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Welcome to Your Future

What do we do? Where are we going?

What do we want? How do we get there?

Who's going with us?

by Yvette Eastman

Our Role as Kinesiologists

What do we do? What is our primary job? What is this magical process we use?

Our job, as Kinesiologists, no matter which department we specialize in, is to educate the person with whom we are working so as to help them to understand their bodies and how they work. We gather information to educate our partner. We use that information as a mirror or metaphor to see our partner more clearly, and to see ourselves.

Despite all the different technologies and mysteries that surround each new format, our only job is to anchor the information we received by using specific muscle tests. We receive such information as: 'This meridian is over-energized.' 'This muscle is weak.' 'This word, this emotion, this thought, this taste, all cause stress.'

Our most difficult objective is to set our personal ideas and concepts aside. Then, with the curiosity and wonder of a child, we ask the body for information and we anchor the answer with muscle checking. We are not involved in the answer or even in the content of the person's story. We remain neutral, interested only in the marvel of the process. Thus, we learn about ourselves as we teach about another. Then, as that information becomes useful or viable, corrected and balanced, we anchor that knowledge with the muscle check that gave us the information. And that is all we do.

Meanwhile, our partner may be busy, working, processing, clearing the knowledge we discovered. Now our job is to support our partner in his search and in the retrieval of information. Later, we need to be there for them if they need us, or if we can steer them to a continued support system.

The Future of Kinesiology

Thousands of years ago, some one, (or perhaps a lot of different people in different places) dreamed about a system called Kinesiology. They had no name for it, just a concept. Because they had the concept, Kinesiology became a reality. "Whatever man can conceive he can achieve." And it is for this reason that it is very important for all of us to perceive a bright future for Kinesiology, to visualize a very successful future for Touch for Health. Our profession has a brilliant future. Just a brief look at the journal will prove that to each of you. Meeting the authors, experiencing their work will confirm it.

And so, in a moment's daydream I saw a brilliant path for Applied Kinesiology in all its forms, and I wish to share it with you and be part of its reality. The near future is easy to describe a torrent of hard work, decisions, events, gatherings, ironing out, separating, rejoining with others in the many varieties of kinesiology, so as to improve what we do. It is important that anything we do can be duplicated by other kinesiologists, that anyone can test a person and receive the same results. It is also important to simplify our techniques in order to get those identical results.

As for the distant future I can see it clearly. And it starts with children...

I see kids testing themselves and each other, choosing appropriate foods for their specific needs. I see a bunch of them balancing each other before taking a test, and another bunch balancing before a soccer game. I see a kindergarten class performing a routine borrowed from both Educational Kinesiology and One Brain (Three in One Concepts), and I see a similar yet different routine in each class room right up to grade 8.

I turn on morning TV, and there, right after yoga, and aerobics is a program with Ken Kinesis, showing you how to balance for the day's goal. "Tomorrow," he says, "we'll learn how to release phobias with kinesiology. If you want to be part of our active in studio audience, obtain your ticket by phoning the number on your screen."

Kayla Kinesta has made Kinesiology a part of the corporate world, and there is a kinesiologist as well as a nurse in most businesses. It has eliminated a large number of accidents. Workers and business people seem more relaxed, since all people can get a needed balance. It even helps the dreaded computeritis!

Kinesiologists can be found on every professional sports team, in every gym, on all construction sites. They are also found in shoe stores, assessing your gait, and choosing appropriate shoes. Yes, Kinesiology is definitely a part of our future.

Touch for Health Associations, International College of Applied Kinesiology, International Kinesiology College, International Association of Specialized Kinesiology, and all the other AK associations and educational groups are the backbone of our future. Soon Kinesiology will become as popular and as common as Donald Duck, and even little children will have experienced its benefits. When people begin to hum a "ditty" composed for us by us, we will know we made it! The future also holds our standards as Kinesiologists. All of the organizations joined together, despite internal differences, to set standards for our profession. We reached out to each other to plan and to build. We looked inside ourselves for our best models and set high yet valuable standards for our profession.

And, returning to my vision, I see the TFH Society of Integrated Kinesiologists as the stepping stone to the founding of a College of Integrated Complementary Health Sciences, an accredited College, where a person can gain a degree in Health Sciences. It is world renowned for its superior Anatomy and Physiology department. It has had spectacular results in the educational kinesiologies whose curriculum approach has changed how educators teach children in the mainstream schools. As part of its Apprentice or Intern program, there is a world-renowned out-clients department for folk who

need to tune-up their systems for both beauty and sport. There are several from the present board involved with all of the above departments and several new people that seem to be the new wheels for the active board. There is a department that specializes in walking for health, in the creation of appropriate foot wear for any and all needs and ages. A Podiatry/Fitness Instructor/Reflexology/Kinesiology synthesis. Here, all cultures impart their knowledge to form new and even more effective models of health maintenance, correction and care. Thus, a person's gaits are checked and corrected, leg lengths and hip rotations are observed and adjusted, exercise and walking programs are personalized from many points of view.

The College supports all modes of Kinesiology and sponsors the newest methodologies. Facilitators from around the world are proud to be connected with the College. It hosts an annual conference that boasts of the highest attendance for annual events based on the 1994 conference techniques.

Speakers request the privilege of presenting here. The standards for presentations are extremely high. Though education is the aim, learning is thought of as a Hologram concept, where any part is a metaphor for the whole and where wholeness is dependent on love...love of people, love of learning, love of laughter, love of change, even love of chaos, since it is known that out of chaos and confusion come higher order.

The College is also modelled after the finest of teaching hospitals so that there is always a large number of people who have come to experience life corrections. It is here that students and facilitators use the newest concepts to effect a change. It is because of the work of the College that Kinesiology has become a household word and finds its place in every walk of life.

Is this enough of a future for you? It is perfect for me, and it is the concept upon which this **Touch For Health Annual Meeting, 1994** has been planned. I wish us all the best of futures, knowing that your future started in some distant yesterday!

My personal motto has always caused me to stretch, just a little bit more..."If I can't, I must!" I do what I can't until I can. Please accept my gift of energy and determination to lead yourself and all of us into our best possibilities.

Won't it be grand when we have the funds and the power to offer worthy and needy students scholarships to our very own colleges? Good luck and good learning to all of us, may our friends and students be as numerous and welcome as a field of wildflowers!

And may you also find a supportive team such as the one I have worked with for the past year. My thanks and appreciation to the TFH Canada Board of Directors, to the many who gave up time for meetings and also performed the many details, to the formatters of this Journal, Elizabeth & Hap Barhydt, and the faithful volunteers and office people who gave freely of their time to help in the behind the scenes work.

My love and my deepest gratitude to the many presenters who have made this conference as special as it is. I drove them crazy with my "nudging" and pestering and look ! It was worth every phone call and every plea. You are all special and phenomenal.

And I reserve my biggest THANK YOU and appreciative hug, for my Co-chair of this conference, Sharon Promislow. She supported me during the darkest moments and praised me into the sunniest hours. Without her behind me, helping all of us, in her own inimitable way, there would have been no wonderful stepping stone reaching out to the future...



Keynote Speech

1994 Touch for Health/Kinesiology Meeting

Where Are We Today

by John F. Thie, D.C.
President, Touch for Health Foundation

Abstract:

Dr. John F. Thie describes where the Touch for Health/Kinesiology movement is today. What it is accomplishing and where it fits in the new health paradigm. He describes the necessity of recognizing the wholeness and unity of the person, community and the world.

It now has been over 20 years since I began to share the goals that Carrie and I have developed to be part of the changing health paradigm. One goal was to include ways to recognize that the separation of the so called parts of the human being was a false assumption. We are really whole using all aspects of our beings – body-mind-emotions-soul-spirit. We can utilize the parts for the purpose of study, but we must put them back together to be whole and functioning.

We recognized as Thomas Merton put it, "There is in all visible things ... a hidden wholeness."

We recognized along with others of our time that with the questions we raised with sharing Touch for Health with all who were interested without regard to prior qualification that creative hospitality and the richest possible human dialog could be pursued together. There is not one "right" way to gain wholeness. TFH is one way in which people can have a system to increase their awareness of their wholeness.

We saw no boundaries of geography and encouraged those of like spirit to join with us creating a living place for everyone who wished to touch for health. We found that there are many many people around the world that share this place and in ever growing numbers. The bias of the old culture that "thinks apart" the world and splits it into unrelated fragments – splitting mind from body, consciousness from matter, and the individual from community and natural world, would not as easily effect us as we joined together in like spirits of wholeness to share as widely as possible.

The longer we have been sharing Touch for Health the more we realized that this fragmentation of our culture is reflected in our personal fragmentation, and is only by the restoration of our personal wholeness that the wholeness of our culture can be reconciled. The place that we seek is not in a distant land, but within us and everyone else. We are really joined. The only way we cannot recognize that we are all one is if we create the separation in our minds.

As in the parable of the prodigal son, we are becoming conscious of our condition and have begun the journey home. A safe place where we experience unconditional openness and trust where insight and candor go hand in hand. A place of intimacy and acceptance, free of pretense and prestige. These are the goals of our TFH gatherings.

We are at the Touch for Health gatherings extending the boundaries of ourselves to include others, balancing ourselves within our communities. We come to these gatherings to experience hospitality and healing, a place where we have honest talking and attentive listening and a place for creative dialogue.

In this spirit we in the Touch for Health movement have created a place where healing reunites the fragments of our lives through a process that can affect not only our body-mind-spirit, but also the world around us, as we recognize that we are not separate parts but truly part of the whole. Our work focuses principally on health promotion and healing allowing each of us to have peak performances more often. It encourages us all to grow and meet of intelligent designed purposes for our lives. Our success

ultimately depends on our individual and collective capacities to cultivate the environments of hospitality for those that search for the hidden wholeness that gives health.

Our work is essentially studies of the unity of body-mind-spirit that will allow more and more people to have maximum performances in their lived lives. It enables education to be more easily assimilated and recognizes that each person is unique and precious, is of unlimited value and has a purpose designed into them to accomplish that which only they can ideally fulfill. We increasingly study to understand the fundamental nature of consciousness and spirit that will allow us to know that we are by our personal choices fulfilling our purpose for which we were created.

We are part of the shifting paradigm and as we report our outcomes of intervention in lived lives we add to the research into the mind-body-spirit health of the world.

We need to be reporting the findings that we have with individual and class interventions. We recognize that each intervention is a mini-experiment and look for the outcomes that we seek as part of the goals set before the intervention.

It has been pointed out in the January 1993 New England Journal of Medicine by David Eisenberg M.D., of Beth Israel Hospital and HARVARD MEDICAL SCHOOL, BOSTON, MASSACHUSETTS, that one out of three respondents used at least one unconventional therapy in the previous year. Extrapolating to the U.S. population suggest that Americans made 425 million visits and spent \$10.3 billion out of pocket for unconventional medical therapies in 1990. This compares to the \$12.8 billion spent out-of-pocket for all hospitalizations. Unconventional medicine has an enormous presence in the U.S. health care system. It is my experience that it is at least that same proportion in other countries of the world if not more. We are part of the unconventional medicine that is changing to the health paradigm from the treatment of disease paradigm.

Studies of electromagnetic field interactions relating to the immune system are proving what we already know from our personal experiences and with those with whom we work, that the subtle energies of the electromagnetic nature have a profound effect on health and wholeness.

Our goals in education have been to bring to all health professionals, paraprofessionals and the lay public this understanding of the relationship of posture and muscles that reflect the entire body-mind-spirit as a whole. We want to bring to teachers the awareness that students will learn more as they realize the interconnectedness between each other and the spiritual sources that underlie teaching and learning. We want them to be able to bring to their students the healing effects of touch in restoring balance to the natural energies of the person.

We bring to the public and increased understanding of the ways that the mind-body-spirit wholeness can become out of balance and that they can restore their greater capacities by using Touch for Health balancing as they would brush their teeth, wash their hands, or take a shower. Just living will cause imbalances and restoring the balance will enhance our lives, just as cleanliness does. We need more understanding of balancing as a way of life and performance enhancement. It is more than treatment. We are allowing them to have more peak performances and healthier lived lives by recognizing that they can restore harmony easily with touch methods.

Out high technical no touch past and present is giving way to a high tech/high touch world which we are part and in a leadership position.

We are helping people voice what they have known for generations that recovery from illness requires more than a prescription or surgery. We are helping people know that life is not essentially dangerous and does not require the supervision of a health professional on a regular basis to tell us how we are functioning. It is possible for families to enhance each other's health by learning touch healing methods and using them to enhance their lived lives.

We are going beyond the teaching of "techniques" – going beyond to explore the whole person balancing. Connecting the old paradigm's artificially designated parts back into their true, real, integrated wholeness in the new paradigm.

We are helping people more toward the realization that the intention of each individual affects the whole. We are able to help people understand that distance and time are not obstacles to healing in themselves. We are helping people to recognize that they can have unique special gifts with which their intentions to help others can be

very healing regardless of the techniques used. These good results are being explained by use of the theoretical models and principles of quantum physics.

With our work we are clarifying the interrelationships of energy, matter, and information. With the greater understanding from physics and metaphysics we are helping people understand themselves as energy, matter and information and that communication is the key to health. The ability to understand that the posture and muscles reflect the health of the whole person is an important contribution that we are making with the Touch for health synthesis.

We are helping people of all walks of life to understand that the scientific emphasis of measuring only the physical world is insufficient to understand the lived lives of us as individuals and as cultures. Science must now grapple with unexplained anomalies in the various scientific disciplines and in human consciousness. We are helping people to recognize as Robert Jahn put it, "Reality is the child of two parents: the inexhaustible environment of information, and the ineffable conscious mind."

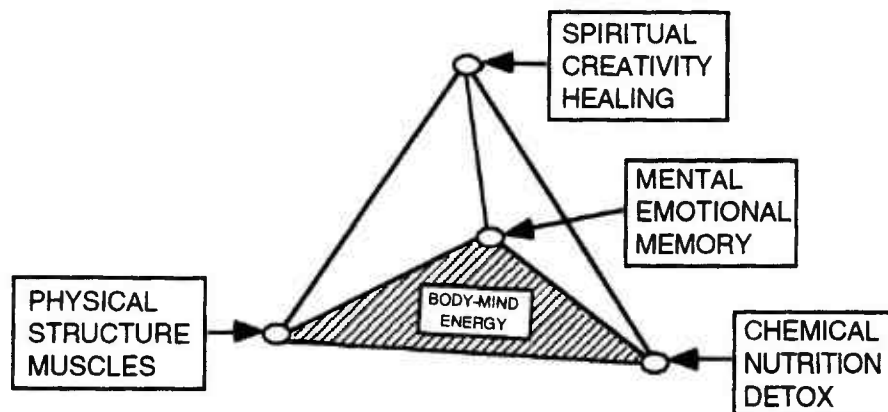
We are helping people to consciously realize that "Science cannot solve the ultimate mystery of Nature, and it is because in the last analysis we ourselves are part of the mystery we are trying to solve," said Max Planck. Being balanced by Touch for Health Synthesis methods can help us accept our limitations, but also allow us to seek to

have peak performances and fulfill our intelligently designed purpose.

We have striven to engage the most talented and knowledgeable people as partners in our explorations in touch healing with muscle testing. We have developed a worldwide network of creative intelligent, caring, and sharing people in collaboration so that more and more people can benefit from the information we have been privileged to share through the TFHS.

We have been and are open to the many ways of gaining new knowledge. Our meetings have reflected our openness. We do not have to have only one way of gathering knowledge. We recognize that it may be revealed through varied approaches and techniques—rigorous scientific experiment, sustained collaborative discussion, the articulations of personal experiences, the insights of the imagination and the listening to the absolute. We welcome the truth however it was derived.

We strive for excellence. We are attempting to have the highest standards. We recognize that whatever we can do or dream will start with our starting to do it. Our boldness has genius, power and magic in it. Yes, the Touch for Health/ Kinesiology movement has spread as a wave around the world. Our present position is the small particle, because we can only know part of what we really are, but our waves our potential to make our world a better place is beyond our wildest dreams.



Creating Inner Peace

by Robert A. Aboulaché

Master Peace is a body-mind approach to stress management, conflict resolution and spiritual enlightenment. Its purpose is to educate the reader on how to master peace in their life at will, in any situation. Also, its dual purpose is to provide a guideline for living peace as a way of life. Below is an excerpt from the chapter entitled "The *P.E.A.C.E.* Plan."

By ourselves is evil done,
by ourselves we pain endure,
by ourselves we cease from wrong.

By ourselves we become pure,
no one saves us but ourselves,
no one and no one may; we ourselves must tread the path.

Mahayana Buddha

In the millennia of humankind we have been in search of a plan that will bring us peace — lasting peace. There have been many models set forth, and each of those models are powerful and wise. Hopefully, this *P.E.A.C.E.* plan will be more than just another model; perhaps it will transcend the other paradigms because it is different than any of them. This *P.E.A.C.E.* plan is not a religion nor a spiritual cult. On the contrary, it embraces all the other models presented to us from our religions, philosophies, and sciences. It can do this because it is open-ended, and *you* define its course — it opens the door to the peace living inside.

In order for a plan of this sort to work it must be practical in every aspect of our lives. It must be simple enough to be used and understood by anyone. I have developed a five step peace plan that is both simple and practical. All one needs to do is to apply the principles with practice, patience, passion, and persistence. The more we use the plan, the greater strength it will have in our lives, and the sooner we will see and feel peace. This plan is not merely theoretical. It is one that once incorporated into our being, will bring alive *a state of being that is calm, clear, and creative*, a state of peace.

To incorporate this learning into our being is to know it with every fiber of our being. The word *incorporate* includes the word, *corpus*, meaning body. Our body is our field of experience — in all realms. We previously explored how thought, emotion, tension, and action all happen in concert. We explored them to

be reflections of each other. Incorporating a learning is experiencing it on all of these dimensional realms. Knowing it in just thought will not be sufficient to really appreciating the processes encompassed in peace. We will only experience a partial feeling of it, therefore never really honor the full spectrum of the peace experience. If we successfully incorporate this *P.E.A.C.E.* plan, we will truly know it — in mind, emotion, and action.

The five step peace plan uses the acronym *P.E.A.C.E.* Each step of the plan is interrelated, and each step includes the other. This is one of the reasons for the use of an acronym. Another reason for using this acronym is to remind us of the ultimate goal — peace. The italics present the action that is necessary to make this unfoldment of peace realized. The acronym also makes it easier to remember the steps, ideas, and process of creation. Before we view the *P.E.A.C.E.* plan in-depth, let us preview its ideas. The *P.E.A.C.E.* plan stands for: ***Pause, Examine, Action, Congruency, and Experience.***

Pause is a state of being in which we create an observer perspective of what is happening.

Examine is the action of observing what is happening, within and around us.

Action is the act of doing what we are doing, and then beginning the process of congruency.

Congruency is the act of aligning our thoughts, emotions, and body tensions towards peace.

Experience is the actual act of being peaceful.

