

## CHANGE MAY BE EASIER THAN WE THINK IT IS!

By Carol Hitz

Louise Hay of Santa Monica, California, Psychological, Spiritual Therapist Faciltator, author of HEAL YOUR BODY, and LOVE YOUR BODY, demonstrated in a semonar that love is the most potent-energy through non-judgemental action, when a young man about 26 clad in purple turtleneck sweater and casual black pants announced his alternate life-style and stating matter of factly that he had aids. Fears raced through my head and body as I remembered scant information about this most dreaded deadly immune deficiency disease and now being exposed firsthand was more than I bargained for. My fears intensified as questions like, what if I contacted this disease and gave it to my family and three granddaughters, and yes, disgust of the man who would choose this type of life-style and now he was asking for our help. Should I get up and leave or should I stay? Being a confrontative individual, wanting to grow, I decided to verbalize my fears aloud to her and the group since I had overheard her say that she had started out working with six aid victims and ended up working with over 300 who had contacted this most dreaded illness. Surely, she must have had some of the same fears when she began working with these people some years ago. These people must not have much self-love or self-esteem. Her reply did not surprise me when she said, "her protection is love." Since my fear factor had kept me a victim prisoner for many years, my new orientation and motto the last three years have been with fear; the risk is the win regardless of the outcome after I run my usual test on myself of ; is this action, the kindest, truest, most necessary and loving expression. With the realization of knowing, after hearing Col. Tom Schaffer, who had been held captive in the Iran hostage situation for over four hundred days, said that we all have switches in our brains to turn on the positive or negative and after playing with the idea that we need to acknowledge either verbally or non-verbally the negative so repressing our feelings is not deterring our positive

emotion. I past my own test and thought, what do I have to lose and knowing with calm assurance, if God made me and loved me, than this man was a child of God loved and I knew on gut level = I didn't get to choose another person's life style, although my personal belief system had definitely negated this choice as an unbalanced state. If all else failed, I recognized that we always have a choice, if only a choice of our attitude. I became interested and willing to thank God for this human being and experience and thought about love being the absence of fear and now readied myself to move ahead in unconditional love and support. I glanced quickly through Louise's book, HEAL YOUR BODY, to see what she had to say about aids, and she stated, "the probable cause is denial of the self, sexual guilt and a strong belief in not being good enough". She had stated a new thought affirmation pattern that said, "I am a Divine, magnificent expression of life, I rejoice in my sexuality, in all that I am and I love myself."

Louise concluded with a circle of love and light. He was now invited to lay in the center of the human circle of love and light. She placed her hands tenderly and gently on this needy man's shoulders after she had placed a radiant crystal pyramid on his forehead. The Reichen Therapist now moved in and placed their caring healing hands on this gentleman's body as we all attuned and moved lovingly into the circle of love and light, placing our hands on the therapist connecting with this life energy current of the group energy and now becoming channels for God's love and healing current to move through our bodies. In unison, we began breathing in God's love and light and on outgoing breath let go of the fear and stress and now we began directing this loving life energy current to our fellow human being in the center. The man's countenance of fear and stress began to transform before our very eyes and our's released as he relaxed and received the divine love from our human forms. Knowing that I could not give out any more love than I had for myself, I let that God love and self-love well up in me. By now my fear had completely dis-

solved and compassion and empathy overpowered me as I realized how the lack of God love and self love and other love had most likely been the contributing factor in his life style and alternate choices. There go any of us except by the grace of God I reasoned. Let the first one without sin cast the first stone. Glancing around the room and circle I noticed the pure intent of the participants and noted two men who for personal reasons of their own were unable to touch this man's body but instead did what they were able to do which was reaching their hands heavenward. The room glowed with intense spiritual light as we continued thanking our Higher Power and singing softly our gratitude.

How might we as individuals gain more self-love?

1. Stop all criticism of self and other. State more appreciations of self and others verbally and non-verbally. Example: I appreciate I/YOU/They because\_\_\_\_\_. Rather than criticize self or others state an appreciation like I appreciate how you presented that issue and your insights and I guess I would like to have heard you tell about the time that worked in your life and/or if I would have done it differently I might have done it this way.

Remember to use feel/want/willing active listening for self and hunch what you are hearing the other person saying, like I think I hear you saying, feeling, wanting, willing and then check with no judgements if indeed that is what the other person is saying.

2. Don't scare self with own thoughts. Everyone has a switch in their left/right, front/back brain to acknowledge and express either verbally or non-verbally their feelings/wants/willingnesses.

Honor self, others, their's/your/s own structure and honor and trust process called life.

3. When in presence of negative people, self or others, audibly say clear, clear, love, love and replace with that's their attitude and honor and be attuned to the fact that may not be your attitude and quietly replace the

negative with a positive affirmation, prayer or good word. Since we get to live with self all of our lives, we can make it easy by being gentle and tender with self and others.

5. Be kind to mind particularly if it is edifying and nourishing.

6. Affirm self with strokes, positive wins, ahas, insights and thank Father/Mother God for both positive and negative lessons.

