

## TOWARDS A COMPLETE THEORY OF INTEGRATION AND BEYOND META — INTEGRATION

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**Abstract:** This work will attempt to lay the foundation for understanding the underlying nature of left-right integration. An expansion of the author's previous research papers on the integration of brain and heart hemispheres, bilateral organs and meridians and even unilateral organs and meridians is detailed. The new breakthrough of Meta-Integration is revealed and applied to brain, heart and meridian/muscle/organ integration. Finally, a new HEBS Heart Integration Exercise is described.

While there is much symmetry in nature, apparently even at the level of elementary particle physics, there are differences between left and right elements. Dr. C. N. Yang and T. D. Lee won the Nobel Prize in Physics in 1957 for demonstrating that one of the four forces in nature - the Weak Nuclear Force - shows left-right asymmetry contrary to the total symmetry suppositions of the day.

There is also much left-right asymmetry or laterality in living systems. Recently, e.g., many mammals have demonstrated similar brain hemispheric patterning and functioning to that found in humans. Almost certainly, biological forces would be the dominating factors determining left-right asymmetry or laterality in living systems. Even at the evolutionary level of the bird, a given brain hemisphere controls the opposite side of the body, as occurs in man. While no definite reason can ever be given for this evolutionary development, the author can suggest a plausibility argument as follows:

Imagine a bird's left brain hemisphere being attacked by another creature. If the bird's left wing were controlled by its left brain, it would have no chance to stop the attack after some

damage to its left hemisphere. However, if the right brain hemisphere controlled the left wing, the bird could still ward off its attacker and prevent further damage. So clearly, both physical and biological forces are at play in the evolution of left-right differences in higher organisms.

For our purposes, we can list a set of categories of differing amounts of laterality in man. If the order were correct this list would be a qualitative hierarchy of left-right asymmetry beginning with the greatest left-right differences.

1. An organ with differing (anatomically or functionally) halves, e.g., brain or heart. This could be further broken down into subsets of centrally located organs like the brain, and off-center organs like the heart.
2. Bilateral organs like the kidneys, supposedly identical, but on both sides of the body. Here, there is no direct tissue linking the left and right as occurs in the brain via the corpus callosum.
3. Muscles and meridians which occur on both sides of the body. The meridians, of course, include the twelve regular meridians of TFH but may exclude the Central and Governing meridians as these are centrally located. We should make note of one possibility, though. A centrally located meridian could be described mathematically as a degenerate case where both left and right meridians are somehow combined into one. So even here a left-right basis may still occur. We note here that the TFH technique of neurovascular holding points is utilized until left and right pulses are synchronized [1] (even if there appears to be one central meridian).

4. An organ only (or primarily) on one side of the body (unilateral), e.g., the liver on the right or the pancreas on the left. Integration can still be a factor (as is demonstrated by the HEBS Integration exercises) here. Even though the organ is on one side, bilateral meridians still feed it. Perhaps the left half of the pancreas is preferentially fed by the right (or left) spleen meridian according to this hypothesis. We may suggest several experiments in this light. Say we weaken the spleen meridian on the right side. Placing a small strengthening magnet on either half of the pancreas and muscle testing would reveal if the right meridian preferentially weakened (and fed) the left or right “halves” of the pancreas. Indeed our hypothetical meridian laterality patterning could have been an evolutionary guide to organ hemispheric patterning.
5. Organs in the center of the body with seemingly symmetrical halves like the bladder or spine.
6. Homolateral muscles discovered by Paul Dennison, Ph.D., demonstrates that even an integrated brain may still have subsidiary lateral asymmetries with muscle/meridian systems. The present author has described muscles/meridians homolateral to the heart. Likewise these could exist homolateral to any other organ or meridian and would presumably be most important in the order of the present hierarchy. This network of homolateral asymmetry is a second-order phenomenon. Any homolaterality to any organ/meridian would apparently be corrected in the usual, corresponding fashion.

We summarize now, the author’s previous works on integration and repatterning. To understand how integration occurs, we must know what is switched off in the first place. For the brain, the Rochlitz Alderhyde Dyslexia Hypothesis [2,3] ((RADH) states that the corpus callosum and the “gestalt” brain hemisphere and perhaps especially the connection of the two are switched-off

in dyslexia. As the liver detoxifies the chemicals suspected of being the major culprits in dyslexia - we refer to formaldehyde and acetaldehyde - it may also be “switched off” and in need of simultaneous innervation. (Recall the two aldehydes are suspected of interfering with acetylcholine, supposedly the major neurotransmitter in the corpus callosum.) Thus for integration to occur, the corpus callosum, gestalt hemisphere and possibly a liver element need to be simultaneously activated. The Dennison Laterality Repatterning (DLR) accomplishes this because the touching of opposite arm to opposite knee utilizes the supraspinatus (brain) and rhomboids (liver) muscles. This is the original HEBS interpretation. HEBS uses a hum instead of looking to the left or right as the hum intrinsically activates the gestalt hemisphere obviating the need to test this.