Each step in the *P.E.A.C.E.* plan is whole in itself. For example, *pausing* alone can bring about greater peace. When we stop, look and listen, we're at a better vantage point to gain perspective. This alone brings greater peace. But *pausing* is also more than just stopping in the middle of war (stress or conflict); it can be a way of life, as in meditation. *Pausing*, therefore, can be a way of life or an act at any one moment. The same is true for all of the steps in the plan.

Each step of the plan builds upon the previous one. *Pausing* naturally leads to *examining*. Once we're at an observer level of awareness (*Pause*), we are observing, we are *examining*. What are we observing? Our *actions*. It is from here we can take the initiative to align *actions* (*Congruency*) to bring about a greater *experience* of peace.

Each step has the purpose of bringing greater peace into our lives. As we previously explored, *pausing* can bring about greater peace at any one moment (stop, look and listen) or can be practiced as in meditation (known for millennia to bring about greater peace). The same is true for all the steps. *Examining* our life, our desires, making a life plan — these are all part of the *examine* stage. But also, *examining* our *actions* at any one moment in time (in a *pause* mode) is also part of the *examine* step. Both these attributes of the *examine* step can bring about greater peace in your life. The same is true with all the steps in the plan.

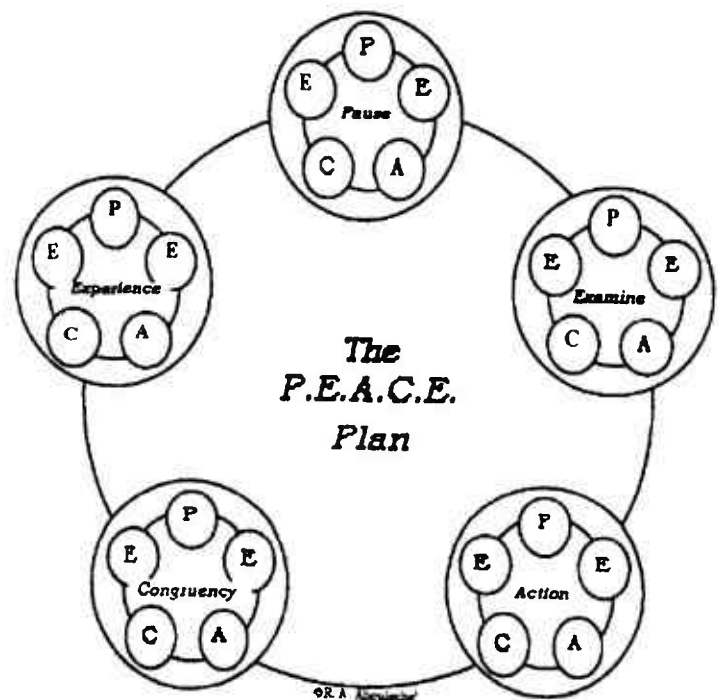
The *P.E.A.C.E.* plan can be done in any one instant or practiced as a way of life. As we have already explored, with *pause* and *examine* as individual steps, the same is true with all the steps. In a warlike situation where we've lost our balance and are tense, we can *pause* and *examine* our *actions*, and adjust our inner being to a more *congruent* state to that which we want to create and *experience*, i.e. *peace*. Moreover, we can practice meditation and prayer (*pause*) as a way of life. We can take a look at our lives and explore what is missing and

what we want (*examine*). We can make goals and *action* steps to get there (*action*). We can take the *actions* necessary to make our dreams a reality (*congruency*). Taking the necessary steps can then make it come true, make it real (*experience*).

The following model visually demonstrates the interrelationships of the plan.

As you see, each step incorporates each of the other steps. It is a hologram. Within every step are the others. This is so because of the continuous reflections of intent, thought, emotion and action. One must always remember, follow-through on the entire plan yields the greatest amount of peace.

As simple as the steps may seem, they are actually very difficult to live. If it were easy to attain peace, we would have been living peace a long, long time ago. Remember, in order to open ourselves to peace, we need to tap into our warrior nature and do the necessary exercises with practice, patience, passion, and persistence; only then can we become a master of peace.



The preceding paper is an excerpt from the original work by this author entitled "*Master Peace*." For an unabridged version of this book contact the Touch for Health Association of America. 25% (of the cover price) will be donated in your behalf for any book purchased via this writing.

Touch for Health Association of America
6955 Fernhill Drive, Malibu, CA 90265
(800) 466-TFHA

The Basic Balance Concept

by Elizabeth Barhydt, MS, MT and Hap Barhydt, PhD

Abstract

The new Basic Balance concept is compared to the usual Specific Balance. The Specific Balance requires identification through muscle testing of the specific muscle, meridian, organ, etc., to be balanced. The Basic Balance requires only the designation of the desired balancing mode, electromagnetics, reactive muscle, frozen muscle, etc., and activation of the imbalance through movement or thought, etc. Although muscle testing can be used to determine the priority mode, much of the time the appropriate modes to be balanced are obvious, eliminating the need for muscle testing. This opens the door to effective self-help and also provides the therapist a very powerful and rapid methodology to balance their clients.

The Basic Balance Concept

Most balancing procedures used in Touch for Health and other kinesiologies are what we may call a "Specific Balance". By this we mean that the procedure balances a specific imbalance condition. For example, when we use neurolymphatic or neurovascular reflexes to balance a muscle or meridian, we muscle test first to determine which muscle or meridian we wish to balance and then use the **specific** reflex for that muscle or meridian to induce the balance. Similarly when we correct reactive muscles by the standard technique, we muscle test to find the specific muscle pairs that require balancing, and balance those **specific** reactive muscle combinations. When we balance electromagnetics, we have separate **specific** balancing procedures for switching, ionization, gaits, cloacals, etc.; again this requires muscle testing to determine the appropriate balancing procedures.

As the knowledge and technology of Touch for Health and related disciplines expands, the number of observable imbalance conditions and balancing procedures for them expands rapidly. Without some way to organize this vast pool of knowledge, balancing sessions become quite lengthy.

Perhaps the first breakthrough to simplify this morass of knowledge is the concept of muscle testing for priority, described in *Dr. Sheldon Deal's AK Workshop Manual* (ref. 8). The basic idea in priority testing is that an imbalance must be a priority before the balancing procedure will "hold". If an imbalance is not a priority, then some other imbalance must be corrected first. The bonus in priority testing is that we often find that,

after correcting a priority imbalance, several other imbalances that were not priority also self-corrected. Thus by using the priority concept we have already reduced the number of balancing procedures required to achieve a balancing goal. Often we gain even more than we realize since there may have been other non-priority imbalances that we didn't even detect with our muscle testing that also self-corrected.

The second major breakthrough in muscle testing came with the introduction of finger mode testing by Dr. Alan Beardall. The implementation of finger mode testing into the Touch for Health curriculum is described by Dr. Bruce and Joan Dewe in their new *Professional Kinesiology Practitioner Workshop*, formerly called *Professional Health Provider*, (ref. 7). Finger mode testing allows you to determine the priority balancing procedures very rapidly, further reducing the time provided for an effective in-depth balancing session.

Note the original priority test described by Dr. Deal in ref. 8 has been replaced by a finger mode test described in refs. 6 & 7.

These two techniques, priority testing and finger mode testing, give the skilled kinesiologist two very powerful tools for in-depth balancing sessions. But there is also a need for simple tools for people who do not have the time and interest to acquire the necessary knowledge and to develop the necessary skills to do in-depth balancing and for people who do not have another person available to help with the muscle testing.

As we traveled around the USA in our motorhome for 7 years, we were constantly finding people with chronic stress and pain that

can be helped immeasurably with energy balancing, but were not interested in taking Touch for Health or other courses in energy balancing. Most of these people wanted to be fixed now. We found lots of people interested in a 1-hour "fix me" balancing session.

We often did not stay in a single locale long enough for extended follow-up sessions. Since we viewed ourselves more as educators than as therapists, we were concerned with teaching the people simple techniques for maintaining the balances that were established in the balancing sessions. We developed the practice of handing out exercise sheets that described many of the balancing procedures used in the session.

This worked well up to a point. However there were some imbalances, most notably reactive muscles, that could not be balanced without extensive muscle testing to determine the **specific priority reactive muscle combinations** to balance. Since balancing reactive muscles was one of our most effective tools for clearing up long standing aches and pains, we were strongly motivated to find a better solution.

The Basic Balance

This ultimately led to the concept of a "Basic Balance". A **basic** balance is a balancing exercise that will correct all currently active imbalances in a particular category of imbalance (i.e., electro-magnetics, reactive muscles, over/under energy muscles, structure, etc.) without the need to muscle test to determine **specific** balancing procedures.

The first **basic** balance that we discovered we called the "Five Finger Quick Fix" (ref. 1 and 2). (At the time we called this balance a "quick fix" because we had not yet become aware of the "basic balance" concept.) This single, simple balancing procedure corrected quickly and easily all activated elements of the electromagnetics group (ref. 9), including 3-dimensional brain integration and switching in all 3 directions, gaits, cloacals, hyoid, ionization, blood chemistry, etc. We later found that this name was somewhat misleading, since it implied that this balancing procedure was a "short-cut" and thus not as effective as doing the balance the long way, i.e., correcting each individual balance in priority order. However our experience with the "Five Finger Quick Fix" is that, by simultaneously correcting all the electromagnetic imbalances

activated at that time, the balance is generally highly energizing, quite stable, and long lasting.

We are very much indebted to Rick Utt for the ideas that led to the discovery of the Five Finger Quick Fix. In doing the Five Finger Quick Fix we open the "electromagnetics file" by using Dr. Sheldon Deal's screening test for electro-magnetics, that is, placing five fingers tips on the body (ref. 9). Then we balance the overall electromagnetics file by activating the kidney meridian (for right-left), the central meridian (for up-down), and the governing meridian (for front-back). This is accomplished by placing the five fingers of one hand around the navel to open the "electromagnetics file" and to provide a neutral reference point for balancing the three meridians and using the other hand to stimulate the upper ends of the three directional meridians. In this way we are balancing the entire "electromagnetics file", that is, all currently activated imbalances in the electromagnetics category, with a single simple but sophisticated procedure. Thus we can see that how by its very nature the Five Finger Quick Fix is a Brain Control Circuit or Electromagnetics **basic** balance.

<p>Note that if you do this balance with the palm of the hand, rather than the five finger tips, over the navel, you are correcting right-left, up-down, and front-back switching only. It takes the finger tips to open the electro-magnetics file and balance other imbalances in the electro-magnetic category.</p>

After our initial success with the Five Finger Quick Fix, we wondered if the basic balance concept could be extended to other areas. We were particularly concerned about reactive muscles since we found that reactive muscles were the root cause of so many different problems including jaw problems, vision problems, ear problems, and balance problems, as well as a large proportion of arm, shoulder, back, and leg problems. Yet few people were doing reactive muscle balancing, because it was considered "too complicated" and time consuming. In our own experience, we were doing more reactive muscle balancing than anything else and having great success in clearing up stubborn problems. We wanted to find a technique that would simplify and shorten the reactive muscle balancing and would enable people to balance themselves without muscle testing.

We discovered the Reactive Muscle Basic Balance in April, 1988 (ref. 3). As described in ref. 3, this balancing exercise involves deeply massaging the five element points around the navel while lightly touching the neurovascular stress release points on the forehead (often called the ESR points). Apparently massaging the five element points in this way activates all the electromagnetics files as well as all the meridians and thus all the muscles in the body, while holding the stress release points induces the stress between the activated muscle groups to be released. Time has shown that this exercise works very consistently and effectively as long as you understand that it only corrects reactive muscle pairs that are currently activated. This means that often a bit of cleverness and body awareness is required to assure that the reactive muscle pairs causing the problem are appropriately activated.

This balancing exercise illustrates one important feature of **basic** balances as we know them. The imbalances that you are seeking to correct must be activated first. If you don't activate them by muscles testing, then you must activate them by some other means, body movement, or thought, or environmental exposure, etc. Of course much of the time the imbalances for which correction is sought are already activated without doing anything special. Once activated the normal body-mind intuition will properly direct the energy from the **basic** balance exercise to correct the activated imbalances.

We have described two other **basic** balances, the Frozen Muscle Basic Balance and the Structural Basic Balance, in the 1989 *TFH International Journal*, (ref. 3). Using the same principle, it is possible to evoke **basic** balances for other classes of imbalance, including chakra and emotional imbalances and various "mixed modes".

In fact using the Basic Balance concept as the basis of your therapy session becomes a whole new and very powerful way of dealing with physical and emotional stress and pain.

Emotional Issues

Many (if not all) physical stress and physical injury situations have an emotional content that needs to be cleared up as part of the defusing and balance process. As you work with people, you very quickly learn that traumatic emotional

memories are stored in the muscles, whose movements are associated with the issue, and chakras and that these emotions may surface, or at least be activated by the balancing procedure.

It is significant to note that all our Basic Balance procedures (except for the Brain Control Circuit Basic Balance, ie., the original Five Finger Quick Fix) incorporate the use of the neurovascular reflexes for the Pectoralis Major Clavicular, eg., the "Emotional Stress Release" points. So these balancing procedures incorporate an appropriate emotional stress release as part of the methodology.

For balancing of deep seated emotional trauma associated with the chakra system, we offer a unique approach using symbols that was presented at the 1993 TFH Annual Meeting. (ref 7)

Prevention

Our daily activities are constantly stressing our bodies and creating muscle imbalances. As in the old saying, "An ounce of prevention is worth a pound of cure," a very effective way to use these basic balancing exercises as you go, to balance yourself out repeatedly and reduce the muscle imbalance buildup.

We both do this regularly, when engaged in physical exercise, be it working at the computer or hiking our mountain trails. No need to muscle test; just do the routines. As a result we are not troubled by carpal tunnel syndrome, or sore leg, back, and shoulder muscles.

The entire routine can be done in 20 seconds. When working on the computer, or climbing a mountain, or pruning fruit trees in the back yard, we do the routine whenever we feel we need a break or rest.

For example, in early March, after a relatively inactive winter season due to the many rain and snow storms, Hap climbed North Mountain with a couple of friends on a rough 6-mile trail with 3000-ft elevation gain and knee deep snow at the summit. He performed a basic balancing routine several times on the way up and the way down. Despite his relatively poor conditioning due to wintertime inactivity, he was not bothered with any muscle pain afterwards.

If we injure ourselves, say stumble and turn an ankle while hiking, we immediately to this

same exercise routine while moving the foot to activate muscles in the lower leg. This usually nips the injury before it builds up, and we are able to continue without significant pain or swelling.

Use by Professional Therapists

The Basic Balance and other Self-Help exercises can also be very useful for professional therapists, enabling them to balance their clients for many stress and pain situations quickly and effectively. Our book (ref. 4) describes Muscle Testing techniques for most of the exercises; so the therapist can show the client how the exercises are strengthening his/her energy. We have regularly been able to help people with long-term and "permanent" disabilities become substantially pain free and full range of motion in one session. However these more severe cases require continuing follow-up as the long term tissue damage heals over a period of time and have the best prognosis if the client will use the basic exercises themselves between visits.

Anecdotal Reports

At one of our Self-Help classes for massage therapists, our sponsor asked us if we would work with one of her clients who had just called in requesting an emergency treatment. She had been carrying firewood and had hurt her back so that she could not bend over or move without extreme pain. As a demonstration for the class we went through the Self-Help sequence for low back pain. In about fifteen minutes she could bend over and was free from pain. The client had done all the techniques on herself. When she returned to the massage therapist a week later for her regular session, her back was still fine.

We did a demonstration for the Sonora Arthritis Foundation group. A volunteer came up who could not raise her hand far enough to comb her hair. We also found that she was unable to bring her hands up to her neck to do the Neck Release Exercise. By moving her hand as close to her head and neck as possible and then doing the Reactive Muscle Basic Balance followed by the Frozen Muscle Basic Balance just one time (30 seconds elapsed time), she was able to raise her hand over her head. She was also able to go through her hair combing motions and the Neck Release Exercise with no problem. She was so amazed that during the rest of the lecture she continued to raise her hand above her head from time to time, possibly to assure herself that she could still do it.

In a class in St. Louis in October 1992, one of the students was having difficulty with the Frozen Muscle Basic Balance and other exercises that involved touching the forehead with the finger pads. It turned out that when she held out her arms in front of her, her palms faced the ground, and she was unable to rotate her hands to face palms up. She was able to rotate one hand about 45 degrees (i.e., about 1/4 of the way around) and the other hand not at all. When she raised her hands to touch her stress release points on her forehead, she touched them with her fingernails. She had been born with "deformed elbows" and was told by her medical doctor that this was an irreversible condition which she could do nothing about. She was now 45 years old. We did a combination of Range of Motion Release (spindle cell work) on her arms and shoulders with the Reactive Muscle Basic Balance and Frozen Muscle Basic Balance for about 10 minutes. She was then able to rotate her arms sufficiently to touch the stress release points on her forehead with her finger pads.

We met a lady who had a "vertigo" problem. She felt dizzy when she stood up and used a cane for walking so that she wouldn't fall. We showed her how to do the Five Finger Quick Fix and the Reactive Muscle Basic Balance. Then we helped her balance reactive muscles in the eyes, ears, jaw, and neck. The next day she was walking without her cane and not having any difficulty.

A dentist was having difficulty with weak and stiff muscles in his arms and shoulders and could hardly move his wrist by the end of a typical working day. He was concerned that he might have to have surgery or reduce his practice. We spent 40 minutes coaching him at the end of the day, while he went through the motions of each task, working on patients, working on appliances, looking at x-rays, etc., one at a time and then balancing reactive and frozen muscles. He also balanced his electromagnetics to the lights and wall paper patterns in his office suite. He experienced immediate relief.

He repeated the exercises as he felt the need on following days. He wrote us six months later to say he was still doing fine.

His son wanted to improve his basketball game. We showed him how to balance his brain control circuits with the Five Finger Quick Fix and Cross Crawl and how to balance the reactive and frozen muscles activated by his basketball

playing. He experienced an immediate and significant improvement in his ability to hit the basket.

We have showed a number of musicians how these exercises can improve their playing. The Basic Balancing Routines helped a tuba player whose right arm went weak in the middle of the concert (reactive to his left foot tapping out the beat), and the piano and organ players whose arms also weakened while playing (reactive to their feet pressing on the pedals. The Diaphragmatic Breathing Exercise improved the playing of several wind instrumentalists and also a violinist (who coordinated his bowing with his breathing).

Summary

By introducing a new type of balancing exercise, the Basic Balance, which eliminates the need to identify specific out-of-balance meridians, muscles, or reflex points by muscle testing, we open the door to effective Self-Help, including both correction of ongoing and older injuries and prevention of new injuries. These techniques can be used on the go, at work, or at home.

However we also show in our book *Self-Help for Stress and Pain* (ref. 4) an easy-to-learn technique for self muscle testing using the quadriceps muscle. This can often be helpful in working out more complex imbalance patterns.

These techniques are equally effective as "self-help" for yourself and as routines to use with clients in an informal or professional venue.

A description on how to combine **basic** balance concepts with other effective self-help balancing techniques is found in our book, *Self-Help for Stress and Pain plus Learning Blocks* (ref. 4).

