

BEE VENOM MEDICINE

A FREE
ONLINE CLASS

With Sandira Belia

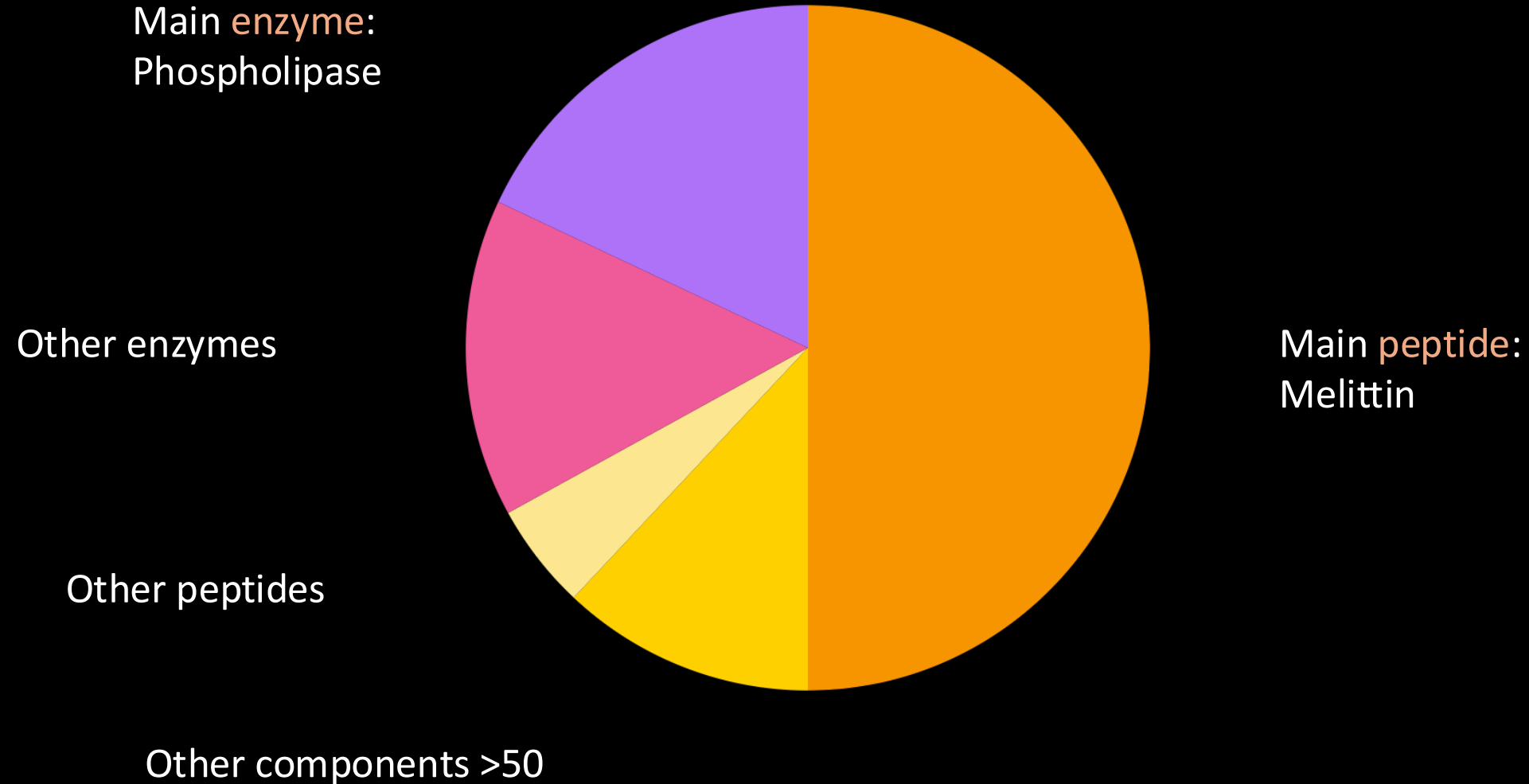


Disclaimer

- I am not a scientist.
I am not a therapist.
I am a **bridger** and a **passionate explorer of life**.
- In this presentation, I will be sharing some of the **information and research** I have found, alongside my own **personal interpretations and experience** with bee venom.
- **Nothing** shared here is intended as **medical advice**, diagnosis or treatment, or as an invitation to try bee venom therapy yourself.
- Bee venom can cause serious **allergic reactions**.
- If you wish to explore bee venom therapy, I recommend to be **accompanied by people with experience**.



