, you can't just say "Decrease white blood cell sensitivity," because the ethereal software isn't programmed to know what energy signatures would cause that change. But if you connect the software to the tissues you want it to influence, and specify the signature of the cellular process you want adjusted, you can program the precise change you want, then explain what those changes do and how you would ask for them ("Decrease white blood cell sensitivity"). That's how you program knowledge into ethereal software.

With the spirit's help, I connected to her nerves, found the signature of the "itch signal" cellular process, then found what was triggering it: A particular, highly-active signature in the white blood cells attacking her skin.

We thought that signature corresponded to the process responsible for putting her white blood cells into attack mode. Those chemical messengers circulate in the blood, so if we were right, we should see the same signature throughout her body. And, indeed, we did.

Now that we knew the tissue and signature we wanted to influence, we connected the healing software to her white blood cells, pointed out the "enter attack mode" signature, and told it to reduce the "enter attack mode" cellular process throughout her body. We named the command "reduce immune sensitivity," which let Lisa issue the command as needed to manage her own healing.

(We also created an "increase immune sensitivity" command, so she could reverse it if it went too far. She never had to use it.)

Results

The day after doing this immune reduction healing, Lisa reported the results on my blog:

My itching is now down to a 4/10, which is tolerable. [It used to be an 8/10.] The effect from the healing system [her term for these forces] has given me a better outcome than oral antihistamines, Betamethasone (the most powerful topical corticosteroid) and emollients combined. I am now able to focus sufficiently so I can complete simple daily tasks. Yesterday I was spending at least half of every hour trying to control the itching/scratch reflex.

A few weeks later, on January 26, she reported:

The healing system has been very effective in stopping the hives, itch, scratch, eruption of more hives feedback cycle.

For the first time in months, I can gently scratch an itch without having bumps form immediately afterward (these bumps would itch ten times worse than the original itch and form on sites all over my body, not just the site I scratched). I cannot express how much of a relief this is.

The stimulus to itch in someone with a chronic disorder is heightened above a normal threshold, akin to a the desire a smoker has for a cigarette, and can be overwhelming. The stimulus doesn't go away; it lasts for 20-30 minutes. Now when I have the desire to itch, I connect to the healing system and issue a command to reduce the itch stimulus. The net result is that the itching sensations decrease to a level where I can resist scratching most of the time, thus stopping the feedback loop. I still experience some bad breakouts on days when I'm extremely stressed or have a sleep deficit; and I use the

healing system along with steroid cream to keep the breakout under control. Some days I can use the healing system alone to manage the hives and this is wonderful! Long term steroid use has many deleterious side effects.

3-Month Follow-Up

At the time of writing (March 2012), the healing appears to be working as well as when she reported the results in January. Lisa still has occasional outbreaks when she's highly stressed or fatigued, but they are manageable, and for the most part, her hives appear to be under control.

In February, Lisa developed a rash with mild burning (but no itching). It's triggered by pressure, such as resting her forearm on the table when she eats. This is a known, common side effect of the steroid cream she was using.

We've programmed a command similar to the second healing ("Heal the itch") for this burning, with results similar to the healings we did for the itch.

In all, we're both really happy with the results.

Reprogramming the Forces Behind Your Magick

Hopefully that case study showed you the value of reprogramming the forces that drive your magick. The default command -- "Heal her itching" -- was basically ineffective. A more detailed version of it -- specifying which nerves to affect -- worked briefly, but the chronic itching wore it down. In the end, we developed some effective healings, but that required programming our own detailed commands into the force.

Now, I'm going to show you how to reprogram those forces yourself, so you can improve the results of your own magick.

Terms: Ethereal Software

Words have power. They influence how we think about problems, how we use our tools, and how we explore the world.

Some people call the forces "natural laws," or a new-age term like "channeling energy from *The Universe*." But that suggests they forces are fixed, and makes it feel unnatural to reprogram them.

Chaos Magick calls them egregores and servitors, which implies that these forces are collective, that more people believing in them makes them more powerful, and other things. In my experience, those implications aren't accurate. Though, if I had to pick an established term, egregore seems closest to what I mean by ethereal software.

