

More on Meta-Integration

by Elizabeth Barhydt, BA, and Hamilton Barhydt, PhD

Abstract

Meta-Integration, as conceived by Steven Rochlitz, is shown as an extension of Full Electromagnetic Balance. New techniques for achieving Full Electromagnetic Balance and Meta-Integration are described.

Background

Concerned that the early techniques developed for "right-left brain integration" left the testee in the situation where homolateral activity would muscle test weak, we explored the situation further. Combining techniques described by Richard Utt (Refs. 7 & 8) and Sheldon Deal (Ref. 5), we found that it was possible to create a Full Electromagnetic Balance condition where the testee would muscle test strong for both homolateral and cross-crawl activities (Ref. 3). Actually the benefits of this balancing technique, which we nick-named the "Five Finger Quick Fix", are far broader in scope, since this single energy balancing procedure simultaneously balances the entire class of electromagnetic imbalances (listed on page 28 of Ref. 5). These include:

Right/Left Brain Dominance

Switching (right-left, up-down, front-back)

Cross-Crawl

Centering: Hyoid, Gaits, Cloacals

Acupuncture

Also included in this category is:

Central Meridian Reversal

An interesting outcome of the Full Electromagnetic Balance is that both the right and left side indicator muscles test strong when humming (right brain activity) or counting (left brain activity), indicating that there is no right-left brain inhibition occurring, and that an

indicator muscle tests strong after either homolateral or cross crawl activity.

Our most recent simplified version of the Five Finger Quick Fix to achieve Full Electromagnetic Balance and full right-left brain integration goes as follows: While holding the five fingers of one hand around the navel, with the other hand rub in succession the K27 points (the upper ends of the kidney meridian) for right-left balance, the lower lip (the upper end of the central meridian) for up-down balance, and the upper lip (the upper end of the governing meridian) for front-back balance.

Meta-Integration

Once several investigators, including Steven Rochlitz and ourselves, established that a person in full right-left brain integration and full electromagnetic balance would muscle test strong to both homolateral and cross-crawl activity, Rochlitz introduced the idea of Meta-Integration (Ref. 4), that is, a balance beyond the regular Full Electromagnetic Balance or right-left brain integration. Basically he discovered that a person who muscle tests strong to pure homolateral activity and pure cross-crawl activity might not muscle test strong to combined homolateral and cross-crawl activity. A good example to this type of combined activity is the classic jumping jacks calisthenics exercise. A person that tests weak after doing jumping jacks lacks Meta-Integration.

Other indications of a lack of Meta-Integration are that the testee will muscle test weak while repeating, "I will try", or when looking at an H. Recall that the person who muscle tests weak after cross-crawl activity will muscle test weak to X or = and a person who muscle tests weak after homolateral activity will test weak to | |.

The Rochlitz procedure for establishing Meta-Integration is to do the jumping jack exercise while humming to activate the visualization-integration area of the brain (Ref. 4).

The importance of Meta-Integration is that not only does it correct energy imbalance caused by combined homolateral cross-crawl activities and thus improve overall physical agility and endurance, but it also eliminates the negative aspect of "trying". People who are experiencing difficulty coping with a task may find less energy drained by the stress of "trying" and more energy available to accomplish the task.

New Balancing Technique

We explored the ramifications of Meta-Integration further by putting the imbalance into pause lock and using finger modes to find the priority correction. We have found in all cases tested to date that the priority correction was for chakra imbalance, and with one exception the chakra involved was the crown chakra.

For chakra imbalance correction, we have been using age regression, presumably to the time that the chakra imbalance occurred, followed by lightly touching the neurovascular reflexes on the forehead for Emotional Stress Release. We found that for Meta-Integration it is not necessary to use the age regression to establish a balance. Meta-Integration can be established simply by having the testee lightly touch their Emotional Stress Release (ESR) points while repeating the words, "I will try", several times. Repeating this phrase is equivalent to putting the imbalance signal into pause lock while carrying out the ESR procedure.

A recent discovery is that by doing Meta-Integration by touching the ESR points while repeating "I will try" will often release frozen muscles, particularly in the neck and shoulders. These are the muscles that freeze up due to nervous tension and that are often difficult to get to stay in balance. The Meta-Integration correction apparently releases the

tension that is causing the muscles to freeze up and thus corrects the frozen muscles by eliminating the cause.

Despite the apparent relationship between Full Electromagnetic Balance and Meta-Integration through the spectrum of homolateral, cross-crawl, and combined homolateral cross-crawl activity, these are two entirely separate balances. A person can be in Meta-Integration without being in Full Electromagnetic Balance and vice versa. Correcting a person for one of these forms of energy imbalance does not affect that person's state of balance relative to the other type of energy balance.

References

1. Barhydt, Hamilton, *An Approach to More Stable Muscle Balancing*, page 45, International Journal of Touch for Health, July 1983.
2. Barhydt, Elizabeth and Barhydt, Hamilton, *Sneaky Reactives*, page 137, International Journal of Touch for Health, July 1984.
3. Barhydt, Elizabeth and Barhydt, Hamilton, *Some New Ideas in Muscle Testing and Energy Balancing*, page 56, International Journal of Touch for Health, July 1986.
4. Rochlitz, Steven, *Towards a Complete Theory of Integration and Beyond, Meta-Integration*, page 109, International Journal of Touch for Health, July 1987.
5. Stokes, Gordon and Marks, Mary, *Dr. Sheldon Deal's Chiropractic Assistants and Doctors Basic AK Workshop Manual*, Touch for Health Foundation, 4th edition, 1983.
6. Thie, John F., *Touch for Health*, DeVorss & Co, revised edition 1979.
7. Utt, Richard, *Applied Physiology I*, International Institute of Applied Physiology, revised edition 1987.
8. Utt, Richard, *Applied Physiology II*, International Institute of Applied Physiology, revised edition 1987.