Honeybee Venom Composition



The Dual Nature of Bee Venom

Venom is both **inflammatory** and **anti-inflammatory**.

The inflammatory effect is usually **local** and **immediate**.

The anti-inflammatory effect is more **global**, **diffused** across **space** and **time**.

“Venom possesses the dual personality of the element of Fire; it can be as scorching hot and vivid as a flaming arrow and as reassuring and soft as a hearth fire.”

The Deva of the Bees



What Happens When the Bee Stings?



Video 1
She loses
her stinger

Video 2
She frees
herself

Video 3
I free the bee
using tweezers

My Thoughts on Dry Venom

- **Main uses:** pharmaceutical preparations, cosmetics and some forms of apitherapy.
- **Main collection technique:** electrical stimulation.
- **Underlying principle:** creating an artificial threat.
- **Direct effect on the bees:** a study has shown that defensive behaviour increased by 9.7% one day after venom collection, returning to pre-collection levels after about three days ([source](#)).
- **Effect on the venom:** Although major components remain present, some volatile compounds are lost during the drying process. Dried venom also oxidates and degrades easily with time.
- **My thoughts:** I personally don't use dry bee venom, as it feels very disconnected from the soul of the bees. The energetic imprint I perceive within venom collected in this way is one of deception and threat. I believe that the human body is sensitive not only to a substance itself, but also to the conditions and emotional environment in which it is collected.

BEE VENOM COLLECTING DEVICE

ELECTRICAL STIMULATION
Mild pulses encourage bees to sting.

HIVE ENTRANCE
Bees exit the hive and walk across the wires.

PARALLEL WIRES
Bees receive a mild stimulation and sting downward through the wires.

GLASS PLATE
Venom is deposited on the glass below and dries into fine crystals.

DRIED BEE VENOM
Collected from the glass plate once dry.



My Health Journey With Bee Venom



2015



2016





My Fibromyalgia Symptoms

- Poor absorption of nutrients & drastic weight loss
- Irritable Bowel Syndrome
- Widespread muscle and joint pain
- Anxiety & rumination
- Extreme sensitivity to cold, with constantly cold feet & legs, especially in winter
- Difficulty walking during certain periods
- Extreme sensitivity to light, noise, smells weather changes & emotions
- Large patches of eczema

Before I Started Bee Venom Therapy

- I knew that I wasn't allergic.
- I had been in contact with bees for several years and was stung regularly, and my sensitivity to venom had decreased over the years.
- I had long “conversations” with myself and the bees before undertaking the journey.
- I read all the books I could find on bee venom (Amber Rose, Roch Domerego...).
- I booked a BVT session with an apitherapist in Lisbon, to be held in a controlled setting before starting on my own.



Bee Venom Therapy Session Step-by-Step

- Preparing the **space and equipment**
- Choosing & approaching the hive with awareness
- Soul connection: **prayer and blessing**
- **Collecting** the bees
- Preparing the bees
- Preparing myself
- Choosing the **sting locations** & marking the points
- Choosing the **type of sting**
- Applying the stings with **clarity and gratitude**
- **Allowing** time for the venom journey
- **Releasing** the remaining bees
- Resting and **integrating**
- **Documenting** the session (number & type of stings, locations, reactions and observations)