Instead, I call these forces "ethereal software." Like computers, they're intelligent (responding to information in a meaningful way) but not sentient (lacking feelings or self-awareness). They respond to commands, were programmed by spirits*, and can be reprogrammed by a mage with the proper knowledge. Sometimes I just say "software" or "force" for readability. I'll use those terms interchangeably.

*Spirits, like people, are intelligent and sentient, but dislike repetitive tasks. That's why they make ethereal software: To automate those tasks.

Reprogramming Requires Clear Communication

Remember how Lisa could issue short commands, like "Heal my itch" or "Reduce immune sensitivity," but not complex instructions like we used to define those commands? That's because communicating with ethereal software is a skill, and you need the right technique. We'll go over that technique in the next few pages.

I want to head off a common confusion first, though: A lot of books encourage you to get your goals clear in your mind before you do magick. That's a great exercise, but it's not what we're talking about here.

What we're talking about is how to clearly transmit your message, so the ethereal software receives exactly the words you intended to send. It's like speaking with a thick accent vs speaking clearly, or a cell phone with static vs a clear connection. No matter how well you know your intent, if you don't have this skill, you won't be able to clearly transmit that intent to the ethereal software. This skill will help you communicate more clearly with spirits, too.

Like all skills, there are basic and advanced versions. I'm going to show you the basic version in this article.

Finding Your Forces

The first step to communicating clearly with ethereal software is becoming aware of its signature and connection to you.

Start by quieting your energy. This doesn't mean reduce the total amount of energy in your body, it just means to steady it, so the amount isn't increasing or decreasing, and so the signature isn't shifting. Think of it like a quiet ocean: No waves, but still plenty of water. Once your energy is quiet, you'll be able to listen for connections more easily.

To quiet your energy, do your normal energy building meditation. You know, the first one you learned in that beginner workshop years back. That will connect you to your energy. Then, instead of focusing on building energy, just focus on holding it

steady, at a comfortable level. If you visualize the energy as a colored glow, just imagine it holding steady (not pulsating or moving). Do whatever feels natural within your visualization.

Practice this a few times until it's easy. (That's a good tip in general: When learning a new technique, add one step at a time, practicing until it's easy with each step.) Then keep this visualization in the back of your mind during the rest of the exercises, so you keep your energy steady and quiet the whole time.

With your energy quieted, do whatever you normally do for your magick practice. That could be a ritual, or psychically asking for information, or touching and healing an injury, or something else. But do it with quieted energy. The results probably won't be as effective as if you focused 100% on the magick, but with quiet energy, you'll be able to feel the ethereal software connect to you more easily.

Feel the thoughts your ethereal software sends you, like psychic intuitions or visions. They won't feel quite like normal thoughts. That's because those messages are in the software's signature, and your normal thoughts are in your signature. Later, when I tell you to think about the ethereal software's signature, you can think about how these messages feel in your mind.

You'll also need to feel *where* the force connects. Pay particular attention to the beginning and ending of your magick work. That's when the ethereal software connects and disconnects, which is the best time to spot it. You know how you don't notice the hum of your fridge when it's on, but the sound is obvious when it starts or stops? Same deal.

How do those connections feel? Basically like energy. It's the same tingly feeling for most people, though just like energy, some people will feel it as a mild pressure, or a mild tug, or something else. What's really happening, with both energy and connections, is you're feeling the signature of the energy / connection interacting with your signature. That's why there's no one feeling for these things: Each energy has a slightly different signature, and each person has a different signature. But if you know how energy feels, ethereal software's connection will feel like that, milder, and in your head.

Again, practice this until it's easy to spot the ethereal software's signature and connections. This might take a few sessions.

Once you feel it, move on to the next section.

If you give it a good try, and then a second good try, and still can't feel it, here are some other methods:

If you work with spirits, ask them to make an obvious connection to you, so you can feel it. Intentionally obvious connections are easier to spot than normal connections. Most spirits know how to do this, as do some mages.

Still can't feel it? Try a new style of magick. Each style has its own signature, so each style's connections feel different. It may just be that you're so used to the forces you normally work with that you don't notice them. When you do this, use an established style like Reiki or Enochian, not a newly-invented ritual, since newly-invented rituals usually won't have their own ethereal software.

Still can't feel it? Visit MagickOfThought.com/reprogramming, leave a comment and I'll help you.