Likewise the Rochlitz Heart (and Brain) Integration [4] utilizes the subscapularis (heart) muscle in a cross-crawl fashion with a hum. (Note in some cases, counting may be necessary if the other hemisphere is switched off. Alternatively, perhaps a simultaneous counting-hum could always be used.) This then leads to overcoming what HEBS has called “dyslexic heart” condition with all its accompanying benefits. Similarly the author has stated that “any muscle/meridian/organ can be integrated in this fashion.”, e.g., a psoas cross-crawl, with opposite arm (like the pec sternal) and a hum will integrate the psoas/kidney and correct weak muscles and possibly other imbalanced muscle conditions. Furthermore, these self-correcting integration exercise - perhaps the best known - can even be utilized for pain relief. Pain often involves over-contraction in one muscle and flaccidity in its lateral counterpart. These HEBS integration exercises would utilize the TFH test for this muscle in cross-crawl fashion with the hum (count). This last step is always looking around a circle clockwise and counter-clockwise.

Let us now take an in-depth look at brain integration that will lead us into the novel concept of META-INTEGRATION. The author perceives the following hierarchy of brain hemispheric integration, listed in order of increasing "brain fitness."

### HEBS Hierarchy of Brain Fitness

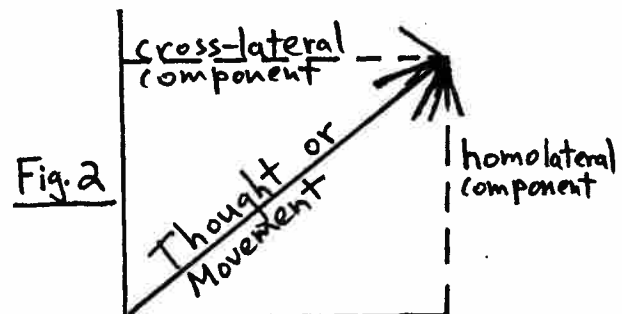
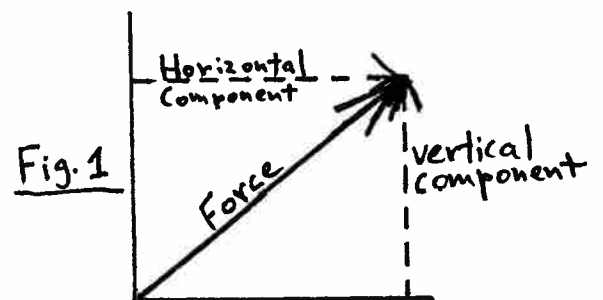
1. Strong on Neither "X" or "II".
2. Strong on "II", weak on "X".
3. Strong on "X", weak on "II".
4. Strong on "X" and "II" separately.
5. Strong on both "X" and "II" simultaneously. This is Meta-Integration. Strong on "H".

In more detail, the author routinely sees ecologically devastated individuals, so ill they test weak to looking at parallel lines. Neither hemisphere is really switched on. Then there are the many classic "dyslexics" corresponding to #2, above. Next we come to those corrected by the DLR, the second half of the DLR deliberately weakens the homolateralness of brain hemispheric functioning. The author believes this is in error and that those testing according to #3 above may be in a state not heretofore found in nature - an artifact of the second half of the DLR. Incorrectly a "god" has been made of integration and likewise a "devil" of homolaterality. The "unnaturalness" of the second half of the DLR can be further demonstrated. An infant may "switch itself on" by cross-crawling and humming or looking to the left. But it is improbable that it would then do a homolateral crawl, looking the opposite way, immediately afterwards! This in no way negates the singular achievement of the DLR in making the "X" strong and all that that entails.

Let's go on to #4 above. The author and Frank Mahony have separately written on this state. Mahony has written that "other than walking or running, everything is homolateral". This statement is still somewhat off-the-mark. Simply put, **everything we do is both simultaneously cross-lateral and homolateral**. This will be termed META-LATERAL or META-INTE-

GRATION, if it exists at the time.

Meta-Integration can be understood analogously to the concept of the vector in physics, e.g., a force has both magnitude and direction. And the reader does understand this from experience. If you want to push open a window, you must exert a force in the vertical direction. If you push extremely hard from the horizontal, you will never budge the window. If you push along a diagonal, it is only the vertical component that will have effect. See Figure 1.



Analogously all thought and movements have both a homolateral and a cross-lateral component. See Figure 2. (e.g., even when one is doing a homolateral crawl, a given brain hemisphere still controls the opposite side of the body and is still innervating it! ) So meta-laterality occurs even when performing a homolateral crawl. Indeed if one tests weak to a homolateral crawl, it may really mean that meta-integration does not exist. Some thoughts and movements may be primarily homolateral or cross-lateral but there will always be components of both in the brain at any one time. Furthermore, this work may uncover what is really tested when we look at an "X" or "II". We may be testing only the majority component (greater than 50% of a thought or movement).