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For further information or to order the *Self-Help for Stress and Pain plus Learning Blocks* book and other books and classes by the Barhydts, please contact:

Loving Life

22625 Ferretti Rd #15, Groveland, CA 95321
(209) 962-4847 or 962-HUGS

Loving More, Demanding Less

by Elizabeth Barhydt, MS, MT

Abstract

Unrealistic demands create stress and suffering in our lives. This paper will help you to learn to deal with your stress constructively by loving more.

How do we go about loving more and demanding less? Ken Keyes, Jr wrote a book called *Your Life Is A Gift*. In it he states that when you are given a gift, it often comes with directions. A stereo comes with an instruction book, a car with an operator's manual, etc. But your gift of life comes with no instructions. So how can we make the best use of this precious gift.

Do you think it is possible to cut out anxiety, anger, fear, jealousy, irritation, resentment, boredom, suffering, unhappiness? I say, "Yes!!" It's just because you were never given the instructions on how to do it. Learning to love ourselves is the key to our growth and empowerment. How many of us have heard the expression "It is selfish to think of yourself first, to love yourself"? How many of us really love ourselves?

Each of us has our own conscious and unconscious definitions of what "Love" is. As a child, you learned to love yourself as your parents loved you. And if you took on their ways of loving you to be your ways of loving you, chances are you have made some misinterpretation of what love might be. For example, if parents shouted a lot when you were a child, you might emotionally and subconsciously believe that love includes shouting. You might have carried that subconscious belief into your adult relationships and find yourself shouting a lot, or hitting a lot, or worrying a lot as one of your ways of showing love. Maybe you grew up with a lot of negativity in the household. So as an adult we might have a tendency to put people down, and think bad things about people or have a tendency to criticize people.

This mental programming started when we were small children. At that time we were well programmed by our parents, our teachers, our playmates, and by our own interpretation of our own experience. Now we act as robots. Our programming is on automatic, and we are

frequently not even aware of our programming. This programming has often been handed down generation after generation, and it is this addictive programming that is running our lives. We are victims of this programming. So what we have to do to free ourselves from suffering is change our addictive programming to non-addictive programming.

Think about your parents. How did they show their "love"?

Were they overly protective, overly critical, wanting you to be perfect, punishing you if not perfect, pitying, worrisome (worrying about you to show they love you), argumentative?

Did their ways of loving become your ways of self loving (self parenting)?

One of the ways we can find the love we want is to be **AWARE** that we have this negative programming. Say for instance your parents did a lot of shouting and you find that you do a lot of shouting to get what you want. Become aware that you are shouting and change the behavior. That is not who you are. That is not your desired programming. You don't have to play out your parents programming time and time again.

A man came to me to complain that other people didn't behave correctly toward him. People were inconsiderate, they didn't keep their word, they took advantage of his good nature, and so on. I asked him, "Why do you demand that others behave the way you prefer? The truth is, people always behave the way they are, but not according to how you wish them to behave. Do you see that the problem lies in your unrealistic expectations?"

That man did a very intelligent thing. He went to work on his own mental demands toward people. Instead of trying to change their behavior, he altered his viewpoints about their behavior. He simply let people behave as they wished, without wanting or expecting them to be any different. In

that healthy state he found peace, LOVING MORE, DEMANDING LESS.

A Simple Method

Now I want to give you a valuable viewpoint to use in all your human relations. It is really a miracle method for handling people, especially those who make things difficult for you.

The method is simplicity itself: Whenever encountering a troublesome person, do not identify him as being cruel or stupid or rude or anything else like that. Instead see him as a frightened person. This is exactly what a cruel or rude person is. All negative emotions have a foundation of fear. An individual displays these negativities to the degree that he is afraid. His angry aggressiveness is the only method he presently knows for releasing the tension of fear.

Now let's see how switching your viewpoint changes things.

Suppose that, when first meeting this difficult person, you do take the wrong viewpoint of seeing him as cruel or hateful. This will have a definite effect on the way you try to handle him. It will make you afraid of him, for negativity in one person arouses negativity in another. But, if you turn negative toward this other person, you cannot handle him wisely and tactfully.

Now see what happens when you really understand that he acts as he does because he is afraid. This will not make you negative in turn. It does not make you angry or defensive. You remain emotionally free of him; so you are able to proceed calmly and wisely. Not only that, but your calmness impresses him; your strength is transferred to him. The process is reversed. Instead of his negativity transferring itself to you, you transfer your positiveness to him! It is much like offering a new kind of candy to a child; he may not understand it at first, but he senses that you are his friend. In time, he may taste that candy—your understanding of him—and the relationship is magically transformed.

UNDERSTANDING THE OTHER PERSON
ACCEPT THE UNACCEPTABLE.

You are successful when you really enjoy your life.

Suppose you are playing tennis. You don't expect the ball to come from this direction or that.

You don't assume the other player will hit the ball for your convenience. To play with such fixed assumptions would cost you the game. Instead, you let the ball come as it will, then meet it in whatever way is best. This flexibility supplies skill for returning each and every ball. Be just as flexible toward everything that happens to you in the future, large events or small. That is how to win the game.

REAL LOVE FLOWS FROM THE UNCONDITIONAL
ACCEPTANCE OF YOURSELF AND
ALSO OF ANOTHER PERSON.

Ken Keyes states in the *Handbook to Higher Consciousness* that "addictions" are the only cause of suffering. An addiction is something you want and, when you do not get it, you create suffering in some form or other, from a howling rage to mild anxiety. Ken states that to find the road to happiness uplevel all addictions to preferences. A preference is something you might want or desire very keenly, but, if you do not get it, you do not create suffering because it was just a preference.

Communication

One of the problems we may have in learning to love more and demand less is in communicating. We may say that a person is difficult to get along with because we cannot communicate with them. A person who is difficult is only a person who behaves differently from our model of how they should be behaving. What we have a tendency to say is that we cannot communicate when a person does not behave in the way we desire afterwards.

If a person agrees with you, then you feel that you can communicate. If they don't agree with you, then you cannot communicate, and you label them as a difficult person. If everyone agreed with us, life would be great, but also boring. Remember that from their point of view the "difficult person" may be doing just fine and may be thinking about how difficult you are.

How to Avoid Negative Feelings toward People

1. Do not play judge. We are often not aware of how much we judge. We think that people are not using their heads when they do not think the same way we do.

2. Accept people for what they are, not what you want them to be. Remember that life may be very difficult for them

3. Everybody is our mirror. What we may not like about them reflects something we may not like about ourselves.

4. If someone calls you stupid and you react to it, what you are really saying is, "Maybe I am stupid." If there was no doubt in your mind, this would not bother you. Actions are rarely at fault. It is only our reactions that cause the problem.

5. Every interaction with another person involves a relationship. All that differs is the degree of involvement.

6. Trust is the basis of every working relationship. Evolve outer honesty into ever deeper levels of inner honesty. Take responsibility for how you feel without blaming.

7. When you can love and accept a person only if they are able to act in a fashion that fits your addictive programming, you are treating them as an object to be manipulated.

8. Remember that everyone is doing in their lives exactly what they need to do. What they are doing does not mean anything about you.

Think of life as you would a garden. Each person gets to plant anything they want in their garden. If you didn't like what your neighbor planted, would you go into his garden and pull out every thing you did not like. Of course not! Then why do we try to go into that same neighbor's head and take out all but what we agree with? Everybody is doing what they need to do, and this means nothing about us.

Use your past experiences as a ladder instead of a crutch. You can turn bad experiences into positive learning experiences. Don't look at what went wrong, but what you can do about it now. Turn every disadvantage into a positive potential. Concentrate on figuring out what will work better the next time, on how you can do things differently to achieve a more constructive outcome. It is not the foolishness in taking the wrong turn that counts, but in continuing once you realize you were on the wrong road.

When you become aware of your own feelings, stop running on automatic drive, and start taking control of your own life with positive

feelings, you will be surprised at how much easier it is to

LOVE MORE AND DEMAND LESS.

A Road to Happiness

1. Put out for what you want from a clear mind space (no blaming, no accusing, no demanding).

2. Better yet, feel good about what you want.

3. Accept what you get at the present moment for now. (That doesn't mean you cannot try again at a more auspicious moment.)

4. Delete the need to defend. Merely acknowledge what the other person has said. You do not have to like what is happening. You can even keep your opinion that what is happening is not right.

5. Remember the phrase there are two sides to every coin. The side the other person is viewing may be very different from the side you see.

6. Turn up your love even if you don't get what you want. You do not have to create suffering over something you cannot change. Give the other person permission to see things as they want to see them.

Another Way

Learning to LOVE MORE AND DEMAND LESS is the solution to the following questions. There are no Right or Wrong Answers.

1. What separate feelings am I creating?

2. Do I perceive something in the other person that I don't like?

3. Am I taking responsibility for creating my feelings?

4. Am I trying to justify or explain my position?

5. Am I blaming the outside world for my emotions?

6. Am I trying to get the other person to change?

7. Am I being totally honest about my feelings with the other person?

8. Am I trying to make myself look good?

9. Am I holding on to being right?

10. Am I trying to get the other person to agree with me?

11. Do I want the other person to realize that they are wrong?

12. Am I trying to hide any of my true feelings?
because I'm afraid the other person will reject me.
because I don't want to hurt them.
because I think that they cannot deal with this.

13. Do I understand the model I have of how the other person should be? – or how I should be?

14. Do I really want to feel closer, or am I enjoying my separate feelings?

You may find that you can get what you want another time. Look for a workable compromise. Try to develop win-win situations

Remember "All the world is a stage, and we are merely players acting out our roles." Sit back and enjoy the TV soap opera of your life.

Do not take life too seriously. Look for the humor in it all. Laughter is often the best medicine.

Remember to take responsibility for your own feelings because it is your own programming that creates your actions and also influences the reactions of people around you.

Are You taking These Ideas Home?

Imagine that you are shopping in a large, modern market. First you place a few staple items in your shopping cart, like milk and bread. The idea of fresh fruit appeals, so you add some apples and peaches. Because you like your foods spicy, some cinnamon and ginger pop into the cart. Finally, you think you'd like something sweet, so you add a chocolate cake.

Your shopping cart is now loaded with good things. You wheel it to the checker, pay your money and prepare to take it home.

At this point, suppose you do an incredible thing. Suppose you simply walk out of the market without taking your groceries. Suppose you don't take them home? You wouldn't dream of such an act, of course. After spending both your time and money, you would think it crazy not to bring home the groceries. You would be sure to carry them home to be enjoyed.

As you cover the principles of these pages, let that picture impress you. These principles and truths and techniques are for your health and enjoyment. You need them. Not only that, but you have paid for them with your careful examination.

Do not leave these ideas in the journal. Take them home; that is, apply them in your everyday experience. That is where they can nourish you. Just as the groceries must be taken home, so must these ideas be taken into your mental home.

For more information, you may contact me at

Loving Life
22625 Ferretti Rd #15, Groveland, CA 95321
(209) 962-4847



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14 Meridian Balance for Horses

Using the Association Bladder Points

By Michael Baxter CMT

This balance was discovered by incorporating the Touch For Health 14 meridian balance techniques with the bladder association points. Incorporating association point balancing into pre-event and post-event sport sessions can help the equine athlete to achieve increase mobility, power, endurance and reduce recovery time from injury.

The bladder association points are used for diagnostic purposes in Chinese Traditional Medicine (TCM) and are called reflex points. These points can be used for balancing the 14 meridians and can be incorporated as a procedure for a 14 muscle balance. In association point balancing both exploratory massage (palpation of muscle) or muscle testing can be used for detecting muscle/meridian imbalances. The association points are located on the back in both human and animals. With the horse, these points are more accessible and safer to use than the alarm points. The association points are located on both animals and people along the spine on the first loop of the bladder meridian. These points represent each of the 12 meridians, the conception and governing vessels. The Chinese book of Nei-Jing Ch.5 states *"If you press with your finger on these points, the pain of the corresponding organ is immediately relieved."* The association points can be used as indicators for both over energy and under energy. Balancing the association points can affect both the bladder meridian or the meridians with which the points are associated depending on the imbalance. One special point used in TCM is K27. This is considered to be the master point for all the association points. This is the main reason that K27 can be so sensitive.

The association points are particular acupuncture points on the bladder meridian. They lie along either side of the spine from the 3rd thoracic vertebra to the middle of the sacrum. We use one pair of points on either side of the spine for each of the 14 meridians as listed in Table 1. The Bladder Association Points For Humans are shown in Figure 1 and for the Horse in Figure 2.

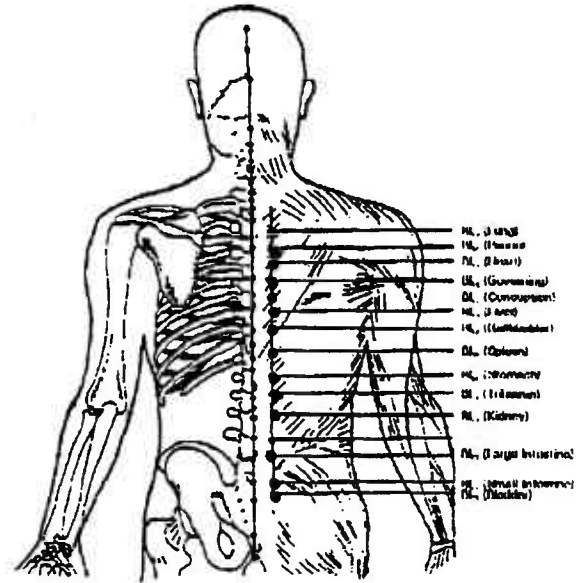


Figure 1. Human Association Points

Meridian	Association Point	Adjacent Vertebra
Lung	B13	T3
Pericardium	B14	T4
Heart	B15	T5
Governing	B16	T6
Conception	B17	T7
Liver	B18	T9
Gall Bladder	B19	T10
Spleen	B20	T11
Stomach	B21	T12
Triple Heater	B22	L1
Kidney	B23	L2
Large Intestine	B25	L3 - L4
Small Intestine	B27	L4 - L5
Bladder	B28	middle of sacrum

Table 1.

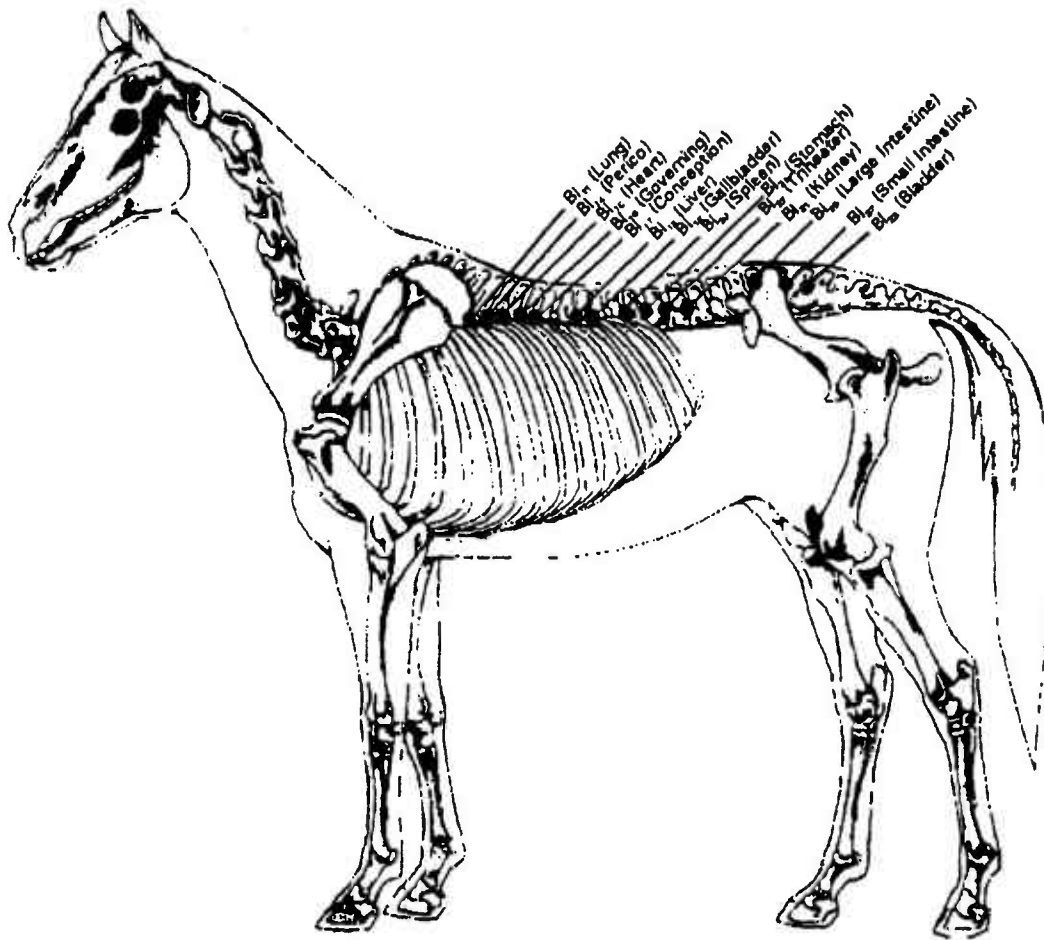


Figure 2. Equine Association Points

Detecting meridian imbalances

Meridian imbalances can be detected by muscle testing and through palpation of association points. Reaction from palpation with light pressure on association points will be an indication of under energy. These points will need to be strengthened (tonified). Reaction from heavy digital pressure on association points will be an indication of over energy. These points will need to be weakened (sedated). If there is no reaction to light or heavy pressure, the meridian is balanced.

Muscle testing can be done with a surrogate or by using the structural finger test

Surrogate testing procedure

- A. Find a strong indicator muscle on surrogate. The recommended muscle is the deltoid.
- B. Using light pressure, the surrogate contacts the association point on the subject with digit from other hand. The testor checks the indicator

muscle; if the indicator muscle weakens, perform tonification massage technique on the point. If the indicator muscle stays strong proceed to step 2 with heavier pressure on the point. Check the indicator muscle again; if the muscle weakens perform sedation massage technique. If the indicator muscle stays strong, proceed to the next association point and repeat the procedure.

Structural finger testing procedure

This technique uses yourself as testee and testor. The index finger is used as the indicator muscle (testee); the middle finger is used as the pusher (testor). The index finger (testee) is held and the middle finger (testor) pushes down on index finger. The index finger will weaken with an association point imbalance. Correct with tonification/sedative acupressure massage techniques. Retest the indicator finger; if strong go on, if still weak do opposite correction. Follow the sequence as above.

TCM Acupressure massage techniques for tonification and sedation

This technique uses rotary digital pressure in either a clockwise or counter clock rotation using light to heavy, or heavy to light pressure in order to balance the meridian.

A. Tonification (Building) Massage technique

Start with light pressure 1/2 inch outside the acupressure point, gradually make smaller circles in a clockwise rotation with increased pressure toward the center of the point and release. This can be done as many times as it needs (Check indicator /palpation). This helps to develop muscle tone in the area and supply energy to the meridian



Figure 3. Tonification Technique

B. Sedation (Releasing) Massage Technique

Start with light to gradually heavier pressure on the acupressure point. Slowly unwind in a counter clockwise rotation, releasing the pressure as you unwind. Do as many times as needed (check indicator/palpation). This releases tension, dissipates metabolic waste and sedates the energy in the meridian.