Preparing Your Mind for Communication

Now that you can feel your ethereal software, you're ready to prepare your mind for clear communication.

Ethereal software will only talk with areas of your mind that are accustomed to its signature. Any part not accustomed to the signature will resist the communication. As you use the force, more of your mind will slowly get used to its signature. But we're going to speed that process up by bathing your mind in energy matching the force's signature.

Here's how you do it:

1. Find everything. Quiet your energy and connect to the force, like you did in the last section. Feel its signature, either by feeling how the thoughts it sends you are different than your own, or by feeling its connection. They should be the same signature.

Also, feel the spot in your mind where the force connects. The force will help you if you ask. Just think "Guide me to the parts of my mind that you connect to," the same way you would send out a question or a command. You should feel the force's connection there.

If that doesn't work, think about asking a question or sending a command. Not the message itself, but the way you hold your mind when you ask. That mental posture is the difference between sending a message vs an idle thought. You should feel a specific part of your mind engage, preparing to send the message. That's the part of your mind that we want to work with.

So, three ways to find the part of your mind and the target signature. Use whichever works best for you.

2. Build the energy. Do your normal energy meditation, but focus on the feeling of the ethereal software's signature. It should feel different than your normal energy, and somewhat similar to how messages from the force feel. Practice this several times, until it becomes easy. Remember to ground (release the energy) after each practice.

Note: You have to make the energy yourself, because there are subtle differences between your own energy and someone else's energy. If the force bathed your mind in its energy, it would give you a headache, and your mind would reject the new signature. That's why ethereal software doesn't just do this for you automatically.

3. Align part of your mind. Move the energy into your head. Specifically, to the spot in your mind we found in step 1. Just focus on that spot as you move the energy to your head.

Be gentle. The amount of pressure you use for healing your body will overwhelm your mind. The energy should feel like a mild tingle, not a rushing torrent. If you overdo it, you'll get a headache, dizziness, or similar problems (nothing serious), and they should go away after ground the energy into the rest of your body and releasing it into the room.

Assuming you don't have a headache, hold the energy in your mind for a few minutes. At first, this will require effort, like holding a deep stretch. Hold it until it becomes comfortable, then ground (release the energy). People I've worked with describe the feeling as their mind "shifting."

This energy bath will make your mind's signature flexible for a few minutes. Connect to the ethereal software and ask it, "Help adjust my mind to your signature," in the same way you normally send questions / instructions. The force should help you. Then rest for a few hours to let those changes set in. (You can do other non-magickal work while you rest.)

Repeat this at least once a day, but not more than once every few hours, grounding each time. You'll know you're done when you can put the energy there without the deep-stretch feeling, and without getting tired, which means that that area of your mind is adjusted to the new signature. This usually takes a few days to a week.

You should notice the messages you receive becoming clear on the very first day, and after completing step 3, you should have noticeably better interactions with the forces behind your magick. At this point, you're probably ready to start reprogramming, but there's one more improvement to get really good results.

4. Align more of your mind. Repeat step 3, but instead of just holding it there, visualize the energy spreading into more of your mind. Not your whole mind, since minds are quite large, just the parts surrounding the area we prepared in step 3. This should prepare a larger area to accept the ethereal software's connections.

Note: Follow all the parts of step three, including having the ethereal software help prepare the larger area after each practice. Again, repeat until it stops making you tired. This will take 2-3x longer than step 3, since these parts of your mind are totally unaccustomed to the signature, while the area in step 3 was already used to the ethereal software's connections.

Once you've done these exercises, you're ready to start reprogramming the forces behind your magick.

Notes:

- Each time, start with step 1. If you're practicing step 3, don't do would just step 3. Do steps 1-3 until that whole process becomes comfortable.
- Remember, each force has its own signature. This exercise aligned you to one signature. If you use multiple forces, you'll want to repeat this for each force. It should be faster for the second force, though, since a lot of this is just getting your mind used to dealing with energy and connections in the first place.
- In a few months, once your mind is totally adjusted to using these areas, repeat step 4 to prepare an even larger area. Your mind is a big place, and you can keep improving your communication with this technique every few months.

Reprogramming Your Forces

Now that you can communicate clearly with the ethereal software, just tell it what you'd like it to do, then give that complex instruction a simple command for later use.

