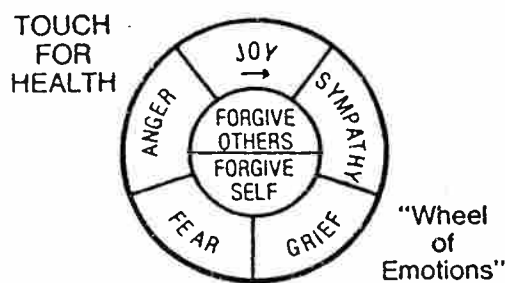


DEVELOPMENTAL AFFIRMATIONS FOR SELF ESTEEM AND THE WHEEL OF EMOTIONS

by Carol Albee

Summary: Psychologist Pamela Levin has identified affirmations essential to self esteem which relate to childhood developmental stages. These themes recycle throughout our lifetimes. The most appropriate affirmations to focus upon can be identified by muscle testing. Using ESR, the Wheel of Emotions (with forgiveness of others and self added) and age regression, we can gain insight and make changes in attitudes and behavior.



Touch for Health is changing so rapidly, I feel like an archivist bringing to light wisdom from our past that has almost been forgotten. The Wheel of Emotions is not a new technique — I learned it in my ITW in 1979. It combines the basic tool of muscle-testing pectoralis major clavicular (both arms simultaneously) after naming each of the emotional correspondences of the Law of Five Elements (going clockwise around the wheel above) and using Emotional Stress Release to clear any emotion that shows as a stressor. With an ever-expanding choice of balancing techniques and the addition of Edu-K, many of us are not using the Wheel of Emotions, or are releasing only the one emotion that circuit localizing shows will balance energy by the Law of Five Elements. The emotional block is cleared without the insights that are gained from ac-

knowledging all the emotional components. Emotions are like soup, many flavors blending and unrecognized. Much can be learned about ourselves when we experience each ingredient.

I'd like to share my personal experience when I applied Touch for Health skills to the material presented in an eight-week study group that turned into a two-year support group. A friend had discovered the book *Self-Esteem: A Family Affair*, by Jean Illsley Clarke, and had found it to be one of the most gently, encouraging ways to support positive changes in her family and children's behavior. A separate Leader Guide gave detailed instructions so that we could facilitate a group learning experience.

The emphasis of Clarke's book is on affirmations essential for positive emotional development and self esteem. The affirmations were originated and coordinated with developmental stages of childhood by Pamela Levin in *How to Develop Your Personal Powers: A Workbook for Your Life's Times*. (Prenatal stages have been added since the book's publication.)

- Stage 1: Time to Be (0 to 6 months)
- Stage 2: Time to Do (6 to 18 months)
- Stage 3: Time to Think (18 months to 3 years)
- Stage 4: Time to Create an Identity (3 to 6 years)
- Stage 5: Time to Develop Skills (6 to 12 years)
- Stage 6: Time to Regenerate (13 to 18 years)
- Stage 7: Time to Recycle (through adulthood)

According to author Clarke, adults recycle these stages as life events or the growth of the children bring up unfinished business from childhood or new opportunities for growth. For example, affirmations for Being are important for people who are sick, hurt, or depleted; affirmations for

Doing are important for people learning a new skill (TFH!) or starting a new job or relationship; affirmations for Identity are important for people who are owning their own power and giving up inadequate patterns and crutches "and incorporating healthier ways;" affirmations for Structure (Developing Skills) are important for people entering new groups and social settings; and affirmations for Sexuality and Separation (Regeneration) are important for people making relationship separations.

Each session for eight weeks our group focused on one stage, learning new concepts and tools based on Transactional Analysis. Without Emotional Stress Release to clear thinking and ease the stress of change, the information was too much to assimilate. We began a repeat session, this time using muscle testing to identify affirmations for each of us to focus on. We would say each affirmation aloud reworded in the first person, and if we tested weak, we used ESR to get in touch with why it was stressful. We found more to work with when we had our muscle test partner say the affirmation to us as we visualized each of our parents speaking to us, or our spouses or any significant other. From this point the learning intensified and became a very personal experience.

Sometimes muscle testing confirms what you are thinking and strengthens your self trust. Other times it startles and opens a door. Take a moment to consider which of Pamela Levin's "Stage 1, Time to Be" affirmations seem most relevant to you, then muscle test to find out which statements are stressful.

"I have a right to be here.
My needs are o.k. with me.
I'm glad I'm a boy/girl.
Those I love like to be near me, to hold me, to touch me.
I don't have to hurry; I can take my time."

Dramatic changes can occur from working with affirmations from the first stage — "Deciding to Live," as Jean Clarke calls it. Muscle testing "I

have a right to be here" brought sudden tears to Brenda, and with ESR came the memory of her family's teasing that her grandfather "took one look and died" when he was introduced to her. She had grown up with the belief that she was ugly and with the unconscious guilt of being here at the expense of her grandfather. Many difficulties in her life now made sense. She had come a long way from abusing her first child, Melinda, in infancy. Brenda was now a devoted and loving mother but had difficulty giving "being" affirmations to herself or her children. With her husband, she decided to spend Melinda's seventh birthday allowing her to act like a baby and giving her the affirmations she had missed. By the afternoon, the girl who envied her baby brother and cried every birthday had moved to Stage 4 - Identity - and was celebrating the advantages of being her age.