7. Celebrate your life and others and celebrate with others their wins and point out their positives and give appreciations abundantly. Give caring advice only when invited and then only how you might do it for self. Each person gets to make their own decisions regarding their own well-being or not. I'm with you said to a person troubled or out of attunement and into separation may provide care and support without rescuing.

Check when you feel jealous of others and know that most likely you wish you had what they do and the likelihood is that you can create a winning situation for self. Needy people will often feel jealous and resentful.

8. Take care of body. Have a plan for balancing God/~~I~~We/They daily. Touch for Health balancing either by therapist or self touch for health, holding frontal eminences and asking self how I/You would like a situation or problem to be different, what I am willing to do to change it and finally when I am going to do it contacts the adult part of us to positive action. Exercises such as Acu-Yoga, Aerobics, Tai Chi, brisk walking, swimming can get our energy in motion and keeps us from depressing, repressing and not expressing which can get us into depression mode.

9. Support self. Reach out and ask for support. Do it even if you don't feel like it.

10. Choose creativity, music, art, dance forms, supporting friends, realize we're all in life together and it's possible for all of us to be winners and get most if not all our needs met.

11. All relationships pass through five developmental stages and they

include; 1 Romance (absence of conflict) 2. Power strgggle (great time for therapy). 3. Acceptance or non-acceptance. 4. Commitment 5. Individual and Co-Creativity and its possible to recycle romance with that desire and intent.

One of the greatest gifts we can give ourself and another is the gift of forgiveness. Realizing parents are human beings like us who did the best they knew how and we are than free to reparent ourselves based on current info and get on with our life.

All pain is due to our inability to release what needs to be free and when we choose to release what needs to be free, we are free in that process. Loving God, self and others with forgiveness or the desire to forgive is the pathway to love and wholeness in body, mind, heart, spirit. IF NOT, WHY NOT?

Take a strong indicator muscle and test un word forgiveness, and non-forgiveness and notice how the body feels with both positive and negative word. Gordon Stokes, along with Touch for Health balancing and E.S.R. has included holding backbrain, which records all past negative and positive experiences simultaneously with forebrain putting us in touch with conscious, sub-conscious abd body levels utilizing other tools which include age recession, the time a specific incident occureed with muscle testing to validate that truth, than using digital determinator to see if for instance the body could use a Touch for Health balancing or any other system which might need correction, and once in touch with specific incident, active listening, role-playing, recreating the scene to ones liking after running the negative sequence either verbally or non-verbally.. This is all done after the muscle is cleared in contraction and extension so there is a clear muscle circuit, non-switched and centered and in present time conscious, subconscious and body level. Touch for Health will always be my base and I'm glad many have gone on to give additional information and each system depending on preference can compliment and we can all be mutually supportative rather than competitive. Muscle testing calls for highest intent, interest and attunement in a protected permission giving environment.

Thank you John, Carrie, Gordon and Touch for Healters!



Suicide is the second leading cause of death among our children. Rated statistically higher than self murder, is death by drunk driving! Most teenagers say that getting drunk is helpful when you are thinking about suicide. ALIVE! Inc., is a Non-Profit Suicide Education and Prevention Organization. After three years of research on the application of Educational Kinesiology to the problem of teenage suicide, ALIVE! Inc. has a new focus and a new beginning.

## E-K ALIVE!

We are people to whom much is given. We are able, healthy, successful people, blessed with privilege, opportunity and intelligence. Yet suicide among our children has risen to epidemic proportions. Perhaps it is time to re-examine what we call health, success and intelligence. "A society that applauds a 5% increase in SAT scores but ignores a 250% increase in teenage suicide is out of balance."<sup>1</sup>

Balance is what Touch for Health is all about. Balance is what Edu-Kinesthetics is. Balance is what our children are crying out for, it is also the thing which they think is unobtainable. Balance is what they are dying without.

The Los Angeles Suicide Prevention Center, after reviewing suicide cases of youths ages 14 and under, found that 50% of the youths were diagnosed as having some kind of learning disability. The principal diagnosis of these cases was dyslexia, hyperkinetic and perceptual disorder. The total population of learning disabled children in the schools is approximately 2-5%, so 50%, obviously is disproportionately high. It suggests, in a cursory way, that learning disabled youngsters may be at enormous risk for suicide and other self-destructive behaviors, even at a very young age.

The remarkable fact is that of this 50% who committed suicide all had been diagnosed by the schools and were in some form of remedial treatment through the schools. They were under care of pediatricians and, in some cases, receiving stimulants for the hyperactivity. The youngsters' unacceptable behavior and slow learning was treated. Their dramatic lack of self esteem, however, which grew over the years as they fell farther and farther behind their peers in terms of academic work, coordination and social skills, was ignored.<sup>2</sup>

Our society can no longer accomodate the 50% that can not read. Jobs no longer exist for them. We must raise their reading potential. Were the dead children -in fact- adequately having their "unacceptable behavior and slow learning..treated?" The word education is derived from latin and literally translated as "to bring out of "or" to lead forth." Therefore when we

educate people, if we use the word seriously, we do not stuff something new into their minds; rather we lead this something out of them; we bring it forth from the unconscious into their awareness. They were the possessors of the knowledge all along. E-K Instructors know dynamically the reality of this statement. Locked in the switched-off right brain or the switched-off left brain, knowledge remains a hidden illusory thing that is "out there," beyond our grasp. Only from the integrated midline, do we realize our true God given potential.