Figure 4. Sedation Technique

Using a Surrogate

It is recommended that you use a surrogate when first starting this muscle balancing technique. The procedure is as follows:

- 1) Balance the surrogate.
- 2) Have the surrogate contact the animal
- 3) Check all 14 muscles and record imbalances
- 4) Check alarm points for over energy, and record
- 5) Proceed with association point balance.
- 6) Recheck the 14 muscles.

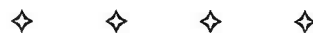
This balance can be used with 'fix as you go' technique, using the wheel, and with the five element balance.

In performing the association point balance, it is recommended to balance the governing and central meridian first, then the lung and work your way down the back.

Finishing procedure

Meridian massage 3 times the governing and central meridian, and massage K27 vigorously

The association point balance technique can be incorporated with other specialized kinesiology methods.



For further information Michael Baxter may be contacted through

**Alberta Athletic and
Natural Health Services**
P.O.Box 307
Bay 1050, 100 Stockton Ave.
Okotoks, Alberta T0L 1T0
phone: (403) 256-9089

The Brilliance of the Behavioral Barometer™

by Carole-Ann Bickerstaf

The Behavioral Barometer™, the backbone of Three In One Concepts, is the unfoldment of you and your unique self being at CHOICEyour never-ending story.

What the Barometer does for any of us using it professionally, is to clearly set up navigational skills for the client to be consciously aware of feelings that they know well and yet feel they have NO CHOICE about. At Three In One Concepts, we use the barometer to identify and clear every indicated "out", be it a so-called physical imbalance or emotional stressor. There is no separating physical and emotional. Every physical pain has an emotional concomitant. In a given moment one may predominate but both are present. The brilliance of the Barometer is that it allows each individual to be active with the possibility of CHOICE. Each choice you make is a choice of intention. To have CHOICE regarding our internal response develops a consciousness towards what we are willing to do. The insight of the Barometer helps you appreciate the fascinating never ending story.

The Barometer

In the beginning there was the body – the bone deep truth of existing and relating. The CHOICE of being so attuned and at-one-ness with ourselves and each other. The possibility of the universal truth. We all know how the story changed : profound separation and indifference, both with "them" and within, leading to the universal lie of NO CHOICE. The journey through the Behavioral Barometer is one that tunes us into more of our possibilities. To the extent we "play" in present time – the Barometer is one of the most useful tools to engage us on any issue.

Through clear circuit muscle testing we discover what level of consciousness we may be "stuck" in. Upon that discovery we can address the truth of our story and experience the implication of "desired states of mind". To BE and to HAVE (BE/HAV/I/OUR). To go where we want to go.

The depth of the Barometer is kaleidoscopic and definitely holographic. The time that truly exists is NOW, regardless of where we have been. How we discover ourselves is the most delightful story to be told. The Barometer and the explicit way it gives you three levels of awareness with one muscle test truly addresses the HOLOGRAPHIC YOU!!! The people who work with the Barometer find themselves in "awe" of their story. Your uniqueness, the phenomenal "AWESOMENESS" is worth discovering through the Behavioral Barometer.

How It Works

So here is how we play with the Barometer: As you can see there are three levels – Conscious, Subconscious and Body, that are colour coded for easy use.

Within each level there are three subheadings, each with eight key words.

Step One

Think about an important relationship in your life. Pick a relationship that you would like to improve or one in which you would like to feel better and/or communicate differently. With this relationship in mind you have chosen an issue that involves you. Now we are ready to discover where you are on the Barometer.

Step Two

With your muscle circuits ready to go and using an Indicator Change, test Conscious, Subconscious, Body. Where you have an Indicator Change will be the start of the story. Now you use the same method to determine the paired sub heading and key words.

For example: Body level is your first Indicator Change and you continue in that category and your second Indicator Change is ONENESS/SEPARATION. Good. Now, once more, an Indicator Change takes you to the small key words – let's say SAFE/UNLOVED. What you have is three levels of possible insights with yourself and the issue.

THE BEHAVIORAL BAROMETER

ACCEPTANCE Choosing to • Approachable Optimistic • Acceptable Adaptable • Worthy Deserving • Open	CHOICE CONSCIOUS	ANTAGONISM Attacked • Bothered Questioned • Burdened Annoyed • Indignant Opposing • Inadequate
WILLING Receptive • Adequate Prepared • Answerable Encouraging • Refreshed Invigorated • Aware		ANGER Incensed • Furious Over-wrought • Fuming Seething • Fiery Belligerent • Hysterical
INTEREST Fascinated • Tuned-in Needed • Welcomed Understanding • Appreciated Essential • Caring		RESENTMENT Hurt • Embarrassed Wounded • Used/abused/confused Unappreciated • Rejected Dumb • Offended
ENTHUSIASM Amused • Jubilant Admirable • Attractive Delighted • Excited Alive • Trusting	SUBCONSCIOUS	HOSTILITY Trapped • Picked-on Put-upon • Frustrated Deprived • Sarcastic Vindictive • With-holding
ASSURANCE Motivated • Daring Protected • Bold Brave • Considered Affectionate • Proud		FEAR OF LOSS Let-down • Not-heard Bitter • Disappointed Threatened • Over-looked Frightened • Unwelcome
EQUALITY Lucky • Co-operative Involved • Purposeful Reliable • Concerned Sincere • Productive		GRIEF AND GUILT Betrayed • Conquered Discouraged • Unacceptable Self-punishing • Despondent Defeated • Ruined
ATTUNEMENT In tune with • Congruent In balance • Creative Perceptive • Appreciative Tender • Gentle	BODY	INDIFFERENCE Pessimistic • Immobilized Rigid • Numb Stagnant • Unfeeling Destructive • Disconnected
ONENESS Quiet • Safe Calm • At peace Unified • Completed Fulfilled • At-one-ment		SEPARATION Uncared for • Unloved Unacceptable • Loveless/unlovable Unimportant • Melancholy Morbid • Deserted

CHOICE/NO CHOICE



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 Three In One Concepts, Inc.
 3210 West Berkeley Boulevard - Suite A
 Berkeley, CA 94705
 818-941-4706

The BEHAVIORAL BAROMETER is used in Three In One Concepts
 Identification and Definition of Distress

Telling the Story

To review the specific example above: Body level, which speaks to bone deep cellular knowingness, is telling you that the given issue has you feeling either a great sense of ONENESS or SEPARATION. Both are realities at some point inside ourselves, both are good when we are Conscious of their interplay. Now let's look at the small key words: SAFE/UNLOVED. You can ask yourself how these words speak to you, ie, "How SAFE do you want to be or feel in this relationship?" for at risk is appreciating yourself with your communication or lack of it, or going to a place of "UNLOVED".

Remember, this is the Body level of the Barometer, which we are usually not so aware of intellectually. So let's bounce up and see where we are on the Subconscious Level:

ASSURANCE/FEAR OF LOSS and our corresponding key words are DARING/NOT HEARD.

As you continue the bounce up to the Conscious Level:

WILLING/ANGER and ADEQUATE /FURIOUS you can see two other levels of possible awareness.

For example: Consciously, if we are responding internally to NOT ADEQUATE, we may very well feel FURIOUS with ourselves. What then would be our attributes to communication in the given relationship?

The expression of DARING to communicate our ADEQUATE-ness and our *self-doubt* on that issue which leaves us feeling NOT HEARD, takes us through the other levels we have spoken about – not SAFE no matter how DARING and feeling NOT HEARD and UNLOVED inside .

Why It Works

With each Barometer readout, the BRILLIANCE of it is YOU. Your never ending story leads you to the option of choosing new CHOICES and with each new CHOICE comes the option of changed responses and changed behavior. The minute we choose to behave differently we change our life. We can play in present time and have a much better time more of the time.

LET THE FUN BEGIN !!!!!

The Brilliance of the Barometer is YOU!!



Carole-Anne May be reached at
GPO Box 340950, Vancouver BC V6A 2A6

Strategy For Gaining Rapport and Responding to Criticism

by Ann Blake

I suggest you begin by recalling a recent criticism to which you reacted badly. Now apply the steps below.

Step 1. Dissociate From The Criticism

Most people find it easy to do this visually by stepping out of your body and watch yourself receive the criticism...

or

maintain dissociation by printing the words out on an imagined screen at arm's length.

or

make the picture smaller, darker, farther away, give the critic a different voice, etc. (sub-modality manipulation)

Step 2. Make A Clear, Detailed Dissociated Representation

Make a clear, detailed dissociated representation of the content of the criticism. Make a clear, small, removed representation of the content of the criticism. "You are late, now we won't have time to rehearse our presentation." is a comprehensible Criticism. "You are a skunk, rat, *#@!" is less easy to represent.

Step 3. Evaluate the Criticism

Compare your representation of the criticism with all other information about the event you are being criticized for. Does what you remember match what the person is criticizing you for? Acknowledge the parts that match and ask for more information about the parts that don't match. When they both match, the feedback is accurate and may be useful for you.

Step 4. Decide On A Response

So far your responses to the criticizer have been limited to pacing and information gathering. Now it is time for a response based on your evaluation.

Your response will depend on your outcomes, your criteria, your values, the context and the criticism.

- Thank you for the information.
- Offer an apology.
- Offer restitution.
- That's not the way I remember it.
- You got my message.
- That's not the message I intended to convey. What I intended to do was....

Well-Formed Goal Criteria

1. Stated in the positive:

- "I don't want..." - "What is it that you do want?"
- "I want him/her/them to stop..." - "What do you want them to do instead?"

2. Described in Sensory Based Language

- "If I walked into your office today, how would I know you had achieved your goal?"
- "What would be a demonstration that you had gotten it?"
- "Have you ever achieved it before? (As if) what was that like?"

3. Specific and Contextualized

- "In what particular context do you want your goal to occur?"
- "Is there any context in which you would not want your goal to occur?"
- "What, specifically, is the goal you want?"
- "For what purpose do you want it?"

4. Can It Be Initiated and Maintained by Self?

- "What do you need to do to achieve your goal?"
- "What would have to happen?"

5. "Fits IN", "Preserves Harmony" In the Situation And The Individual (Ecology)

6. Preserves What is Already There That's Worth Keeping.

7. Provides a Choice of Several Possible Ways.

Rapport Exercise

Select a fellow explorer, introduce yourselves, designate one of you as 'A', one as 'B'.

'A', at the signal I give the class, make sure that you are matching 'B's posture and tone. Then, disagree with everything 'B' says, even if you really agree.

I will interrupt this after 3 minutes

'A' will now agree with everything 'B' says and mis-match body posture and voice tone.

Take a minute to discuss this between yourselves, then switch roles and proceed again.

DISCUSSION

Practice Suggestions

1. Select a person in this classroom. Pace them for 2 minutes. Lead
 - a. What aspect of their physiology did you pace?
 - b. When you "lead" what part of your physiology did you shift?
 - c. What did you notice them shift?
2. At coffee break, select a person not from this class. Pace them for 3 minutes, lead.
 - a. What aspect of their physiology did you pace?
 - b. When you "lead" what part of your physiology did you shift?
 - c. What did you notice them shift?
3. If you have a question or want to experiment, pace me, then lead.
 - a. What aspect of their physiology did you pace?
 - b. When you "lead" what part of your physiology did you shift?
 - c. What did you notice them shift?
4. Select a family member, friend. Pace them for 3 minutes, lead.
 - a. What aspect of their physiology did you pace?
 - b. When you "lead" what part of your physiology did you shift?
 - c. What did you notice them shift?

Shift Exercise

Select a fellow explorer. Designate 'A' & 'B'

'A' sets up a challenge situation.

'B' challenges 'A'

'A' acknowledges 'B', shifts body, offers alternative. Keep it brief and wait for 'B's response.

Components of Rapport

1. Body – Position and Movement
2. Breathing
3. Voice – tone – Tempo – Intonation
4. Word Patterns – matching predicates which indicate the "representational System/s" In which the targeted person is experiencing the situation.

Utilization of Rapport

1. Establish Rapport by "Pacing" Mirroring, or Cross-over Mirroring
2. Test Rapport – Lead
Pace—————Lead

Breaking Rapport

Break Rapport by Mis-Matching Rapport Components.

Practice Language

I have a problem.

I talked to a man who was bored.

I'm scared of people.

I am interested in learning this.

You always talk as though you are mad.

The overwhelming price of food disturbs me.

I don't like unclear people.

I resent happier people.

Surprisingly, my father lied about his drinking.

One must take other people's feeling into account.

I have to take other people's opinions seriously.

The unhappy letter surprised me.

My brother swears that he's fixed it.

I must not get too deeply involved with them.

No one understands me.

More Practice Language

*My divorce is painful.
Your refusal to leave here forces my departure.
I am afraid of both your rage and your help.
My intuitions scared them.
My son's beliefs worry me.*

*I have a lot of frustration.
Horses frighten me.
I expect a letter.
There's a certain feeling in this room.
I always avoid situations in which I feel uncomfortable.
It's impossible to trust anyone.*

*I'm fed up.
I want to hear.
My husband claimed he was frightened.
Self-righteous people burn me up.
My brother says my parents can't cope.*

*Communication is hard for me.
She is most difficult.
I've never seen a funnier man.
I hoped to see my parents.*

*You always present such stupid examples.
Running away doesn't help.
One can't love more than one person at a time.
I am clearly in the right.*

*Our terror is blocking us.
My confusion is familiar.
I resent your question.
I have hope.
Your bigoted suspicion annoys me.*

*My fear is just too big.
The tension bothers me.
Nobody pays any attention to what I say.
Everybody feels that way sometimes.*

Homolateral Muscle Repatterning

by Mary-Lynn Buan

This technique was one of the original corrections used by Dr. Paul Dennison who is the founder of Educational Kinesiology. It is based on this premise that both the brain and body need to work in harmony together. It is easy to realize that all of our muscles should be receiving instructions from both the right and left hemispheres of the brain. When this is not happening, and instead, our muscles are receiving messages from only one hemisphere of the brain, we call these homolateral muscles. Since each muscle we are testing has a relationship to not only a particular meridian but to a specific organ or gland, over time it can create an imbalance in the system. These imbalances may possibly result in a variety of symptoms such as tension headaches, shoulder pain, 'ringing' in the ears and an inability to release stress appropriately, to name just a few. People who fall into the category of having addictive type personalities, such as chronic smokers, for example or persons suffering from respiratory problems, may be among the types of people who could greatly benefit from the Homolateral Muscle Correction procedure.

Balance and integration of the brain and body is the desired state when doing all Kinesiology work. Therefore, it's both a very useful procedure to know as well as a powerful correction procedure when it comes up in our regular balancing with clients. Add it to your menu and don't be surprised if it comes up frequently!

Procedure:

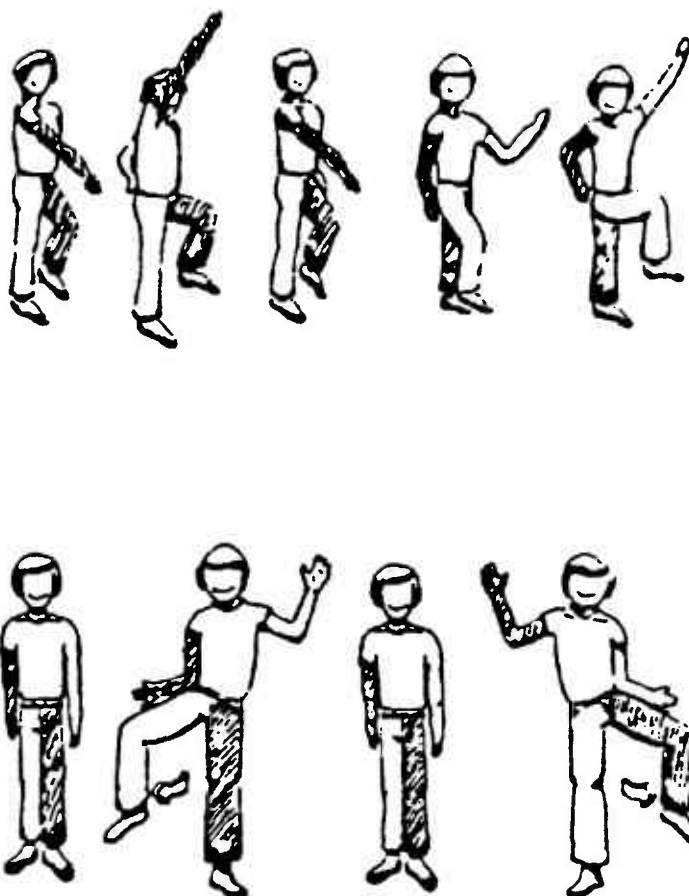
1. Have a person lie on a massage table and cross crawl for ten to twenty repetitions.
2. Test all fourteen Touch for Health muscles. (These May be homolateral but all homolateral muscles will be weak.)
3. Have person homolateral crawl (lift up one arm and leg on one side of body only and then the other side in marching type fashion) for ten to twenty repetitions.
4. Again test all fourteen Touch for Health muscles and note any muscles that were previously weak that are now strong. (Any muscle that was weak for cross crawl and

strong for homolateral crawl is a homolateral muscle.)

5. Muscle Test: "This system needs to repattern looking up to the left"? (This is the most common direction.) If you receive a stress response or "no", repeat the question only with the eyes up to the right).
6. Have person proceed to cross crawl while making the sound of a monotone hum as they focus their eyes on a fixed point to the left (or right) as indicated above.
7. Test all previous homolateral muscles — they should now be strong. (If not, have person do more cross crawls looking up to desired direction and repeat testing of homolateral muscles.)
8. Have person now do the homolateral crawl looking down in the opposite direction to above and counting as they lift first right and then the left side of their body. (To the right is the most common direction.)
9. Test all previous homolateral muscles — they should now be weak. (If not have them do more homolateral crawls.)
10. Have person hold their palms of their hands out to the side, imagining the left hemisphere in one hand and the right hemisphere in the other hand and bring them together, intertwining their fingers.
11. Have person cross crawl again, this time looking around in all directions (or have them follow as you move your hand in a circle format).
12. Test all previous homolateral muscles or as many Touch for Health muscles as you feel appropriate. They should all be strong.
13. Have person homolateral crawl, this time looking in all directions (or have them follow your hand in a circle format.).
14. Test all homolateral muscles or as many Touch for Health muscles as appropriate. They should now be weak.

15. Have person look at a picture of an "X" as they repeat cross crawl for a few repetitions.
16. Have them walk around and experience this new integrated state of being. Encourage them to practice cross crawling at home any time they feel a need to return to an integrated state.

Note: If you have the training and/or the imagination, be creative and use this correction in any number of ways. It can be used as a correction on its own or as a part of a full Balance using finger modes, in the present or past time. The fourteen muscles can also surrogate for any other muscles in the body that could be 1!



