

## SUBCONSCIOUS REPROGRAMMING

--Wayne & Bernie Topping

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### Abstract:

The Emotional Stress Release technique with eye rotations, use of aluminium foil, brain integration technique, and a new challenge technique, are all very simple to apply, yet, in combination, provide a very powerful way to reprogram the brain in regard to habit change. In this paper we briefly describe how to combine these techniques and we use weight loss statements to exemplify their application.

At last year's conference we described a modification of the regular Emotional Stress Release technique whereby the person being stress-released would rotate the eyes in one complete circle clockwise and one counterclockwise, while holding the frontal eminences and thinking of the stressful event. The evidence from our research, neuro-linguistic programming, and REM (rapid eye movement) sleep suggests that different eye directions access different parts of the brain. The eye rotations are thus a way to scan different parts of the brain while the person thinks of the event to ensure that we are stress releasing all aspects of that event.

Our research has further shown that a more complete clearing of all stress can be achieved by doing the eye rotation technique as described above while the person has aluminium foil under both heels and a small piece (e.g. 3/4" X 3/4") over the lower central forehead. If the client or friend is sensitive to aluminium, stainless steel, or some other metal, could be used instead.

The use of metal appears to clear stress to a much deeper level and we would advise caution when dealing with a traumatic situation. In such cases it would be better to stress release using eye rotations without foil, then to repeat the same procedure with aluminium foil to clear the remaining stress.

When working with habit change it is faster and more effective to define the stress by use of statements. For example, if a person feels insecure he/she could stress release while feeling insecure. It is more instructive, however, to muscle test an indicator muscle such as the pectoralis major clavicular bilaterally while the person states, "I feel secure in regard to money," "I feel secure in my relationship with my wife/husband...children...boss," etc. Those statements causing a bilateral weakness in the indicator muscle are statements that are eliciting a stressful response from the brain. Doing eye rotations in both directions while repeating the statement should relieve the stress.

Sometimes the statement will cause one indicator muscle to weaken but not the other side. One brain finds no problem with the statement, the other brain says "yes, that statement generates a stressful reaction." Thus, the two brains are not agreed or integrated on the statement. It doesn't matter whether it is the logic brain of the gestalt brain, the left brain or the right brain, that doesn't agree with the statement: the correction is the same. Have the person extend both arms horizontally to the sides. Imagine the left brain to be in the left palm, the right brain in the right palm, and see or feel them come together, into an integrated state, as the arms are brought forward and the hands firmly interlocked. This brain integration technique is simple, yet very effective in bringing the left and right brains into agreement. Usually the indicator muscles will now test strong bilaterally on the statement. Sometimes, however, both arms will now weaken. True, the two brains are now in agreement, but they agree that there is a problem. We would now do eye rotations on that same statement. Then recheck to ensure that both indicator muscles remain strong on the statement.

Several months ago we discovered that if you or the client/friend placed the pad of a finger on the lower central forehead and the positive statement is repeated one or both indicator muscles will

sometimes weaken. In this case rewording the statement and doing eye rotations or brain integration as indicated clears this imbalance.

The statement has the form of a double negative, apparently to release the hold of a negatively held belief. For example, "I believe I can lose weight," would become "I no longer believe that I can't lose weight."

Using and clearing the double negative, what we have termed the reprogramming statement seems to speed up the effectiveness of using the positive affirmation.

The reprogramming statements and positive affirmations for weight loss included with this paper will give you some experience working with these techniques. Although allergies and incorrect food combinations, etc., also can contribute to weight problems, we have found that many of our clients and class participants have lost weight after working with these statements.

A summary of the technique is outlined below.

1. Test self and client for switching. Correct if required.
2. Test a strong indicator muscle, e.g. pectoralis major clavicular. Retest each arm after person states positive affirmation.
3. If one arm weakens do brain integration on positive statement.  
Recheck muscles. If both arms are strong go to step 5.
4. If both arms weaken do eye rotations on positive statement. If both arms are still weak, then make the statement more specific. For example, "I feel secure" might become "I feel secure financially," or "I feel secure in my marriage." When bilaterally strong, go to 5.
5. Either testor or testee touches one finger to lower central forehead (under aluminium foil) and both arms are tested while person repeats positive statement. If both arms weaken do eye rotations on the reprogramming statement. If one arm is weak and one is strong do brain integration on the reprogramming statement. Recheck arms on statement to see if they are now both strong while touching the point on the forehead. If so, you have now finished work on that statement. Alternately the testor or testee could touch one finger to the lower central forehead, under foil, and test arm while testor makes statement, "you are clear on that statement." If either or both arms weaken, then do eye rotations or brain integration, whichever is needed.

## WEIGHT LOSS STATEMENTS

### Positive affirmation

I eat to live.  
I believe I can lose weight.  
I want to lose weight.  
I like my body.  
I can have a perfect body.  
I can be slim.  
I deserve to lose weight.  
I am worthy of a good figure.  
It's fine if men/women find my body attractive.  
I like myself.  
It's okay if I feel hungry.  
I can maintain a perfect weight.  
I'll get along fine without using my size to keep people at a distance.  
I feel safe without using fat as a protective covering.  
I'll get along fine without using my size to determine my power.

### Reprogramming Statement

I no longer live to eat.  
I no longer believe that I can't lose weight.  
I no longer don't want to lose weight.  
I no longer don't like my body.  
I no longer believe that I can't have a perfect body.  
I no longer believe that I can't be slim.  
I no longer believe that I don't deserve to lose weight.  
I no longer believe that I'm not worthy of a good figure.  
I no longer mind if men/women find my body attractive.  
I no longer don't like myself.  
I no longer feel deprived when I am hungry.  
I no longer fear gaining weight.  
I no longer use my size to keep people at a distance.  
I no longer need to use fat as a protective covering.  
My size no longer determines my power.