"There are no bad, naughty, lazy, aggressive, sloppy children. ...All behavior, both positive and negative, is caused by movement, or lack of movement due to blockages in the neurological wiring of the individual. ...These "behaviors" can be corrected through Dennison Laterality Repatterning and through use of the "Positive Points" and "Cook's Hook-Ups" as shown in the work of E-K, founded by Dr. Paul E. Dennison.<sup>3</sup>

**ALIVE! Inc., has a goal and a commitment. We wish to be a part of the generation who takes a stand to eliminate the option of self-destruction from the planet. This paper is a call to Touch for Health / Edu-Kinesthetic Instructors who would be willing to form task force teams to fly into "Hot Spots" and begin switching-on kids in mass, giving them an opportunity to choose again from an integrated state of being. Ultimately ALIVE! Inc. would sponsor E-K workshops for teenagers to begin learning how to apply the simple dynamic techniques of E-K for themselves and their peers. ALIVE! Inc., a non-profit organization, needs money and dedicated volunteers willing to bring this vision forth into an integrated reality.**

In the research done by this author, it was found that there are no children who want to die. There are only humans who believe that there are no other options available. The student who is over-focused for learning is just as susceptible to thoughts of suicide as the under-focused student. To be a co-creator of a successful life one needs both fact and vision, held in the tension of creation. However when switched off, the fact becomes a left brain critical judgement and vision becomes little more than right brain fantasy.

Statistically:

- Males successfully complete suicide 4-1 over females. It is well known in brain research that the male brain is much more lateralized than the female brain.
  - The rate for Indians is 64% higher than for whites and 254% higher than for blacks. In Indian age group, 15-24, suicide is 4 times higher than other races in similar large groups.
  - The rate among young black ghetto has recently become epidemic.
  - Professional persons are at high risk as well as unemployed.
  - Male physicians are twice as prone to suicide as other professionals.
- For physicians, half of suicidal deaths occur during most productive years (age 35 to 54).
- Spring is the highest at risk season. Interestingly enough, December has lowest rate.
  - Monday has the highest rate of a day in the week.

Communication and stress are leading concerns in suicide prevention. In E-K we see that stress is the bodies leading method of communicating that which lies below the ordinary means of expression. When muscle tested on a symbol representing life, even those successfully hiding their deep depression, communicate their inability to integrate "life energy" through a weak muscle system. As E-K provides the priority response, life energy is re-instated new options and solutions can then be explored.



There is no danger in bringing forth a persons secret desire for suicide. There is only danger in hearing the cry and, in fear, ignoring it. Suicide is the ultimate act of trying to be in control of who you think you are. It is a very permanent solution to a temporary problem. "Suicide is not a biological event to be treated only by physicians--that is both hubris and nonsense; suicide is a human condition of psychological pain to be addressed by anyone who can, through psychological or other techniques, befriending or changes in the real world, mollify the psychological pain that the sufferer is experiencing. .... Suicide is committed because of thwarted, blocked or unfulfilled needs."<sup>4</sup> Through the techniques of E-K students of all ages are able to unblock their life learning problems from who they think they are and look again at the available options. When the negative, dark reversal of the central meridian is corrected there is light sufficient to choose again for life.

If we are to create the breakthrough that will pull our children from this epidemic we need to reach beyond that which hasn't worked, that which is already predictable, that which can already be expected and take an E-K STAND on creating the breakthrough.

The demands that suicide in our children call us to are extraordinary; to meet them, extraordinary men and women are required. There is no reason, no motivation, no "reward" for which these people - You and I- will heed this cry. There is just our humanity - and the stand for life that we are. "Of those to whom much is given, much is required."<sup>5</sup>

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## **POST SCRIPT**

If you are an average reader it took you approximately **4:06** minutes to read this article.

**In that time four people attempted suicide.** Every minute someone in the U.S. attempts suicide. Every two hours suicide takes one of our teenage children; 6,500 each year.

<sup>1</sup> California Educational Bulletin 3-25-85

<sup>2</sup> Michael L. Peck, Ph.D. " Harvard Medical School Fourth Symposium of the Lee B. Macht Memorial Series on Adolescent Suicide: Understanding and Responding, Boston January 31, 1986, Los Angeles, March 1, 1986., (Boston, Ma.: Harvard Medical School Department of Continuing Education ), p.61

<sup>3</sup> Paul E. Dennison, Ph.D., E-K for Kids, (Glendale, California: Edu-Kinesthetics, Inc., 1981)p77

<sup>4</sup> Edwin Shneidman, Ph.D., " Harvard Medical School Fourth Symposium of the Lee B. Macht Memorial Series on Adolescent Suicide: Understanding and Responding, Boston January 31, 1986, Los Angeles, March 1, 1986., (Boston, Ma.: Harvard Medical School Department of Continuing Education ).p.13

<sup>5</sup> "Luke 12:48, paraphrased by John F. Kennedy in his Inaugural Address."