Facial Hypertonics

By Donna Chalmers

One of the things I find helps people's faces to stay young looking is staying grounded. When you are not grounded you may have the following symptoms:

- 1) feel detached
- 2) feel "fuzzy", unclear
- 3) have a hard time making decisions
- 4) indecisive
- 5) unfocused
- 6) blurred vision
- 7) breathing is shallow and laboured
- 8) fatigue even on waking
- 9) low energy levels

The earth has an unlimited amount of energy available, all we have to do is plug into it. When we do, the lights can turn on – the power is now getting from the street to the house, so to speak. If the house is wired correctly, the lights and power will work in every room or in every part of our bodies. We've all heard the footsteps of children, well grounded, playing above our heads, or picked up a small child to be amazed at how heavy they are. When you are grounded you feel that attachment to the ground – your feet and legs will even feel heavy. This connection we have to our earth is what gives us our spunk and vitality. It is the source of the fountain of youth. The main powerhouse! In order for our faces to look young and be healthy, we need to be able to stay connected to this energy all the time. Unfortunately, daily stresses seem to cut us off from our source of renewal and soon we lose touch with our reality.

The earth's energy enters our bodies through our feet standing firmly on the ground and using our breath we are able to connect to earth and its unlimited energy source. The gait points between our toes (TFH I) allow energy to come in and through. I use top and bottom and in between and give them a good massage. The lymph will feel squishy here, almost like a webbing between the toes. This can be very painful to rub and sometimes brushing can occur if energy has been shut down for some time. It is a good idea to rub

the right foot with the left hand or opposite sides as energy runs in figure 8s, circles and spirals.

We want there to be some separation between the toes, getting the lymph moving so the body can absorb and eliminate. Massaging it will help to break apart stuck energy. Muscle testing can help identify what gaits are not working. We can then check for a strong crosscrawl. This is a great exercise to do in the morning as it will help you to wake up and stay grounded for the day. So I don't advise it in the evening unless you plan to be awake or go dancing. When you feel grounded you will feel heavy, your legs and feet feel attached to the ground.

It is most important that these gaits be on and open for energy to be absorbed into your body through your breathing. Breathing is the most important means, next to grounding, for absorbing earth energy, as it is the pump that takes energy in and up into our bodies. If breathing is so important to our health and vitality, we must do everything possible to increase our lung capacity and breathe in fresh air. By using easy Hyperton-X techniques and releasing blocked emotions we can eliminate the stress in our faces that make us look older than we really are.

A hypertonic muscle, by medical definition, is "a muscle over resistant to stretch." By Frank Mahony's definition it is "a muscle in an over-protective state symptomized by one or all of the following: pain, restricted range of motion, and/or weakness, due to muscle proprioceptors being in a confused state." Using muscle testing we can test the facial muscles for any stress that might be held in your body. This is a really easy to do technique on yourself and can be something that you can continually work on to release stress and reduce the signs of aging for the rest of your life.

Water is another factor in the process of aging. We need 8-10 glasses of water per day to prevent dehydration. As we consist of over 50% water, the face can be one of the first places to show this dehydration. Using muscle testing we can tug on the hair and test for water.

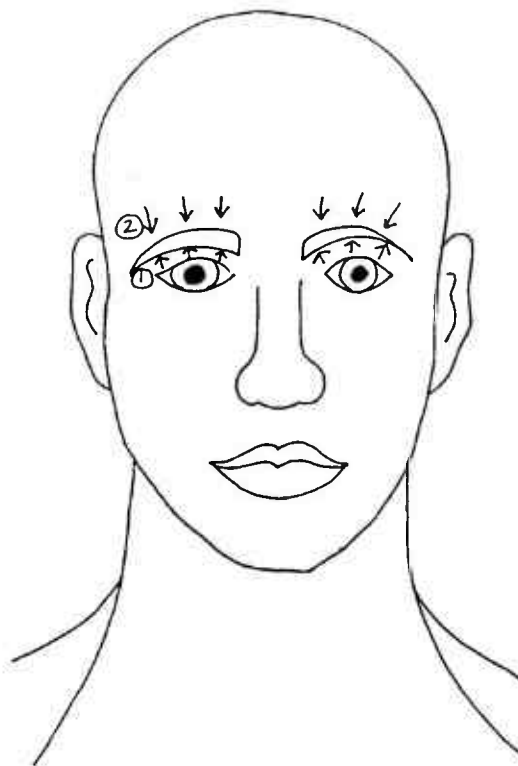
The muscles *epicranius*, *frontal belly*, and *corrugator supercilii* play an important part in staying grounded and looking great. This frontal lobe area used in stress release techniques (TFH) help to keep us grounded in present time where we can easily grow and allow new changes to happen and old unwanted patterns to release.

Procedure –

Stand on your feet: do you feel connected? Could someone easily push you over and take you off your feet? Check for water.

1. Muscle test for gaits on.
Muscle test for each individual gait.
2. Rub between toes on switched off gaits while client holds frontal lobes.
3. Re-check each gait and re-check crosscrawl. If not strong you might find more emotions on line.
4. Check facial muscles using muscle testing.
ON muscles are fine.
Off muscles need emotional release.

5. Find emotion from TFH 5 element emotion chart.
6. Visualize breathing in through the gait points into your body, up into your lungs and exhaling out through the held muscle. At the same time move the muscle back into its original position and mentally exhale and release all the emotion. Be sure to breathe out all the air.
7. Do 3 or 4 times. Movement will become smoother and muscle stronger under your fingers.
8. Re-check emotion and muscle.
9. If not clear, you might need to age recess re: car accident, operation, stroke.
10. Homeplan.



Magnets, TFH, and Healing

by Jan Cole

Earlier this year I was invited to speak about magnets and muscle testing to a group interested in natural phenomena including various healing modalities. I asked if the audience knew of a therapy that was:

SAFE, EASY, EFFICIENT, DRUG FREE,
INEXPENSIVE, NATURAL, NON-INVASIVE,
AVAILABLE, NEEDED NO PRESCRIPTION, HAD
NO KNOWN SIDE EFFECTS AND COULD
REPLACE HEATING PADS, HOT TUBS,
WHIRLPOOLS AND CHEMICAL PREPARATIONS
SUCH AS SALVES, ASPIRIN, LOTIONS,
OINTMENTS, LINIMENTS, AND OVER-THE-
COUNTER DRUGS.

They didn't know. Would YOU have guessed
magnet or bio-magnetic therapy?

For myself, magnets have helped primarily with stomachaches, backaches and foot pain. A 1989 rollover car accident left me with several permanent injuries, one being the sub-taylor joint fused to the surgically replaced calcaneus of the left foot. Though I was told I would never dance or ski again, a remarkable recovery, due in part to Touch for Health, has enabled me to do both to some degree. Surprisingly, it hasn't been the right leg that had the ten pieces of metal hardware that creates the most difficulty, but rather the fused left foot. One day after I no longer needed my wheelchair, I fell from a stool reaching in a closet. Immediately the left foot was in terrible pain and began to swell; I was unable to take a single step. For the rest of the day, I kept small healing magnets inside my sock. By bedtime it was 80% better. The next morning the pain and swelling gone.

Last spring after a wonderful day of downhill skiing, I awoke in the middle of the night to excruciating, cramping pain in the same left foot. I keep a high gauss magnet near my bed marked with tape to find, in the dark, the N side from the S. I quickly muscle tested myself for the N or S pole and placed my foot on the N side. To my surprise, the cramp stopped immediately!

One morning after dutch-hop polka dancing last December, I could barely walk; again

successfully used the magnets. I polka danced New Year's Eve and needed to use magnets that night and during the next day before I could folk dance that evening. Now I wear a small, flat, 1000 gauss magnet in my left shoe to keep me dancing.

Several other stories relate how people have used the healing magnets: An eighty-one year old woman, arthritis thirty years, pain relieved in 1 1/2 hours, stopped taking 1,600 mg of Ibuprofen per day seven days later (7/11/90).

A car fell on a 55 year old auto mechanic jamming his head down between his shoulders. After many drugs, several surgeries he finally had complete relief from pain in 6 hours by using a magnet.

Donald Dudley, M.D., a neuropsychiatrist and president of Washington Institute of Neuro Sciences in Seattle treated a 3 year old for seizures he'd had since birth by placing a small magnet behind his left ear. Within 5 minutes they stopped. The child would wear a cap with a magnet inside to control the seizures. Long jump record breaker, 1991 Tokyo, Mike Powell uses magnets for circulation, to loosen up and to relax.

Psychiatrist, allergist and author William Philpott, M.D., who you may recognize from his book, *Brain Allergies*, has successfully treated over 7,000 patients in the last 5 years for numerous problems from headaches to seizures and mental confusion.

Another researcher, Donald Lorimer, inventor, physicist, Bs. in Engineering Physics and MS. in Physics, with 20,000 hours of research into alternative healing modalities throughout the world, witnessed full cures of Aids, cancer, arthritis, MS, restoration of sight and various body parts using magnets.

As you can see, magnets and magnetism are used to assist healing in a wide variety of conditions. The list of possibilities using magnets includes:

MAGNETIC THERAPY BENEFITS REPORTED WITH:

ankle	feet	strains	shoulder pain
TMJ	neck	joints	back strain
wrinkles	swelling	stress	sinus headaches
digestion	fatigue	whiplash	stress headaches
infections	PMS	fractures	bags under eyes
arthritis	nausea	sciatica	muscle tension
depression	seizures	angina	carpal tunnel syndrome
insomnia	less sleep	chronic pain	increased energy
gum abscesses	twisted knee	cramps	lymph drainage
acne	allergies	anxiety	faster healing
asthma	bedwetting	bronchitis	dental infection
burns	bursitis	cataracts	injured tissue
colds	colitis	cough	resistance to disease
cystitis	constipation	diabetes	reduce rest. heartrate
dizziness	earache	edema	reduce muscle soreness
emphysema	low energy	epilepsy	dissolve calcium dep
flatus	blisters	glaucoma	increase endurance
gout	heartburn	hemorrhoids	increase cell oxygen
hernias	herpes	hiccups	cleanse aura
hot flashes	hypertension	hypoglycemia	hyperactivity
cirrhosis	influenza	jet lag	fibroid tumors
laryngitis	toxic liver	lymph nodes	learning disabilities
menopause	mental fog	spasms	motion sickness
nervousness	neuritis	obesity	obsessions-compulsion
osteoporosis	cysts	chronic pain	atherosclerosis
pancreas	phobias	pleurisy	ruptured disk
pneumonia	scars	shingles	shopping fatigue
sore throat	tinnitus	toothache	teeth grinding
toxicity	ulcers	trauma	weight reduction
warts, moles	skin lesions	stiffness	effect hormone
inflammation	alter food	wounds,sores	lupus erythematosus
balance pH	less scarring	hip injuries	tennis elbow
cramps	prostrate	meridians	lung/breast cancer
cuts	bruises	boils	insect bites & stings

Electromagnetic fields are necessary to life; optimum health isn't possible when the fields are out of balance for long time periods. Consider the 4 kinds of "food" man needs:

- 1) Physical -- could survive 60 days without, max. 87
- 2) Liquid -- possibly survive 6 days without
- 3) Air -- 6 minutes without (if you're a pearl diver)
- 4) Electrical --6 seconds!!

Electromagnetic "food", it seems, is a far more important priority. Some feel the negative (as in polarity) magnetic energies are our first line of defense; the immune system the second.

Because all living cells are electrical in nature, the functioning of each individual cell is based on direct current and pulsed DC energy. Each cell possesses a positive electrical charge at its nucleus and a negative electrical charge on its outer membrane allowing it to function in an orderly, healthy manner. When this electromagnetic charge wears down as cells perform their normal bodily functions, the body attempts to revitalize the tired cells by sending pulses of electromagnetic energy from the brain throughout the nervous system to recharge the cells. Rest is one prescription used to recharge the bodies energies. Magnets can speed the process, in general by supplying more negative energy, thereby, increasing the magnetic field which acts as a catalyst to all the chemical reactions in the body.

Magnets themselves do not heal, but stimulate and empower the cells to create an optimum environment for the body to heal itself. Like many forces in nature that are not fully understood, sonar, gravity, love, etc., how and why magnets work is somewhat of a mystery. It is theorized that with magnetic therapy the body's own healing processes are accelerated by increasing the concentration of oxygen and other vital nutrients to the cell while removing waste products that result from injured/fatigued tissue. To enter the bloodstream the energy penetrates the outer layers of skin and fat reaching the capillary network which feeds directly into the bloodstream. An electric current is induced by the constant electromotive force emitted by the magnet. The magnetic polarities create ionic currents and patterns which in turn increase the diameter of blood vessels and movement of the blood. The magnetic energy is conveyed via the hemoglobin in the circulating blood increasing or decreasing the cell's pH levels often out of balance in relationship to illness or abnormal conditions. Blood and tissues are balanced, ionized and

oxygenated, thus improving circulation. When pain or injury exists, positive potentials form around the injured area sending pain messages to the brain for help. Applying the N (negative) pole of the magnet draws out pain by attracting and localizing the positive potentials so the pain messages fail to reach the perception center in the cerebral cortex. Usually within 3-10 days the pain, swelling or infection subsides reverting the positively charged zone back to its normal, more negative polarity. You may need to muscle test to see if the body, after using the N side, is now seeking the S (positive) polarity to restore the normal blood circulation, regenerate cells and commence the healing process.

Several variables when using magnets for assisted healing are:

- 1) Negative versus positive polarity from a magnet with poles on opposite sides (industrial and refrigerator magnets are bipolar and not acceptable as research treatment)
- 2) Placement of the magnet; For infections, negative (biomagnetic North) use continually from 3-10 days or more. Infections in the GI tract need special treatment as peristalsis is stopped with negative (N) magnetic exposure. To prevent this withhold using for the GI tract for two hrs postmeal. Use the S pole cautiously. Most treatments use N.
- 3) Duration or exposure (A Golden Rule is to use for 15 minutes to 2 hours at a time; 5 days for full efficiency)
- 4) Intensity of exposure: 0.2 to 0.12 Tesla (2000 to 12000 Gauss) is the best strength for therapeutic treatment)

As an art, the therapy involves selection of different magnet strengths and poles (N/S) to relieve various ailments. You can MUSCLE CHECK for any of these variables. If there is no change in 48 hours, remuscle test or move the magnet to a new location until improvement is noticed. At times the pain may originate somewhere other than first perceived or too deep to be effected. Magnets work with varying results, as do ALL therapies, conventional or alternative, in differing time frames.

A few DONTs:

-- Don't use if you have a cardiac pacemaker and/or automatic internal defibrillator without consulting a doctor

-- Don't use S polarity on the head, on cancer, tumors, cysts

-- Don't apply to fresh wounds, sprains or hematomas within the first 24-48 hours, First RICE, then magnets RICE! (R=rest I=ice C=compression E=elevation)

-- Don't confuse alternating electromagnetic fields associated with high tension power lines and our electrical conveniences such as radios, tv's, radar, microwaves, hair dryers, electric blankets, etc. with natural magnetic fields (PMF). A healthy negative PMF can help counteract effects of AEF's. Alternating EF's have a current frequency of 60 CPS, which is 7.66 times too fast for the average body organ resonance frequency of 7.83 and can cause cell fatigue.

-- Don't use on the abdomen during pregnancy

-- Don't use or lay magnets near audio or video tapes

"The application of a magnetic field has the virtues of simplicity, freedom from danger and low cost. It offers the lay man or woman a suitable form of self-treatment for the minor ills of everyday life."
— Dr. Evelyne Holzapfel

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- DAVIS, AL & RAWLS, WALTER, *Magnetism & Its Effect on Living Systems; The Anatomy of Biomagnetism*, 1975
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Compiled from researchers including Davis, Becker & Philpott

NEGATIVE MAGNETIC FIELD Biomagnetic NORTH	POSITIVE MAGNETIC FIELD Biomagnetic SOUTH
1) Pulls fluids and gases	1) Pushes fluids and gases
2) Reduces intracellular edema;	2) Increases intracellular edema
3) Increases cellular oxygen	3) Decreases cellular oxygen
4) Encourages restorative sleep	4) Encourages wakefulness
5) Reduces microorganism growth	5) Increase microorganism growth
6) Reduces inflammation	6) Increases inflammation
7) Relieves/stops pain	7) Increases pain
8) Relieves withdrawal symptoms by reducing inflammation	8) Relieves withdrawal symptoms by endorphin production
9) Alkaline metabolic response	9) Acidic metabolic responses
10) Can alleviate symptoms	10) Can intensify symptoms
11) Supports biological healing	11) Inhibits biological healing
12) Promotes bright happy affect	12) Promotes depressed effect
13) Promotes mental acuity and reasonableness	13) Promotes mental overactivity and unreasonableness
14) Reduces/dissolves fatty deposits	14) Encourages fatty deposits
15) Inhibits cancerous growth	15) Increases cancer cell growth
16) Fights infection;	16) Accelerates microorganisms
17) Normalizes/tranquilizes	17) Overstimulates all systems

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Magnetic products currently on the market include: mattresses, pillows, comforters, pads, cushions, strips, cards, wands, wafers, insoles, bracelets, necklaces, body wraps (wrist, ankle, thigh, waist), pulsars-magnetic field generators.
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Illogical Association for Learning the 14 TFH Muscles

by Dr. Torry Collinson

The Touch for Health Organization is made up of many types of personalities. Many of them love to do research, which is evidenced by the amount of new data that comes out every year. Some like to use the techniques in their practices (ie, massage therapy, etc.) The one goal shared by most touch for healthers is to teach Touch for Health to others. Also to present it in a way that their students will use the Touch for Health procedures on themselves, their families and friends.

Certainly the most basic and the most helpful technique is the 14 muscle balance taught in Touch for Health I. For the instructors this is so easy to do. But I believe that many of our students never or seldom do one. The reason is because they can't remember the neurovascular points, the neurolymphatic points, meridian, etc. Yes, the book is very helpful and they can look up each muscle as they test them.

This however can become very cumbersome. What if they are at the neighbor's house and didn't bring their book? Shame! Shame! Now the poor neighbor has to struggle though the day without a balance. The only key for helping other people and yourself with the 14 muscle balance is to do it. As long as your students are doing balances they can't fail.

However it goes further than that. The more they help people the more excited they get about Touch for Health. As their excitement grows, so will Touch for Health II and III classes. Your Touch for health I classes will also grow because others will want to help their families and friends just like they received help from your students. The referrals will be greater. I think you get the picture.

When I was learning the 14 muscle balance, I needed a way to remember all the NV, NL skin response and meridians; so I didn't have to refer to my book. I did this by using illogical associations. It is always easier to remember something illogical. Each muscle has a silly story that will remind you where the points are on the body. The story starts with an audioym that

triggers your mind to think and visualize the rest of the story, which in turn immediately tells you where to touch.

An example is the Supraspinatus muscle. The audioym or trigger word is Superstar. The superstar is from Central High School and has a star on the top of his head. He is a starter in wrestling, and his specialty is putting an octopus in an arm hold. From this you know the NV is top of head and the NL is occiput and crease of the arm. Also it is the central meridian.

The 14 stories for the 14 muscles are summarized below. I have tested this many times by telling these stories to people that didn't know anything about Touch for Health. Even though they did not have anything to associate the story with they still remembered the story.