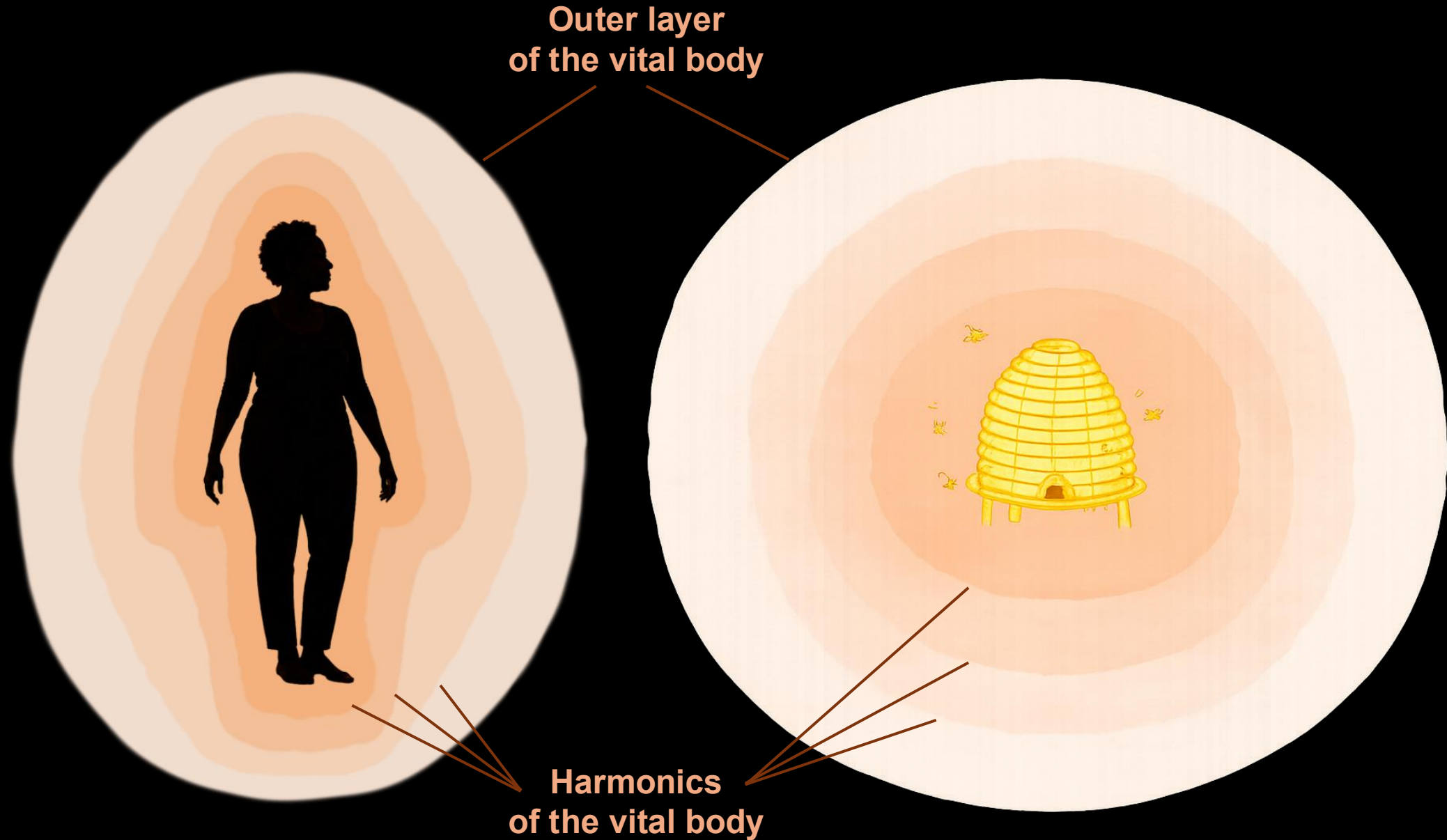
My Equipment



- Collection jar with propolis
- Working jar with honey
- Post-sting jar
- Covering cloth
- Water spray bottle
- Bee-handling tweezers
- Fine tweezers for stinger extraction
- Skin marker for marking sting points
- Documentation sheet & pen



Approaching the Hives



My Prayer

Ô puissant venin,
Tu es poison ou medecin,
Tu peux tuer ou guérir enfin,
Je te salue et te demande soutien,
Pour vivre en paix dans un corps sain,
Grâce au feu sacré qui est le tien.
Merci.

O powerful venom,
You are poison or medicine,
You can kill or you can heal,
I greet you and request support,
To live in peace in a healthy body,
Thanks to the Sacred Fire within you.
Thank you.



Effects of the Sessions

- My reactions after the sessions varied greatly:
 - Sometimes I would feel extremely tired.
 - Sometimes highly energised.
 - Sometimes I would have “detox” symptoms followed by a rare sense of peace and comfort.
- The levels of pain also varied greatly:
 - Depending on the spots.
 - Depending on my mood, the weather, whether I was experiencing a flare-up...
- Medium and long-term effects on the physical level:
 - Increased energy
 - Increased mobility
 - Less pain and a reduced feeling of cold
- Medium and long-term effects on the spiritual level:
 - A lot of insights, creativity, and understanding of my body and the universe.
- Limitations I experienced:
 - It didn't help me regain weight.
 - It didn't help much with my digestion issues.
 - It didn't help with the eczema.





Reflections on my Healing Journey

The venom did NOT heal me.

I healed myself with the help of the bees, as well as many other things. My healing could not have occurred without addressing those 3 levels:

1.Physical level: diet, surroundings and lifestyle, delegating physical work, massage & physical practice, increased life force...

