



DO YOU DO ACID!?

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Peace Babes. How y'all be? I'm ultra Gucci smiling face. In blog #9, we discussed the possibility of our children being past life enemies. Which may sound a lil imaginative to some, but hella real to others. Now I wanna talk about acid & alkalinity. Dr. Sebi, a man from Hondorus who never finished school. He was once sick. A Mexican shaman taught him everything he later went on to teach others. I affectionately refer to Dr. Sebi as my favorite doctor I never met. Dr. Sebi was an incdieble resource, introducing me to the scientific concept of the difference between alkaline and acid. Dr. Sebi teaches alkaline (pH level between 6.5-7.5) carry's oxygen. Acid blocks oxygen. Anything alive requires oxygen.

So, if we wanna become healthy, we eat alkaline and life is great, right? Not quite. To obtain health, alkalinity must be achieved on all levels. Today, we will discuss 3 talkin points, that will make it easier to know if you do acid or not. Let's dive right in.

Breathe

Alkalinity is all about the presence of oxygen. Which can only be achieved from organisms made by God, not by man. Oxygen is air. Do you know most people don't breath deeper than their throat? There was once a Senior yoga class focused on breathing. Over 40 participants that slowly dropped out because they saw no value in deep breathing and making the OM sound. Meanwhile, they still can't quite figure their anger out.

Our gut needs air too. When we take deep breaths that allow our lungs to expand, reaching the depths of our diaphragm, a part of us we usually forget about is remembered. On purpose. And that feels InCrEdIbLe. The gut is a very sensitive hub within the physical human avatar. Our emotional brain, lower 3 chakras, gut bile and most of our cells live here💎💎.

Take me for instance. My lifestyle switch has led me to loose maaaad weight. It was trauma that kinda forced me here. It was hella Saturn Rx forceful reality. I had 3 major out patient surgeries affecting my womb in 2014. The double hernia correction (the last procedure) resulted in me currently having medical mesh in 2 areas of my body. My body rejected the mesh. It hurt to eat.

So, that's the why behind my lifestyle switch. It hurt to eat. I come from a good family that eats healthy (enough). However, many of the things they love I can no longer physically tolerate. Following Dr. Sebi's guidance allowed me to rebirth myself. My family & I have always bonded over food. These days, I find myself gettin caught up. I eat acid, for old time sake. My stomach swells up like a balloon and the medical mesh begins to stick out from my stomach. Many of the acidic food hurts so much to eat, I go completely numb. I'll be sittin talkin to everyone, hiding the fact that I am in excruciating pain. My pain tolerance is high AF.

I've been paying attention to my feelings lately (and bloggin my truth). I'm healin triggers resulting in me doing things out of guilt. Which is guiding me to naturally crave healthier foods. I'm beginning to honor, the more acid I eat, the more unfairly I am treating myself. Which helps me to honestly observe how I treat myself regularly. Which inspires me to make better feeling, healthier choices for me. On purpose. Which is dope.

Skin

Our skin is the largest organ our body has. Many of the popular, man made products are created in factories and feature all kind of harmful chemicals that could burn the skin off our hands if we are not properly rockin the protective gear. I didn't even know what glycol ethers, phthalates or triclosans were, until I started focusing on keeping my body as healthy as my plate. My Granny is in her 70s. She's always used and recommended castille soap. So as I began my journey, that's what I used. I moisturize my skin and hair with the oils Dr. Sebi recommends on his list. I also regularly Ingest things like clay to kill internal entities on the spot. Like... oops. Didn't know you were there ☺💎💎💎💎. There are countless pain free processes of upgrading our life, that help us find peace with self.

Drama

The largest acidic annoyances I see each of us deal with daily is drama. Regaurdless of if we get our juices flowing from arguing, gossiping, fighting or being catty. Drama is acid in an invisible form. Promoted by the words we speak. Everything is energy. Some words/phrases (like Good Morning) have a corrupt entomology, forcing us to attach bad vibes off top. We can be inspired by people in our lives, radio, T.V., social media, books, whatever. All things are a reflection us. When we speak of truth, drama often follows. Because many of us think of worse case scenarios & feel the associated vibes often.

Deep breathing (meditation/visualization) allows you to see your heart's channeled messages. Sometimes, it's tough to decipher a channeled message from an egoic thought. When the messages are absent of cirtcizm, fear, shame and/or guilt, they are likely of your Higher natured love and light self/team. Ask questions and explore more. Anything that hurts isn't real.

So, we just went over a lot. Reviw the info from this blog and ask yourself do you do acid? If you do, allow us to assist. We offer voice memos discussing the process of accomplishing goals, learning the karmic lessons of life, exploring Millinial thoughts and more! Click here to learn more:

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Attachments area