By using the stories as you teach the muscles, this will be enough spaced repetition for the students to remember so they can do a 14 muscle balance without referring to their book.

Muscle Story List

1. Supra Spinatus — Superstar from Central High School
2. Teres Major — Major Terry, a military man with side burns
3. Pectoralis Major Clavicular — a cleaver in the stomach
4. Latissimus Dorsi — Blattimer dors a Russian soldier
5. Subscapularis — some scarey latherios
6. Quadriceps — quadruplets that share a small intestine
7. Peroneus — A parrot with a bladder problem
8. Psoas — Soap bubbles in a kidney shaped pool.
9. Gluteus Medias — 5 sexy butts standing side by side
10. Teres Minor — Major Terry's under aged child
11. Anterior Deltoid — Aunt Delta, a fat aunt
12. Pectoralis Major Sternal — living a stern life
13. Anterior Serratus — Aunt Sara, a very skinny aunt
14. Tensor Fascia lata — a lotta face and a lotta space

Genetic Emotional Memory

by Clovis Horta Correa

1. History

When **Touch for Health (TFH)** technique was first developed the basic visualization of it, as is understood by me, was to recover the normal functioning of the human body using three techniques:

1. Neurolymphatic reflex points discovered by Chapman (points located mostly on the trunk).
2. Neurovascular reflex points discovered by Bennet (points located on the head, with some exceptions).
3. Golgi tendon organs.

In addition to these points some points associated with acupuncture meridians were also used to re-establish the homeostasis of the human body.

It should be noted, at this moment, that **TFH is not a medical technique nor has it any religious belief involved in it.** Homeostasis is understood as the balance of the emotional and physical body in order that the human being *feels good*.

During all these years in which **TFH** has been being used some important results have been obtained. These results showed that our technique could accomplish a little bit more than could be expected when **TFH** first appeared.

And what did these results show?

The discovery that it was possible to **defuse** emotional tension associated with body imbalance not only in present time, but also in the past.

With this in mind, the researchers in the **TFH Synthesis** started to expand this concept until it was possible to really understand that, **WHEN WE WERE DEFUSING SOMETHING, WE WERE MOVING IN THE MEMORY** — like using a pointer of a computer to open different files in different ages of the person being balanced — **AND THEN UN-PASTING THE EMOTIONAL TENSION THAT WAS GLUED TO A DEFINED FACT THAT HAPPENED TO A PERSON.**

2. Moving in the Memory

But there was a question not really solved: **What was really happening when we moved along the memory of one person?**

This question, together with other ones like — "Was that really possible?" "Was it a creation of the subconscious of the person?" "Was there any involvement of the will of the tester or of the testee?" — made some people be apprehensive to do one emotional diffusion in the past. And more research was done in this field so that it was possible to reduce the uncertainties to a minimum, in order to make it possible to transform into a reality this technique of moving in the memory.

But how is it possible to do this with a muscle test? The answer for this question is quite simple:

The brain works in a **binary** way; and that means — in the brain there are only two possibilities: yes or no.

When we do a muscle test, as defined by **I-ASK**, the muscle has only two possibilities: it stays in the position of the test or it does not maintain the position. And that is clearly a **binary** situation.

For us, specialized kinesiologists, we are not interested in the situation in which the muscle being tested maintains its position 50% or 10%. Or the muscle does that 100% — and we consider it "ON/STRONG" — or it does it 0% — and we consider it "OFF/WEAK".

In this field, the great discovery of our technique was that it was possible to match these two **binary** systems, using the answer of the muscle to obtain one yes/no answer of the brain to a defined question.

And that is how it works: we can use a muscle test to stimulate the body to move the pointers of his "Mental" age to another age, in one extremely simple way — **just matching two binary systems!**

3. Deepening it a little bit further

In the beginning, when this "moving in the memory" was done we started in present time and would go **only until conception**. At that time it was easy to understand that somebody could etch some emotional tension to his/her memory when he/she was in the womb of his/her mother.

Later on Stokes and Whiteside, from *Three in One Concepts*, expanded this concept even more when they introduced the idea that it was possible to move backward into the GENERATIONS, meaning with it that we could defuse even the emotional tension that was glued to our memory as a result of a tension that came in the memory of our family.

This made our technique do one enormous jump into the past!

From that point on, we could even "move" in the memory in places unknown by the person being balanced. The results of this discovery were and still are extremely important for us because they can change some concepts that we have about one physical imbalance!

And that is how it works:

4. The Genetic Emotional Memory

We think that now is the time to deepen more the comprehension of this **moving in the memory**.

It is our experience, working with clients in our institute in Rio de Janeiro, that the complaints that he/she does can be **JUST A GENETIC EMOTIONAL MEMORY!**

We have observed clearly in several cases that one physical pain – like a headache, or a pain in one joint, or one emotional pain like a depression – was just a result of one memory that was far behind the conception of the person being balanced. We can be sure of this fact because, when we defused this memory, the pain just disappeared.

And that's why I call it **GENETIC EMOTIONAL MEMORY** – there is a way in which we bring to our existence not only the color of the skin or of the hair of one of our ancestors:

WE BRING TO OUR EXISTENCE THE FEARS, THE RAGE, THE RESENTMENT AND OTHER RESENTMENT AND OTHER FEELINGS OF OUR ANCESTORS!

For this reason it is extremely important for us to always move back and back in the memory to discover if what is happening to that person now is really a result of something that occurred to him/her since conception, or if that's something that occurred to one of his/her ancestors!

We should be extremely aware of this situation because it will save us lots of time and work and will give to that person one different understanding of his/her life! He/she will be able to perceive that his/her behavior is just tied to something else rather than a "guilt" for something that he/she did some time ago. He/she will be able, then, to perceive that this behavior is tied to something that happened to somebody else, and a long time ago!

This is important to bring to the person's conscious mind because there is a clear possibility that we are just repeating what happened to our ancestors when we have one pain, or one emotional behavior!

5. Conclusions

So, from now on, remember to have this **GENETIC EMOTIONAL MEMORY** as one clear possibility of your balancing as a way to perceive deeper and deeper what is really happening in present time to the person you are balancing.

I said in the beginning of this text that our technique doesn't have any religious belief involved in it. It can be used by anybody with any kind of religious belief.

On the other hand, until this moment, the state of the art of TFH doesn't give us any way to state to anybody that what happened was a "past life" or something like it. We cannot **double check** any information on the so called "past lives". It is not a question of religious belief, but a question of what we can state technically about this matter!

For this reason, it must be understood that, **IN SOME CASES** there are clear possibilities that all this **GENETIC EMOTIONAL MEMORY** could be

a creation of the subconscious level of energy of that person, that is using this solution to bring to his/her conscious mind one way of handling the situation and defuse the emotional tension.

Although this possibility, my experienced working with clients leads me to believe that the **GENETIC EMOTIONAL MEMORY** is a reality, due to the facts and situations checked and confirmed in my work with clients – like "something that happened to a grandmother /grandfather during childhood" – and she/he is still alive to confirm it! This meaning that the information was passed from one generation to another until the person being balanced! **Without anybody even noticing it!**

So it is my recommendation that we should accept as a reality that our memory can move it's "clock" far behind conception movement using skills that we cannot explain technically until now.

Be sure that the **GENETIC EMOTIONAL MEMORY** can bring to your lives the past emotions of our ancestors. Be aware that this situation exists, whichever is the way that our memory is handling it. but be aware, too, to maintain ourselves in the limits of the state of the art of what the technique can give us as a concrete tool to to help other people help themselves!

Frozen Emotional Children

by Norma Cowie

As a transformational therapist I work with my clients to "transform" their inner children which I call FROZEN EMOTIONAL CHILDREN. I work to "unfreeze" these children so they may grow up and integrate in the now.

Although these inner children are frozen in time, they can have a profound effect upon your life. I have discovered that you can have many of these frozen emotional children, each exerting their influence in your life in order to keep on creating THEIR reality. They can begin freezing and thereby affecting your life, from conception on up to the present time. As a result, your frozen emotional children can be frozen emotional adults, but I refer to them all as frozen emotion children, or our inner ghosts.

Frozen emotional children freeze in an emotion. They tend to freeze in the more painful emotions such as: guilt, hurt, pain, anger, helplessness worthlessness, shame or fear. Whichever emotion the inner child freezes in, becomes that child's reality. When freezing takes place, decisions about life, about other people, and yourself are made.

Your reality is created by the decisions that you made when you froze. These decisions make up your belief structures and your personal programs. Every belief you hold to be true had an original beginning. You may wonder how you came to make the particular decisions that you did. What I have discovered is that when you encounter an emotion or situation you automatically draw on the LAST time you experienced that feeling and decide the same thing. Therefore you find that you react to a situation the same way you did as a child or when that emotion last occurred.

Every decision point has an emotion attached to it. This emotion can be felt as energy. By following this energy you can move back through your memories to the first time in this life that you made the decision. If you go back even further, you find that you have experienced this emotion in a previous life, and you have drawn on that experience to make the same decision now that you made then.

The frozen child does not know it is old and outdated. It only knows what is real to itself. When using inner dialogue with the child you will discover what is reality to it and uncover whatever emotion, decision and belief it is frozen in. Until it is transformed it will keep on perpetuating that emotion. It seems that no matter what you do on the adult level, the frozen emotional children will keep on creating THEIR reality regardless of what the results are to you, the adult. You as an adult may have decided to have happiness, love and enjoyment in your life.

You may want to make changes and have taken courses, listened to tapes and done affirmations. You have done everything: books, tapes and therapy and yet, you find that no matter how much you work on creating what you want, you do not create it. The old thoughts, emotions and behavior are still there.

The Frozen Child keeps creating the emotion it originally felt in order to know it is real. It will do this until transformation takes place. Until your Frozen Children are transformed, they will continue to recreate their version of reality.

Another aspect of Frozen Children I have discovered is "SPLITS." These most often occur when physical violence has been experienced. The child "splits" into several children with each child then making its own decisions with its own resulting belief structures and behaviors. These are often conflicting decisions and the result is conflict in your life. After a session where "splits" have been united/integrated my clients have said: "I heard a loud pop, and I felt complete — whole," "it was as though something that was missing is missing no longer," "that feels really good." Since "splits" can be so separate from each other they can sometimes be hard to recognize. If there was physical violence in my client's background, I will usually have the child "look around for any others like yourself?", or ask, "are there any other children there that are the same age as you?"

Often "splits" contain the energy of other people. As children, we "take on" others energy and the beliefs contained in that energy. The father yells at the son, the son feeling overwhelmed by

the father's anger, takes it on, and creates an inner response to it. He may decide that he is not able to do anything right. Years later, while doing transformational work he discovers the frozen child full of his father's energy and realizes that the belief of being unable to do anything right, was actually his fathers. By releasing his father's energy, he is easily able to transform his own.

When I find the transformational process gets blocked, or slows down I immediately check to see what "energy" is there; 98% of the time it is some one else's. I have discovered that your own energy loves you and will do anything for you. But someone else's energy does not love you and really does not care, therefore it can become stubborn and "hang on" to the original decisions. The other 2% of the time, happens because the client consciously supports the belief they are attempting to transform.

I have found that once energy is identified as someone else's my clients are very willing to let it go. Often the energy is their parents, and I often need to explain that letting it go does not mean that they do not love their parent. In fact, this energy has nothing to do with their parents as they are now. It is old and stale and it is holding them back.

The identification process is very important. You cannot transform something you cannot identify. One way of identifying is to begin recognizing when you are having a recurring feeling. If you concentrate on the feeling and take your mind into it, you can ask it how old it is and it will tell you, often automatically turning into the child the feeling represents.

You can also imagine yourself as a colour and then think of your body as this colour, noticing where there are darker spots. These darker spots represent your blocks. By picking one spot and taking your mind into the spot, you can communicate with it, and find out what it represents.

Another way, and the one that I use the most often is to use your memory banks. You may have one or more memories which stand out when you think back. It could be a memory of when you were very small, a teenager or even just a few months ago. Hold the memory in a "stop frame" and then take your mind and have it make contact with yourself in the memory. By letting your mind concentrate on the child inside the memory

you can "talk" to it. You will either "think" the answer, or you will "feel" you know the answer. This is a great time to allow your imagination to imagine the answer. Whichever way you decide to do it, you will be communicating with your Inner Ghost, Your Frozen Emotional Child and can work to transform this part of you.

What I have discovered is that you can transform any age, but the most powerful transformational point is preconception. This is when the reconnection to the "source" and the "letting go" of any emotions the soul is carrying from past lives can be easily done. Transformation of any energy can happen in a "twinkling of an eye." In a session, the time is spent moving your consciousness to a place where you understand what is being released.

I have found that the best way to transform blocked energy is to use the "source energy." This is the most powerful transformer. Source energy can be seen as light of any colour. It will contain unconditional love, acceptance and whether it feels warm or cool it will be comfortable. When the feeling of love, peace and acceptance is present, the child will quickly release blocked emotion and refill itself totally with the new feeling. It will release the old into the colour and accept the new. This is when transformation takes place. Then you can place the beliefs you want to hold into the newly transformed energy.

Transformation is the key for long—lasting growth. I have come to realize there are three stages in transformational work. First you identify, second you transform, and third you integrate in the now. This final stage is when you grow the child up to today, bringing the transformed energy forward in time, transforming other ages as you come up and finally integrating the newly transformed energy in the now.

As you transform your frozen emotional children, you will become more connected. You will feel yourself becoming more conscious, more aware, and where previously you were sending out thoughts that supported their belief system, you will now find it easy to think thoughts that support what you want. Now your whole system is working for you and you can achieve your goals, much more easily.

Excerpts from *The Inner Ghosts: Our Frozen Emotional Children*, by Norma Cowie. Planned publication date: September 1994.

Format for an Introductory TFH Workshop

by Michael DeLory

Abstract

A hands-on experience leading an introductory TFH workshop. Includes explanation, and some of the most powerful basic TFH techniques. An easy & fun way for anyone to begin presenting TFH. An eight-page hand out to make a booklet is available.

This workshop provides a great opportunity for anyone wanting to learn more about TFH. Many of us get calls from people wanting to know what TFH is and how it works. I used to spend 20-30 minutes with each one on the phone. Now I encourage them to come to my intro workshop.

I have presented this workshop at Continuing Education, in my own office, and various other places, including Senior Centres. It is available every one to two months, giving people numerous chances to participate. It is good for the participant, because it gives them a way to get involved and get started for \$20 - \$30, and it is good for me because I can meet them, assess their personal needs and see if they are truly interested. Clients can also refer friends who are interested in learning more about TFH.

For new Instructors this is a good way to start teaching. You can offer this workshop to Continuing Education, Community centres, groups of friends or clients, meetings, etc.

For my intros I've chosen the most powerful and useful extra techniques from TFH 1. They are

things that have results right in the room. They can also be applied immediately when they leave the class. I tell them they have a jump start on TFH 1. With TFH 1 now recommended for 18 hours, we have already completed three hours, and can still fit the workshop into a two-day format later.

An eight-page handout booklet is available for photocopying (see below), however it is not essential. You may have, or make up, your own materials.

To present the workshop effectively, you need:

- Water
- Food and supplements for testing
- Your course schedules
- Handouts (mine or yours)

◇ ◇ ◇ ◇ ◇

Good luck in spreading TFH to a wider audience. Let me know how it goes.

Introductory TFH Course Time Line

(evening course 7-10 pm)

- 7:00 Registration. Greet people as they come in
- 7:05 Gather the group together
- 7:10 Introduce yourself, explain what they will be learning, and the logistics of the location.
- 7:15 Have the students introduce themselves. In a small group just go around the room; in a large group have them share with several partners.
- 7:20 About TFH. Follow the sheet or give your own explanation.
- 7:30 Demonstrate the squeaky door picture of how muscles work with three volunteers: one is the bone in the middle, the others act as the muscles. Weaken and strengthen the "muscles" and have the students tell you what they see. See p. 10 of the TFH book.
- 7:40 Muscle testing. Do the push/push exercise. Have students in pairs, facing each other. They put their hands up and push on their partners hands. Have them practice smooth pushing, and show the difference between strong and stressed muscles. Have them also practice hard sudden pushing, so they can see it is ineffective.
- 7:50 Test Anterior Deltoid, Middle Deltoid and/or PMC. Have them think of something stressful to shut it off.
- 8:00 Water test.
- 8:15 K27's and Cook's Hook Up. Just do the corrections to save time.
- 8:25 Pain relief technique from Dr. Jim Reid. An extremely powerful technique which will give great results in class. Have two helpers for each person receiving the technique.
- 8:45 Get the participants to report on the results. Remind them they'll do it in TFH 1, and tell them when courses are coming up. Ask if they have any questions.
- 8:50 Break
- 9:00 Gather back together and do some energizing activities such as cross crawl, Cook's Hook up, K27's, etc. Answer any questions.
- 9:10 Re-check water.
- 9:15 Food testing
- 9:35 ESR
- 9:50 Answer questions. If there's time demonstrate some muscles from TFH 1 or a 14 muscle balance. Talk about upcoming courses, price, location and date. End the session and invite them to stay if they have questions, want to talk or want to register for a course.

If you would like an original of the hand-out booklet for photocopying please send \$10 (Canadian or US \$) to:

Michael DeLory
TFH Centre
203B - 2678 West Broadway
Vancouver, B.C., V6K 2G3
(604) 737-7779

Our Male and Female Gender Fears

By Bruce Dewe, MD

Abstract

Richard Eisler PhD, psychologist, stated that "fears are different for men than women." Is this a sexist statement or do anxieties reflect the male and female stereotypes we often feel we have outgrown - but secretly feel we haven't? A kinesiology approach to this modern problem is outlined.

Gender fears

Richard Eisler PhD, psychologist at Virginia Polytechnic, states that "fears are different for men than women." The anxieties may reflect the male and female stereotypes we often feel we have outgrown - but secretly feel we haven't. Helen Crawford PhD found that men talk about their fears less than women who are more open about their intense fears. Kathleen Speeth PhD,

psychologist from Berkeley, found that even when women and men fear the same thing (e.g. homelessness) they fear it for different reasons. For women 'homelessness' symbolized being alone in the world and not prized by anybody and for men it was evidence of their lack of success - a downward slide that began with their feelings of inadequacy.

Common female fears

- a. Estrangement
 - Unable to meet loved one's emotional needs
 - Lovelessness in sex
 - Lack of commitment in a romance
- b. Unattractiveness
 - Can't change a defect
 - Loosing looks with aging
- c. Victimization
 - Being followed
 - Obscene phone calls
 - Strange noise when alone (at home).
- d. Inadequacy
 - Failing to be successful at both work and home (parenting).
 - Being taken advantage of by real estate agents, repair men, car salesmen.
- e. Heartsickness
 - Loved one's woes
 - Losing custody of her children and having another woman raise them

Common Male Fears

- a. Physical weakness
 - Not looking masculine
 - Poor performance (in sports).
- b. Emotional expression
 - Having to say "I love you"
 - Weeping
- c. Powerful women
 - Being outdone by a woman (work/sports)
 - A woman in control especially at work.
 - Not being the major breadwinner of his family
- d. Intellectual inferiority
 - Feeling less smart/ambitious
 - Looking indecisive or emotional
- e. Failure
 - Getting fired
 - Not having what it takes to succeed
 - Impotence - being sexual washout.