2.Psychological level: belief system, trauma healing, creative flow...

3.Spiritual level: energy healing, spiritual insights, transgenerational healing...

The bees helped me mostly on the physical and spiritual level.

2018

Journey With The Spirit of Venom



LI4

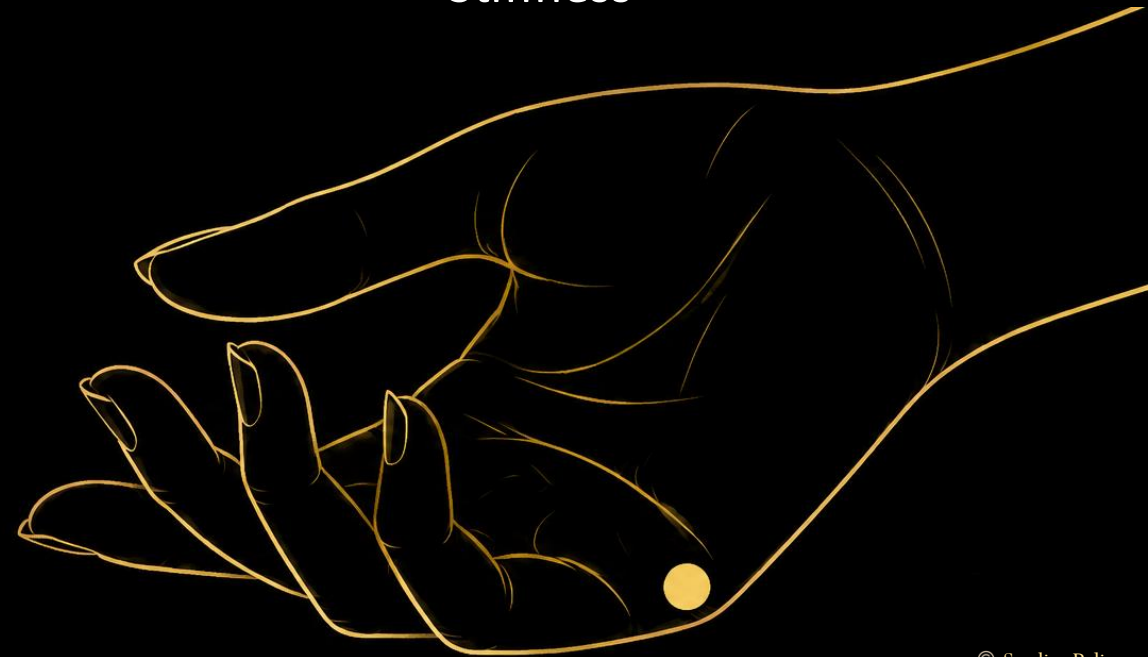
General pain relief

Especially headache, toothache and facial pain

Regulate circulation of Qi.

SI3

Neck, shoulder
and upper-back pain
Stiffness



THE HIVE EXPERIENCE

— ONLINE COURSE —



6 weekly live thematic sessions



2 one-to-one sessions with me



Daily audio recordings



6 weekly Q&A or guest speakers sessions



A private Telegram community for sharing and connection



2 follow-up integration calls

Bonus 1: One year access to the course *Bee Treasures* (8 videos tutorials + handbook)

Bonus 2: The eBook *Bee Wisdom, Teachings from the hive*



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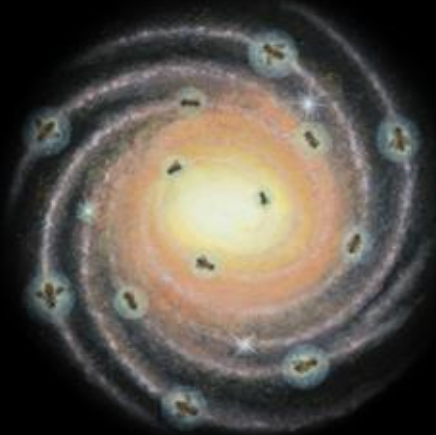
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WEEK 1

THE HIVE



A Fantastic
Superorganism

WEEK 2

MALLEABLE STRUCTURE



Beeswax
Wonders



THE HIVE EXPERIENCE

— ONLINE COURSE —

WEEK 6

INTEGRATION



Sovereignty
and Unity

WEEK 3

IDENTITY



Awesome
Propolis



WEEK 5

INITIATION



Mystical
Venom



WEEK 4

YIN-YANG POLARITY



Honey &
Pollen