Meta-Integration (M-I) is the state whereby one can be strong on either “X” or “II” alone if need be - this is only an approximation as noted above - and on both simultaneously as is really occurring all the time. We will test for this state by looking at an “H” where the horizontal line is long enough to challenge the midline equivalent of an “X”. (The alternative, of course, would be an overwhelming “IXP”.) The question now arises: how do we meta-integrate someone? There are two ways.

### HEBS H-BALANCE OR META-INTEGRATION

1. Look at an “H”, circuit-lock it in and balance the body according to its individual priorities (a la Beardall).
2. We devise a reprogramming exercise. It turns out that doing jumping jacks and humming can accomplish this H- or meta-reprogramming.

Now jumping jacks have been dismissed by some as homolateral. The author has realized this isn't a complete view of this exercise. In detail, a jumping jack can clearly be seen as utilizing both pairs of opposite arm and leg! So, which is it? Clearly it is both! This is just what we need. Do jumping jacks with a hum and then clockwise and counterclockwise visual “tracking”. Again it appears that the corpus callosum's link to the gestalt hemisphere is switched off to meta-integration and thus needs to be switched on. In fact, being switched-off to integration was just a piece of lack of meta-integration! In this light, a dyslexic can be taken all the way to meta-integration with this correction, while the usual integration will predominantly not lead to meta-integration. Also, we see that after DLR, jumping jacks tested weak, perhaps not because of homolaterality but because of a lack of meta-integration - the fittest state of all!

Furthermore, the heart can be meta-integrated as follows. Instead of performing Rochlitz Heart (and Brain) Integration with the cross-crawl, do a jumping jack with subscapularis exercise. This

may be visualized more easily if the reader skips ahead to the end of this paper and reads the HEBS MAESTRO Heart Integration Exercise. Just perform this with the legs jumping in and out a jumping jacks. Add the hum and circular tracking. This exercise may provide further cardiovascular benefit over the previous HEBS Heart Integration Exercises just as Meta-Integration may optimize brain functioning. Likewise all muscle/meridian/organ systems can be optimized with a HEBS H- or META-REPROGRAMMING Exercises.

Let's examine some examples of this new concept now. After meta-integration, “try” becomes strong. The author has observed word champion athletes saying “try” without any apparent visual or other stress. The old adage states that unlike sticks and stones, “words cannot hurt you”. But you must first be meta-integrated. Note, in contrast to many who proclaim “permanent cures”, the author believes that the higher the level of brain fitness, the more fragile this energy system will be. Accordingly strict ecological (and other) vigilance is needed to maintain M-I and frequent H-Balances or H-Reprogramming may be needed. (It is fascinating to note that most natural fibers like cotton, when observed under a microscope are combinations of “H's” whereas synthetics zig-zag every which way.)

The homolateral aspect of M-I will now be detailed. While doing mathematics, a person is definitely not conscious of all the intermediary calculations in the language-linear brain hemisphere. If in fact these thoughts flooded across to the gestalt hemisphere, doing mathematics would become untenable. Again, our mathematician's brain hemispheres are controlling the opposite sides of the body. Thus meta-laterality is actually occurring here. A strong response to parallel lines is also demonstrated by the following two examples.

A significant percentage of schizophrenics have been found to have overdeveloped nerve fibers in the corpus callosum. [5] Therefore, part of their

troubling symptomatology may pertain to the inability to remain homolateral for certain thoughts or actions! Analogously, each of us may occasionally have strange thoughts that would be detrimental to society if carried out. Perhaps the criminal and the insane can't keep these thoughts homolateral at the time.

We can test the need to remain homolateral on some thoughts as follows. Take a Meta-Integrated person and have him visualize some horrible act such as stabbing you in the heart. He should test strong on looking at "II" and weak at looking at an "X" at this moment! Thus the thought is restricted (hopefully) to the gestalt hemisphere (presumably) and the whole brain is not activated. (And you won't be stabbed).

#### **NEW HEART INTEGRATION EXERCISE - HEBS MAESTRO**

It has been noted that many music conductors live into their nineties. Some have speculated that "arm-jogging" is the key. The author has deciphered that heart integration is actually occurring!. This is the basis for the following new heart integration exercise - HEBS MAESTRO.

As a conductor would, bring your elbows high

and hands vertically upward. With the elbows remaining high, your hands will trace two semi-circles, back to back; or two C's facing away from each other. At the nearest point, the hands come close together, then down and away, then back up and away. This powerful exercise utilizes the subscapularis from contraction to extension and vice-versa. All the while with a hum looking around in a circle. The conductor looks around at his orchestra while listening to good music!! This exercise precisely fits in with the theory behind HEBS dyslexic heart corrections and obviously continues to strengthen the heart even after initial integration. Let's all live to be 95 like the great conductors!

This paper has been excerpted from the author's book, *Allergies and Candida: With the 21st Century Solution*. Copyright 1987 by Human Ecology Balancing Sciences, Inc. The book will be available in the summer of 1987. **Contact the author at:**

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