Finger Mode Test

for Gender Fears:

Self Mode # 6^{1/2}d

thumb to PE + EM fingers

Evaluation Phase:

1. Find the fear on line.
Use preceding table as a guide.

In our testing we do not limit ourselves to the sex related list, but recognise the male/female sides within each of us. This 'allows' males to have fears from the female list and visa versa.

2. Find the emotion at the root of the fear.
3. Find the meridian under stress.
4. Discuss awareness.

Balancing Phase:

1. F/O hold. Use ESR skills

(Note: F/O = frontal-occipital)

Profile

Bruce A. J. Dewe MD is a Chancellor of the NZ Kinesiology Practitioner Accreditation Board, Dean of the School of Practitioner Studies with the IKC, developer of the PKP workshop series and a retired medical doctor. He is an entertaining speaker whose talks are always topical, instructive and fun.

Dr. Dewe can be contacted through

Professional Health Products International
P.O.Box 25-162, St. Heliers, Auckland
New Zealand 1130

Ph: [64] (9) 575-2818
FX: [64] (9) 575-2813

Using Kinesiology for Cerebral Palsy

by Margriet de Wild

Last year at the TFH conference at Las Vegas I showed you how we started working with mentally and physically handicapped children. This year I would like to show you some developments.

It was by chance that we started working this way, my friend who is a speech teacher came to me and asked me if I had any ideas how to work with one of the C.P (Cerebral Palsy) children that came to her. I said to her, "Let's ask her body." That is how it started.

In the meantime we have four on our team, two physical therapists, one speech teacher and one school teacher. Each of us brings the knowledge from her basic education and all of us have taken the following workshops:

Touch for Health (John Thie)

Edu-K (Paul Dennison)

Hyperton X (Frank Mahony)

Emotional Work (John Diamond)

Cranio Sacral Therapy (Upledger)

In our work with mentally and physically handicapped children it is important for us to work in teams in order to reach the whole person and not just his voice, or his learning ability, or his ability to move.

I believe that every person who knows the Touch for Health technique is able to help mental and physical handicapped people. We can assist these people to get a better energy flow, and as we know, when the energy in the body is balanced, the body is capable to activate his own healing power.

Of course, the profit for our client is bigger if the kinesiologist knows more about the anatomy of the body, or the way our body is moving. This knowledge helps to find ways to handle his handicap better. But I still think it is not a must.

We are using the different technique from the field of Kinesiology.

Often we do have to adapt the official learned technique a little bit because of the different kinds of problems we are confronted with. You will see it on the video, you can recognize the various techniques but they are not shown exactly the way our teachers taught us.

Most of the time we have difficulties while the client doesn't understand what we are doing. Therefore it is very important that the parents do agree with our work, they trust us and are familiar with muscle-testing.

The difficulties that show up in this kind of work are the reason why we need to work with a surrogate. We seldom use one of the parents as a surrogate, not because we think that this is not possible, but because we discovered that our own neutrality makes work easier. We know each other very well and so we know how the test feels. We exactly know what is a strong arm and what is a weak muscle. With this knowledge we can work faster. (You can imagine that these children often are not that quiet or patient).

Generally we work the two of us, occasionally we work in a team of three, one operates the video and the two others do the balancing work.

I am sure we could work more efficiently but for now we need these videos to get an idea what is happening during the balances. Over a longer period of time they show us exactly how these clients are changing.

As a surrogate we have to prepare ourselves: before the work starts we have to make sure that our own energies are balanced but more important is that we give permission to the flow of energy of our client to take place. The job of the surrogate is to help the testor to find out what the body needs, and to help the body to get what it needs when it is not able by itself. **The surrogate is just a tool.**

Some more about the balancing:

Often we are asked, "What is your goal?" Most of the time our answer was, "We don't have any goal." We just ask the body what it needs, and when a body needs a goal, that is the goal for the session.

You can imagine that the medical staff feels rather confused with this answer. Therefore I changed my answer into. "Let's set up a goal together, medical doctor, parents, and perhaps other people that are around." Still we always ask the body what goal it needs.

It sounds complicated but I think it works. For the medical doctor we have a main goal (to be able to stand, or to be able to swallow better) but in the sessions our client works on his own goal.

My own most important goal is that the client feels better after the session.

As we talk about the goal, we also have to talk about the emotional part of the work. What is coming up in this work mostly are phrases like: I accept myself the way I am, I have a right to be here, I am happy to be alive, I love myself the

way I am, I feel accepted. These are only a few examples out of a long list of very personal goals.

The way we bring the energy to flow again, is the same procedure we use with all the other clients as well.

We discovered that Frank Mahony's technique is very useful when working with a physical impaired person. I think this is because we work on the muscle directly. The children love his foot-sensors (we use them as a home-play for the parents).

We believe that another part of our results comes out of the cranial sacral work. The most interesting result we see here is the relaxation and the peace that is coming into these bodies. Parents are often very impressed by these results.

From the technique of Paul Dennison we use the caring of the body, the cross-crawl movements, and when possible his exercises.

I would like to show you now some sequences from our video tapes, so that you get an idea what our work looks like, and I will be glad to answer your questions.

**Some do it for money,
Some do it for approval, and
Others only because it gets results....**

Reaching Out Door to Door

by Victoria Di Ana
IKC Faculty

Purpose: To share my positive experiences and skills in door to door marketing, and my belief that it can work for you with Touch For Health.

When I was nine years old a man owned a fruit stand near by and he gave my father over ripe produce for our horses. I would pick out the good stuff and share it with the neighbors. On special occasions the neighbors I shared with, let me pick flowers from their garden for my mother. I found that sharing door to door paid off.

My father always talked about someday having a riding arena where people would come and buy rides on our horses. I got the idea to go house to house in the nearby housing developments and sell horseback rides for a quarter. On my way home I would also stop at the country club where some parents were happy to pay a quarter for me to give their child a ride while they sat and had cocktails. Eventually I knew more people in our community than my parents.

When it came time to sell Girl Scout cookies I sold the most going door to door. Trick or Treating on Halloween was my favorite holiday activity, it was fun to visit the neighbors again and later I made a profit on the candy.

In 1974 I became one to Jehovah's Witnesses and going door to door along with street work and telephone witnessing became a way of life. It wasn't easy at first, this was a tough subject, eventually, I entered full time service (100 hours per month). I gave an in presentation to 10,000 persons in 1986 on my experience pioneering with 4 children. Many mothers were inspired and entered the work. In 1987 I was chosen as a international delegate to Liberia West Africa and I especially enjoyed going door to door there and met persons from Lebanon, Germany and Switzerland. Also I became very familiar with the Bible and other religious points of view.

As a result of my door to door activities I have come in contact with thousands of different people

I would never have met. Some became, and still are very close friends.

In 1988 I became a Touch for Health Instructor. My first class was attended by my friends. Richard Harnack suggested I try my door to door stuff. The next class consisted of neighbors as a result of going door to door for a few hours in my neighborhood inviting people to my home for a presentation about Touch for Health. Ten persons showed up and eight enrolled in the workshop. The next time six showed up and five persons enrolled. Every time I do this the statistics are high for the number of people who show up to enroll.

I presented this door to door experience at the annual TFH convention in 1988 at the University of San Diego CA., a few persons tried this approach and have benefited from their efforts. I still find this method very productive and always come home feeling good about having shared positive information.

Like anything else, the more I did it the easier it became. As much experience as I had, it still took me a few hours to get comfortable with a TFH presentation. I even taped myself, played it back, got embarrassed and then made improvements. Finally I developed...

PEACE OF MIND:

- Purpose - the goal of sharing.
- Enthusiasm - expressing fondness and zeal.
- Acceptance - of where other people are and being flexible.
- Creativity - colorful, resourceful impressions.
- Endurance - not giving up under negativity and adversity.
- Organization - preparation, notes, schedules, follow ups.
- Faith - belief in myself and my purpose.
- Modesty - relative humility.
- Information - clear and concise.
- Neatness - pleasing appropriate appearance.
- Diplomacy - skill, tact and self control.

Here's a Plan:

1. Schedule a free introductory presentation.
2. Produce a flyer with time and location.
3. Target an area.
4. Prepare and practice an introduction and conclusion.
5. Schedule a block of time when people are at home.
6. Set a goal: 1 hr of territory or 50 flyers or 2 blocks.
7. Dress professionally.
8. Get a goal balance using creative visualization and ESR. See and hear yourself and others responding in a positive way and skillfully handling any objections.

What I Found Doesn't Work:

1. Balancing people at the door.
2. Sell anything at the door.
3. Staying too long.
4. Giving too much information.
5. Getting too personal.
6. Getting too pushy.
7. Going inside a home alone.

Here Is a Sample Presentation:

Knock, Knock.

Hello, my name is Victoria Di Ana. I am a Touch for Health Instructor (Shake hands). I live at 25th and Kipling Street and I am here to extend and invitation to you, your family and friends to hear a presentation at my office about Touch for Health (hand them a flyer). It will be at 7:00 next Wednesday evening.

My purpose is to introduce lay persons to this system of natural health care which is beneficial for using with yourself and the people you care about. Have you heard about the powerful results taking place by combining ancient oriental medicine with recent discoveries in western science?

These easy to use methods utilize muscle testing to reveal energy and structural imbalances in the body which are corrected by acupressure and other forms of massage, allowing the natural healing energies of the body to flow freely.

I want you to attend Wednesday evening because those experiencing this work often notice increased energy, improved posture, freedom from aches and pains and greater overall relaxation.

You will learn two techniques Wednesday evening that can help you for the rest of your life.

Would you like me to call and remind you early next week? Would you like to be on my mailing list so you will know about future events? Please feel free to call me anytime in the future if you have any questions, my name and number are on the flyer.

Thank you for your time and attention it has been a pleasure sharing this information with you, I hope to see you Wednesday evening.

(After you leave, write down their name, the house number and everything you noticed about this person).

Remember -

When a person shows up at your presentation they will remember you. It is better if you remember something about them. If you do, there will be immediate rapport between the two of you.

The key here is to focus more on them and your purpose to inform them about TFH then on yourself. You may even say; "Going door to door is not easy for me but I am very committed to sharing this information with as many persons as possible." Just be real, it is not going to be easy for them either, to show up at your place, with strangers, talking about something they know nothing about. Some may even be a bit afraid at first.

Suggestions -

Make a good first impression, smile, breath, have eye contact, listen with all of your senses.

If you know about "Structure Function", use it:

Wider set eyes: They may have a more open viewpoint.

Eyes Closer set: Get to the point.

Fuller lips: Give them time to express themselves.

Slanted forehead: Use logical sequence.

Do you know about NLP and creating rapport by figuring out a persons primary representation system? By using mirroring and matching, you will be able to experience the same sort of internal experiences and thoughts as the other person. Also notice:

Slow speech & looking down: Kinesthetic, create feelings.

Fast speech & looking up: Visual, create pictures.

Articulate speech & looking side to side, arms crossed: Auditory, use facts & statistics.

I have inserted a copy from Dianetics and Scientology about their Tone Scale. Figure out where a person is at, match him on the Tone Scale and quickly rise up two steps at a time and bring people Up Tone.

If you believe in God, pray for guidance, direction, blessing and harmony, to help you to cultivate the fruitages of the Spirit, (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control) as you take a personal interest in sharing and being with people. (Galatians 5:22,23,26).

Use Emotional Stress Release techniques. Put yours in pause lock. Hold their points with creative visualization.

There Is Something in This for You -

- * Add to your own growth and character.
- * Overcome shyness.
- * Overcome fear of rejection by not take things so personal.
- * Approach and engage persons in conversation.
- * Reinforce your commitment.
- * Build your practice and seminars.

- * Listen and observe others more objectively.
- * Build your confidence, clarity, resourcefulness and flexibility.
- * Add some adventure to your life.

The only thing you have to lose is FEAR.

With your own added style, you can do this.

I am now a Touch for Health Instructor Trainer for the IKC. I use this material in my ITWs so that the students will have an opportunity to role play and have fun with this when we discuss different marketing strategies.

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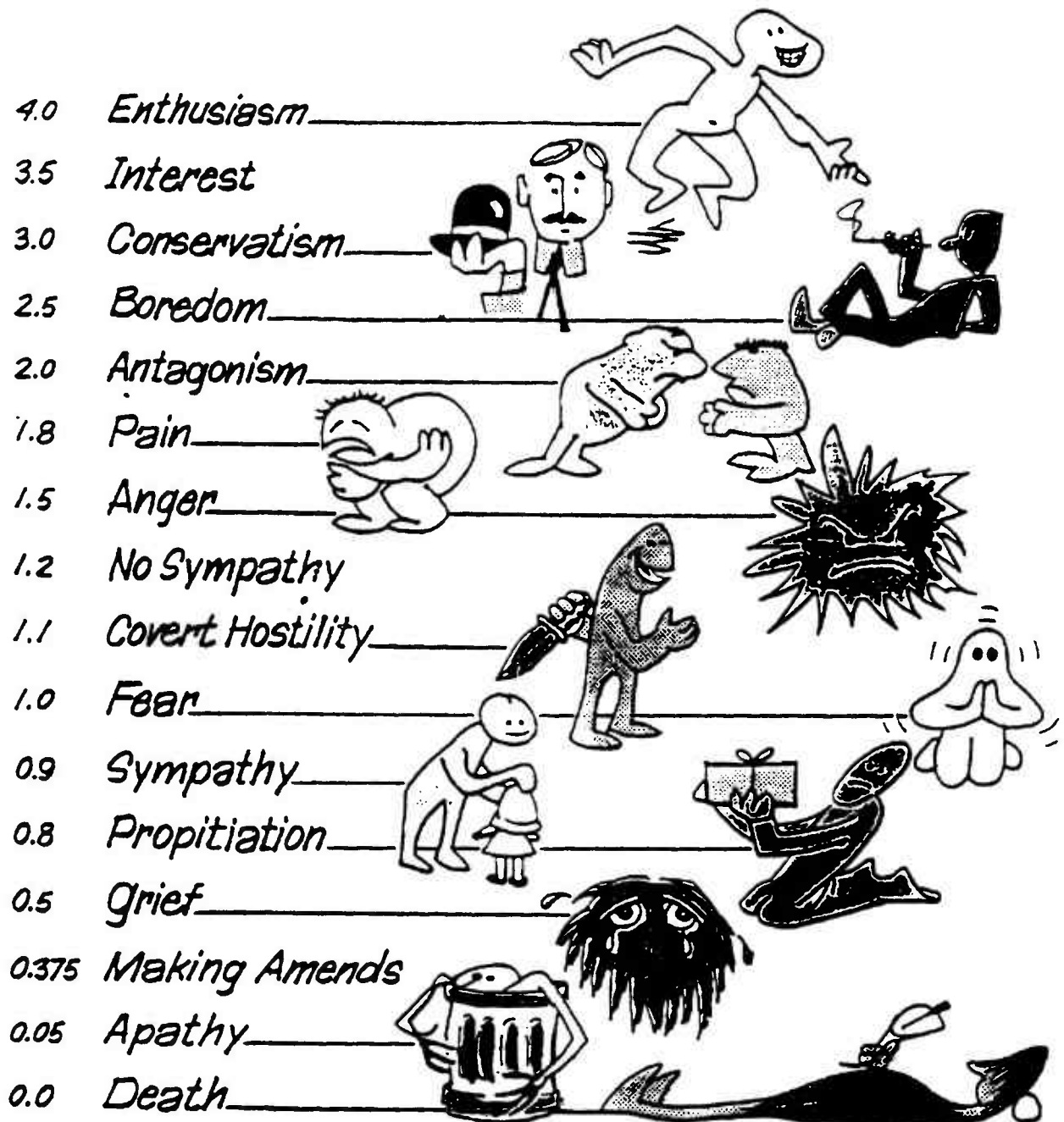
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If you have any questions or would like assistance, you may call Victoria Di Ana at (303)233-3838

Emotional Tone Scale



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The Reflexo-K Procedure

A New Synthesis of Reflexology & TFH

by Yvette Eastman

The Reflex-K procedure is a synthesis of Reflexology and Applied Kinesiology, that allows you to do Reflexology, even if you do not know the specific points on the hands and feet, and, even if you are not fully acquainted with Applied Kinesiology.

Begin your session by performing the pre-tests that you know in order to insure that your partner will give a clear muscle test, that permission is obtained to perform Reflex-K, that this method is the most beneficial for your partner, the most respectful of his/her needs. That you are both hydrated, and remember to be aware of proper breathing while testing.

You might ask: "Is Reflexo-K the most effective way to work with _____ at this time? Is there a more effective way? "This will qualify the work and simultaneously calibrate "yes" and "no".

Add to your balance any information you already have about balancing towards a goal, identifying the emotion locked into the system about the goal, the % of Negative Emotional Charge(NEC) involved. Use the skills you possess to locate the issue, emotion and other pre-tests.

Ask: "What % of correction is acceptable to the body today? More than 30%? More than 40%?" etc.

Ask: "Is that acceptable to you?" Muscle test "yes" or "no". If unacceptable, find out the % acceptable. Then use ESR or your own personal system as part of your 'negotiation for repair' and retest.

Since I like to add in as many personal insights as possible, I ask: "When you think of the pain, (swelling, etc.) what colour is it? (Or what colour do you see? Sense? Feel?)" Then, "Focus on the colour and make it stronger, sharper."

"And when you see (colour), what does it make you feel like? (...what does it remind you of?...what feeling do you get?" This is a way of

obtaining an emotion consciously rather than through one of the charts. since emotion is a carrier wave for any change, it is always more effective to use emotion for more lasting corrections.

Now request the priority meridian for rebalancing. "What will it look like when I get there?" is an excellent way to request a muscle indication of response toward a specific question. The person's own system will then choose the arm to fall to the energy in a test or stay strong in answer to your question. It tends to avoid the leading that a practitioner might do when he/she is not in neutral.

Touch, using index and middle finger together, (neutral polarity), each finger and each toe on both hands and feet and the kidney meridian at the centre of the ball of the foot. (See figures 1, 2, 3, and 4 on the next page for the locations of the meridian ends on the extremities.)

An indicator change on the big toe will need to be prioritized by touching individual corners of the nail, for Liver or Spleen, and on the pinky finger for Heart or Small Intestine. Middle toe responds to Stomach along with second toe. If you know the associated muscle test, you might like to test it.

Once the priority meridian is located, follow its path. (If you know the internal path, more information is available to you). Ask you partner about specific discomforts along that path. For example, an indicator change on Small Intestine meridian, pinky finger – so notice if there are white spots on the pinky nails, (zinc deficiency or stress), vertical striations on the nails, (high acidity, mineral deficiency), split or shattered nails, (shattered or scattered energy). Follow the trail of the meridian to the wrist; ask about wrist problems.