For example, in the healing, I connected the force to a particular type of tissue, showed it a signature within that tissue, and told it, "Accelerate this cellular process of this type of tissue, throughout her body." Then I told it to connect to Lisa, and that she would give it the command she would use to trigger that behavior.

Really, this step is pretty easy. The hard part here is figuring out exactly what you'd like the force to do. That depends on the type of magick you're doing (healing, manifesting, etc), and is something I hope to discuss in future articles, books and blog posts. I'll give you some highlights here.

Beyond Healing

Reprogramming this isn't limited to healing. Any time you send out an intent to accomplish some high-level goal, you're relying on ethereal software to figure out how to make that goal happen. Examples include manifesting for success in business or love, shielding from malicious spirits, or detailing what you'd like psychic intuitions about. In all those cases, your magick is probably based on ethereal software, though you might not be consciously aware of it.

Spirits programmed the forces behind most magick. They did it without knowing modern medicine, physics, chemistry, or any other modern science. Which means they never saw some of the best solutions. In some cases, they may not have even programmed the ethereal software to solve the problem at all.

With manifesting, how does the ethereal software know whether you value happiness or excitement more? You guessed it: Programming. The manifesting software I use lets me set up a profile, where I tell it what I value, so it can prioritize the right things for me. The force you use for manifesting probably does, too.

How does the ethereal software that provides your psychic intuitions know which events are worth reporting, and which are not? Yup, programming. And if you think it's missing some things, or reporting things that don't matter, you can use the techniques in this article to change its behavior. Just tell it what you want, and optionally, set up a command like "More information," which tells it that you're paying attention and would like all those details it would normally tell you.

When you set up a command, you can tie it to an intent (like I did with Lisa), a symbol or a ritual. Just tell the ethereal software what you want to tie it to, then send it the intent, focus on the symbol, or perform the ritual. I don't know whether this is how those rituals and symbols got their meanings in the first place, but it's certainly plausible.

I want to clarify one thing, though: Simply telling the ethereal software what you want will limit your magick. Sure, if you want to manifest some event, and the ethereal software knows how to do that, just ask for the event. (And the exercises in this article will help you send that request accurately.)

But if you want to push the limits of your magick, and do something your ethereal software doesn't know how to do yet, you have to program it *in terms of what it already understands*.

Let's go back to the hives example. We started out asking for what we wanted: To stop the itching. It didn't work, because the ethereal software didn't know how to heal hives. It just knew how to numb an itch, which was insufficient.

Then we gave it very specific instructions, about accelerating and decelerating specific cellular processes, and taught it how to heal Lisa's hives. We explained *how* to accomplish our goals, using things it already knew how to do.

It's this focus on procedure, rather than the end goal, that makes reprogramming different than simply sending out your intent.

So, how do you know what your forces know how to do? Here are some commands that work with most ethereal software to help you find out:

Common Useful Commands

When I first encounter a new piece of ethereal software, here are the commands I use to learn how to use it properly. These instructions were usually programmed by the spirit who made the software.

Requesting full instructions. An overview of what the force does. Most ethereal software also has short instructions, but you usually want the full instructions.

Requesting full *usage* instructions. Information about what the force does, and how to use the most commonly-used commands.

Requesting list of commands. Most (sometimes not all) of the commands programmed into the force that you are authorized to use.

Who owns you? Who programmed you? Let me talk to them. This connects you to the spirit who runs that ethereal software, who can assist you in figuring it out. Sometimes you need to try a few different phrasings before the software understands you. Note: That spirit has no obligation to help you. You should be polite, and use all your diplomatic skills to gain their assistance. Threats, like you might use with demons, will probably be ineffective.

These commands should tell you enough about the ethereal software you're working with to get you started creating your own techniques.

More Info

For more on the hives case study and reprogramming ethereal software, visit <http://www.magickofthought.com/2011/12/case-study-healing-chronic-hives/>

Also, I'm not a doctor. Lisa is a nurse, so we probably got most of the medical information right, but don't base your medical decisions on this article.

About Mike Sententia

Mike Sententia takes a scientific approach to exploring magick. Mike also enjoys computer science, swing dancing and rock climbing. He lives in San Francisco. For more, visit his blog, MagickOfThought.com.