Consider how important it is to communicate these affirmations in words and actions in the context of the TFH or Edu-K class. To create an effective learning environment, instructors must communicate Being affirmations at the very first meeting: "You have a right to be here. Your needs are o.k. with me. I'm comfortable touching you." When learning a new skill, the Doing and Thinking affirmations are needed: "It's o.k. for you to explore and experiment. You can do things and get approval at the same time. You do not have to be uncertain." For wholistic health educators, the attitude "You do not have to take care of other people by doing for them" is essential if we are to empower people to take care of themselves, as well as to prevent burn-out in ourselves. As health consultants working with people who are giving up old patterns and owning their own power, we can communicate, "You don't have to be sick or scared or sad to get taken care of. You can be powerful and still have needs. You don't have to suffer to get what you need." For us attending this conference and learning so many options, the Structure affirmations are grounding: "You can think before you make that way your own. It's o.k. to disagree. It's o.k. to

trust your feelings to guide you.” As we conclude our classes and meetings, the Separation affirmations give us support to continue using TFH: “It’s o.k. to be responsible for your own needs, feelings and behavior. It’s o.k. to be on your own. You are welcome to come back again.” These affirmations, expressed in appropriate words and actions, are the underlying attitudes essential to providing a learning environment where people feel safe to grow and change.

Once stressor affirmations have been identified, there are many ways to clear and balance using Touch for Health, Edu-K, and new material presented at Touch for Health annual meetings. Still the basic techniques of Emotional Stress Release and the Wheel of Emotions are profoundly simple and effective.

Emotional Stress Release clears the emotional charge from memories, sequential events relating to a theme, words that we use to make sense of our experience but may keep us stuck in it, and specific triggers for stress that are unconscious associations to a past trauma (e.g., objects, words, smells, dates or times of day, weather, etc., that trigger anxiety, fear, and depression). But ESR alone is often not enough. I find out by muscle testing, saying, “If there is something that needs clearing by the Wheel of Emotions, this muscle will test weak.”

The Wheel of Emotions seems to help people clear in a different way than ESR. It has helped me to recognize and accept my emotions and become “unstuck” in patterns of emotional response. When I first began to give myself permission to feel the unthinkable, I used to wallow in emotions to clear them. Since I learned to ask, “Reveal to me what I need to know and release the rest,” I more often experience insights and gentle release without a strong emotional reaction. Years ago at an ITW, I was one of Gordon Stokes’ unwitting volunteers for the Wheel of Emotions demonstration. (I had mis-heard his introduction and thought he was going to reduce the “love handles” at my waist with the reactive

muscle technique!) After bawling in front of 25 people I would have preferred to impress in another way, someone with an unforgettable smile said, “If you want to experience the ultimate release, test on forgiveness of self and forgiveness of others.” I urge all of you to experience this and add it to the Wheel of Emotions, testing and clearing on “forgiveness” or “acceptance” after the other emotions have been released. If there is reluctance to forgive, it is helpful to ask if there is another feeling to clear that was not acknowledged through the Wheel. Accept and allow expression of all feelings while holding the frontal eminences, even unwillingness to forgive.

Age regression is essential to do with ESR and the Wheel of Emotions after the time for clearing has been identified by muscle testing the affirmations. The age regression technique is described in the *Edu-K Advanced Class Manual* by Paul E. Dennison, Ph.D., and Gail E. Dennison.

It is my desire to get to the source of beliefs which have created problems that recycle in patterns. I continue exploring a theme until I have a strong muscle response to the statement, “If this individual is ready to clear more about this theme, the muscle will test weak.” Such muscle feedback has on occasion, led me to explore the birth event, trimesters in the womb, conception, “moment of entry” of spirit into flesh (some very strong life-denying attitudes have cleared at this level), pre-life, and past lives. Such exploration of course depends on each person’s belief systems and willingness to trust the body’s feedback. “Past life” impressions may be personal metaphors rather than literal experiences, but by accepting whatever comes up, many people reach a deeper level of understanding and love.

What is the value of taking the time to go around the Wheel of Emotions when we have other effective and perhaps more time-efficient ways of releasing emotional trauma from the past? It develops our understanding and acceptance of our emotions as keys to self-discovery and

change. Our emotions are the expression of core beliefs and attitudes. We have a chance to discover our inner wisdom with supportive silence and loving touch. We have a choice to change when underlying emotions and thoughts are brought to a conscious level. Only by acknowledging and accepting the validity of our emotional expression can we come to the point of forgiveness and acceptance of ourselves and others. What is the value of giving yourself time to use the Wheel of Emotions? It is one path leading to self-love and unconditional love of others.

The affirmations for self-esteem are concepts that are necessary for psychological health. Once the stress associated with them has been released, they can be more effective as affirmations, to give ourselves as well as to seek appropriately from others. I want to share these affirmations with all who have a commitment to their own healing, to releasing the past to live more fully in the present.

Carol Albee
1385 Mallard Lane
Florissant, MO 63031

References

1. *How to Develop Your Personal Powers: A Workbook for Your Life's Times*, by Pamela Levin. Available from the author, P.O. Box 1429, Ukiah, CA 95482 USA, for \$3.95 plus shipping. Laminated circles of affirmations for eight stages (including prenatal) are available, 2 1/2" for \$8.00, mine-size strips for \$2.50.
2. *Self-Esteem: A Family Affair*, by Jean Illsley Clarke, Winston Press, Minneapolis, MN, 1978.
3. *Edu-Kinesthetics Advanced Class Manual: Whole Brain Integration*, by Paul E. Dennison, Ph.D., and Gail E. Dennison, p. 60.