

Being Fully Present

by Grethe Fremming and Rolf Hausbøl

Everybody knows the dis-ease we experience when we are sick. The majority of people consider sickness as negative and try to avoid it in many ways. Have you ever considered the positive aspects of disease? Disease is basically disharmony which creates congestion of energy emotionally, mentally and physically. Disease has "always" been with us, although expressing itself in different ways. Not only is man sick, every kingdom, animal, plant, and mineral, and the very earth itself, shows signs of disharmony. Every change of form requires a dying process. Old patterns and forms must give way for new patterns and forms to develop.

Thus the disintegration of forms is a necessary evolutionary process. By not resisting but flowing with the process we recreate harmony. Isn't this what we call acceptance? Acceptance does not mean to lean back and just let it happen, but rather to use consciously all our inner potentialities to see what to learn and gain. By looking behind the phenomena of physical life, we may discover that consciousness and life-quality is more important than form and physical existence.

In our work we see that every disease contains a "hidden" wisdom and that disease often disappears when understanding is brought about. In this way disease is being transformed to a positive learning process by an expansion of consciousness, in addition to the well known fact of being a cleansing process.

Man is energy, Disease is an energy-imbalance. We utilize this knowledge in our Touch for Health work. By ancient wisdom energy is divided into 7 aspects, notes, vibrations, colors, or qualities - the 7 Rays:

Ray of: Expressed in our lives as:

- | | |
|------------------------------|------------|
| 1. Will and Power | politics |
| 2. Love and Wisdom | education |
| 3. The Higher Mind | philosophy |
| 4. Harmony through Conflict | art |
| 5. The Lower Mind | science |
| 6. Devotion | religion |
| 7. Ceremonial Order or Magic | finance |

The energy works through our electromagnetic or etheric body. The Qi energy is coming into our body through the Pranic Triangle where it is regulated to fit our physical body so that we do not get too much or too little energy. From the Pranic Triangle it is distributed through the nadies (the blueprint of our nervous system) and from here through our 7 main chakras to their relating glands and organs.

If we look for the chakra and the ray involved in connection with a physical symptom, we are looking for a very deep and important source of imbalance, and we can now work with the aspects of the ray to help the person to an insight with regard to his problem. In this way healing takes place according to his conscious understanding of what the imbalance can teach him.

In our research and development of Transformational Kinesiology we have found that people often partially identify themselves with other people. Especially when we have a difficult time with somebody, feel very sorry for somebody, or are upset with somebody we "take" the other person's thoughts and feelings to the exclusion of "our own". Apparently we copy some of the other person's energy pattern and even feel sick and are apt to develop similar symptoms. We may feel confused and have no clear perception.

Another problem is identification with ourself in the past or with our anticipation of the future. If we once had a traumatic experience and another situation comes up now that activates this old pattern, we are apt to react like we did at that other time. We feel sorry for ourselves, life is hard, and so on.

This recurrent identification problem is really part of the eternal question, "Who am I"? In normal life (exoterically), "I" is the personality and identifies with different parts of this personality i.e. thoughts (mental body), emotions (astral body), and physical body. Looking at it from an esoteric point of view, "I" is the soul, and we strive for a very long period fully to express this inner core.

It is said, "Man be thyself". This means to express the inner core through our physical, emotional, and mental bodies without identifying with these, because this in fact is the real problem of not being "I".

Test for Being Fully Present

1. Do the normal clearing tests (water, overenergy, switching).
2. The person states, "I am (name) here and now. Test right and left IM (Deltoid).
 - a. If IM switches off on one side only, brain integration stating: "I am. _____ here and now". Re-test.
 - b. If both IMs switches off, do eye rotations using the same statement. Re-Test.

The above is a superficial correction and can be used as part of a clearing procedure. If you want to go in depth, you can use verbal testing to find the identification problem so that it becomes conscious to the person. This has in many cases a profound impact upon the person's life!

Solar Plexus Imbalances

The Solar Plexus is the center that is in a state of imbalance for most of humanity today. It controls the liver, the pancreas, the stomach, nervous system, and a great deal of the abdominal area. The Solar Plexus is among many imbalances always involved in digestion problems. Esoterically the Solar Plexus has a special connection to our emotional body with its affections, cravings, low blood sugar problems, allergies, etc.

Ties

When people get together in any kind of relationship, we have certain expectations which often are not met. We try to change other people, we demand, we become dependent, and sooner or later we find ourselves in a restricting situation.

The following is just an example of one of the many ways in which the Solar Plexus can be out of balance.

Solar Plexus and Ties That Bind

1. Do the clearing test (water, overenergy, switching).
2. Always work with a goal.
3. Test IM while placing 5 fingertips on Solar Plexus on the BACK of the person (about T 10 and T 11)).
4. If the IM tests off, make the fingermode thumb to little finger with the right hand. Pause lock if the IM switches on.
5. Test verbally as thoroughly as possible which relationship he is ready to release. Take notes of important statements concerning the belief system. Talk with your friend about it and go on talking and testing until IM stays switched on when you are stating, "This system is ready, willing, and able to release the person".
6. Hold the frontal eminences while the person is visualizing the other person as clearly as possible. Let him talk aloud or just think about the relationship. Let him see the black figure of eight between the two of them binding them together. When he feels ready to untie it, let him do it. The visualization is like unplugging an electric cord from the receptacle. It is important that your friend understands what he learned from the other person so that he feels thankful. When freeing the other person from the tie it falls automatically from himself. Now he draws around the person a golden ring of light and finds himself in a similar ring of light. The rays from the rings form a bridge upon which they can meet without binding each other.
7. Retest statements. Retest the Solar Plexus. Negative statements should have reversed. The Solar Plexus should now test strong.

We feel convinced that kinesiology is being used more and more because it is a most excellent tool for the expansion of consciousness, the prevention of disease, and for healing.