Go to the elbow; ask about it, or notice if there is any skin involvement at the elbow or along the arm, or muscle problems along the meridian, shoulder or shoulder joint problems, side of neck pain or tightness, teeth, jaw, middle or inner ear

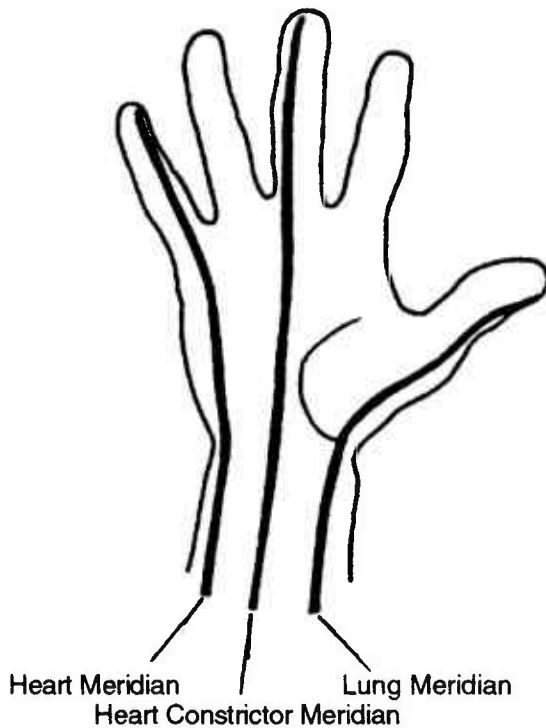


Figure 1

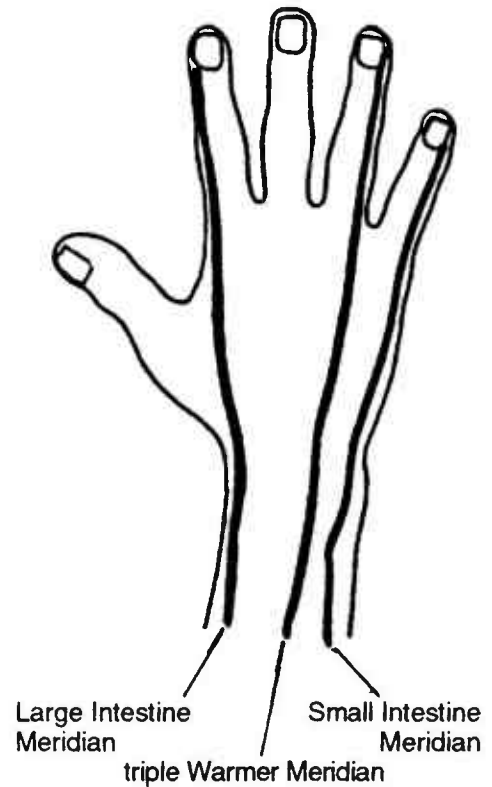


Figure 2

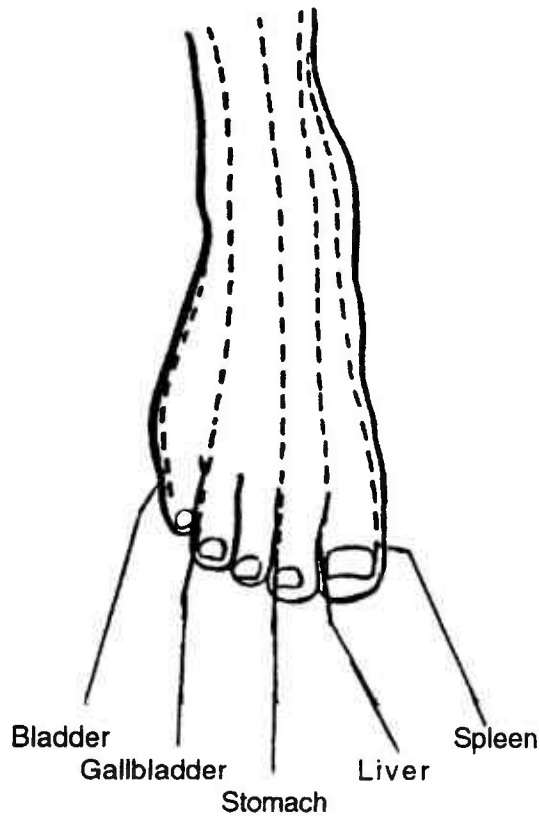
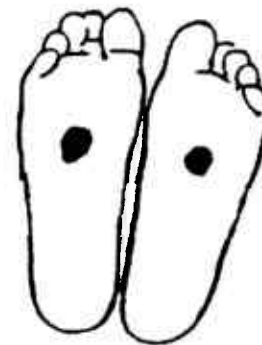


Figure 3



Kidney Meridian

Figure 4

involvement. The more information you have on line, consciously, the better for your correction. All of these "symptoms" lie along the SI meridian so you might also ask about the small intestine function.

Now you can test the statements: "The best correction is Reflexology.", or "The best correction is TFH" Etc.

Always ask first, "What will the muscle test response look like?"; so you will know what to

look for: Yes-No / Fall to energy / Indicator change (Make sure you know what the muscle test is saying.)

If Reflexology is priority, then ask:

"Is it necessary to do the whole foot, yes or no?"

"How many reflexes need to be worked? more than 1, more than 2, more than 3, ..."

"The first priority is on the sole of the foot, the dorsum, medial side, lateral side..."

Use a body scan on that area until you get an indicator change, or use a Reflexology map and choose your reflex from there.

Ask: "Hard pressure, Soft pressure, Still pressure, Rotation, Clockwise, Counter-clockwise, etc."

To work the reflex, use your thumb on the sole of the foot, index on the dorsum. for the hands use either thumb or index. Be gentle. Pain is not healing. Holding is a common correction.

If TFH is the correction of choice, then ask:

"How many corrections?"

The first priority is -Meridian Trace, NL, NV, AHP, Muscle."

Perform the needed correction.

Retest the meridian out on finger or toe.

Perform the muscle test to see if it is strong.

Retest the emotion or the feeling discussed.

Retest the issue or goal you tested toward.

Retest the % NEC.

Test the % of correction performed.

Ask if the person is happy with that %. If not, test for when they need another session.

If they are happy with the %, test to see if another session is needed or another form of therapy and when.

Ask if there is need of homeplay, and if so what, how often, how long.

Ask if there is any limitation on the correction, withdrawal issues, food addictions or deletions.

CELEBRATE!

In Brief

1. Pre-tests (Goals, % NEC, Emotions, all other pre-tests)
2. Two finger touch on each toe/finger/ball of foot
3. Assess involved meridian(s) (which organs, related symptoms/discomforts)
4. Muscle test for priority reflexes or TFH corrections. Use body scan and/or diagrams.
5. Correct priority(ies). Retest correction point, meridian out, associated muscle, emotion, % NEC, goal, % correction.
6. Check for Homeplay, withdrawal issues, limitations, food or supplement changes, next session.
7. Celebrate!



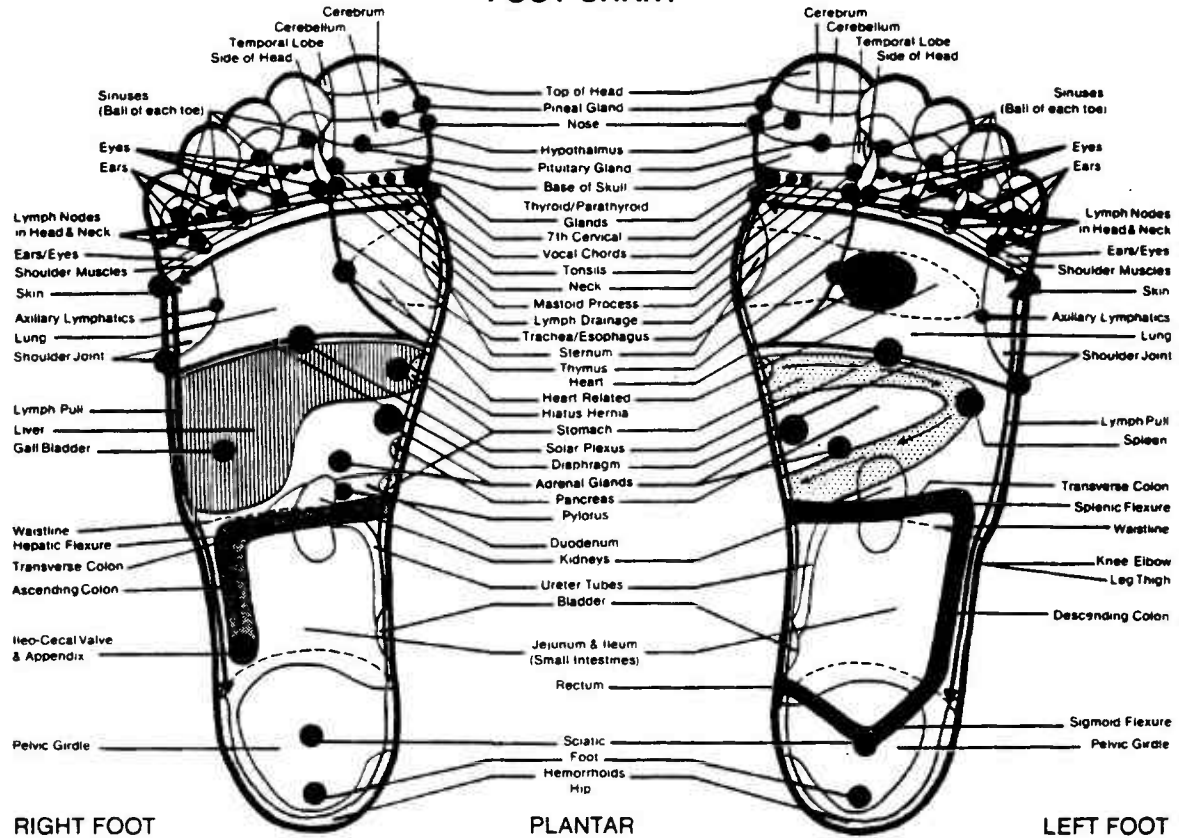
For further information contact:

Yvette Eastman

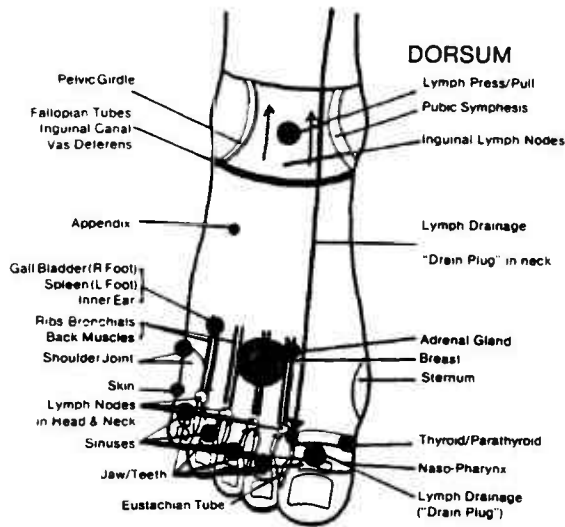
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2342 Clarke St., BC, V3H 1Y8, Canada

Phone: 604-936-3227

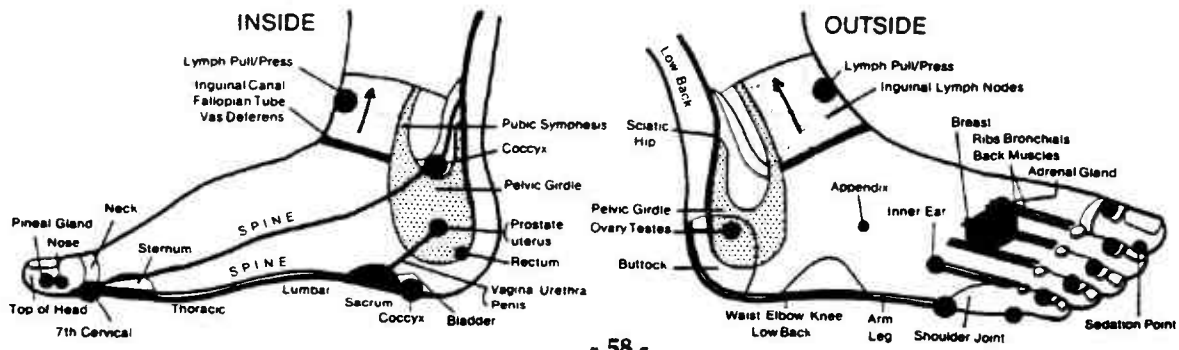
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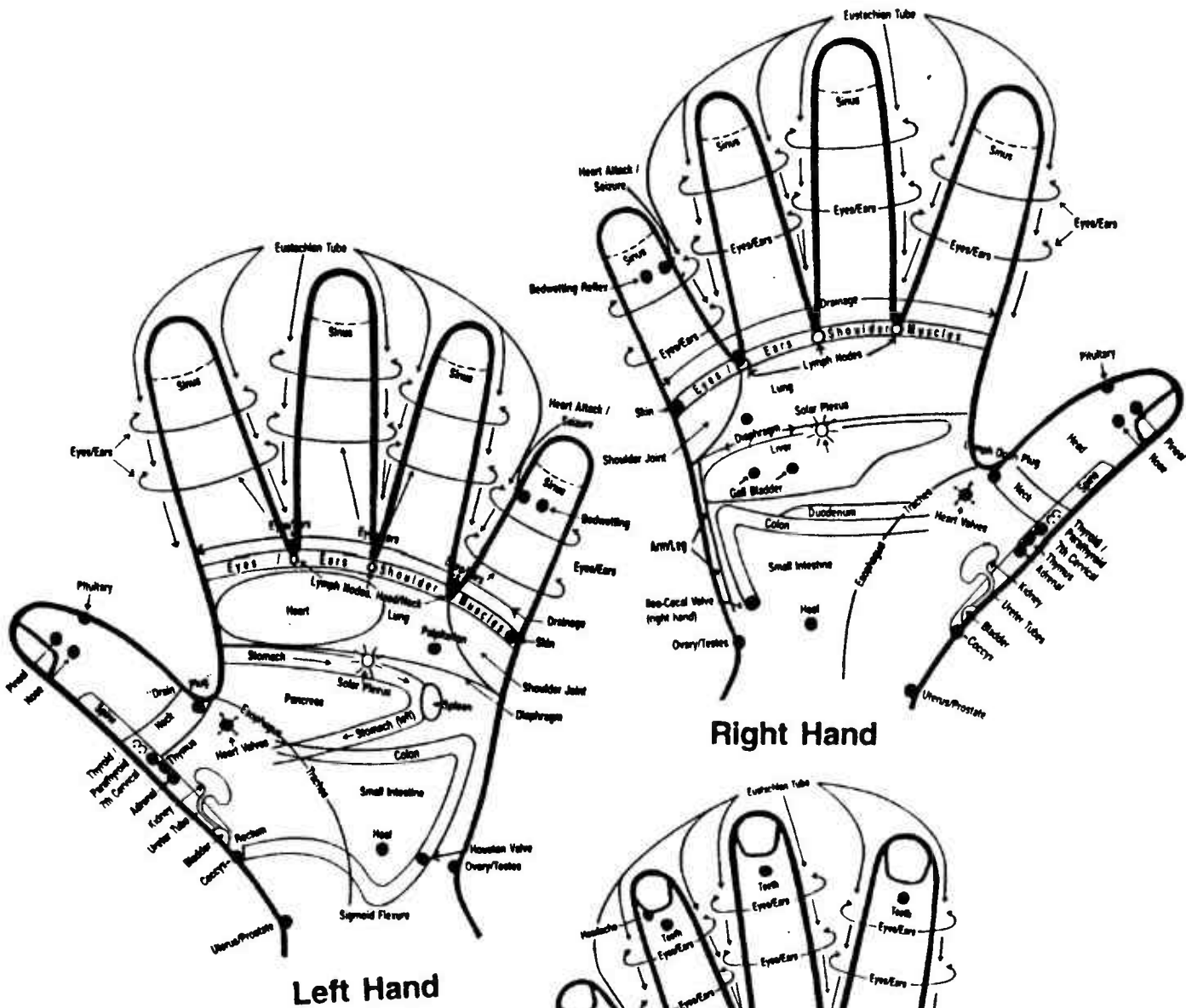


Touchpoint



2342 CLARKE ST.
PORT MOODY B.C.
V3H 1Y8
(604) 936-3227





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2342 CLARKE ST.
PORT MOODY B.C.
V3H 1Y8
(604) 936-3227

Chronic Degenerative Diseases: Etiology and Treatment

by Rosanne Fischer-Peirick R.N., D.C.

As the treatment of Chronic Degenerative Diseases becomes more and more wholistic, the perspective for approaches to treatment is evolving from a preoccupation with suppressing superficial symptoms to tracing the evolution of the disease mechanism back to its roots and treating the Chronic Degenerative Disease at that level through the use of the Interro and Quantum Medicine.

Causes of Disease

- A. **The primary cause of disease is caused by lack of oxygen** and hydrogen ion deprivation at the cell respiratory mechanism inside the mitochondria. The first research into deprived oxygenation of the mitochondria was done by Otto Warburg, PhD, of the Max Planck Institute in Germany. He won two Nobel Prizes for discovering the cytochromic enzymes of the oxidative phosphorylation mechanism in 1946 and 1948. He proved, through experiments with live tissue cultures, that normal cells would convert to cancer cells when the oxygen tension drops below 35%. Ralph Kryzob, a biochemist in London, England, also discovered that hydrogen ions are as much deprived as oxygen in chronic diseases and cancer. He has found that by supplying H⁺ ions intravenously, reversal of disease and cancer is possible.
- B. **Secondary Causes** of disease or factors which interfere with the cellular respiratory mechanism and cellular enzyme systems creating the development of Chronic Degenerative diseases.
 1. **PH Imbalance** — when the improper amount of alkaline ash (K⁺, Magnesium) minerals are not provided in the diet in the form of green leafy vegetables, then the buffer system for handling metabolic acids produced within the cell begin to build up. This causes a pH change which can depress enzyme systems.
 2. **Poor Circulation** — as a person ages, various factors contribute to the development of arteriosclerosis or hardening of the arteries. Various of these are: smoking, chemicals from water, elevated LDL cholesterol, low thyroid, heavy metals, insecticides, viral infections, etc.
 3. **Chronic Viral Infections** — Today more than ever you will read about viral infections as causative agents of chronic disease. Examples of this are EBV (Epstein Barr Virus) and CMV (Cytomegalovirus). Both of these viruses can create a whole host of symptoms: chronic fatigue, headaches, joint aches and pains, muscle aches, etc. The most prominent of these is debilitating fatigue. Other viruses such as Herpes, Cocksackie B, Corona virus and influenza all take their toll. The now leading virus in the news is AIDS. The viruses are DNA or RNA viruses which get into the cell and become part of the coding of the cell. This interferes with normal cell respiration and cripples the cell. The AIDS virus is specific for the T cells which are our Immune Defense Cells. As these become crippled by the virus, a person gets more debilitated and may develop cancer.
 4. **Chronic Bacterial Infections** — Dr. Issels, Dr. Koch, and Dr. Gerson all showed that in many chronic diseases and cancer that there is a focus of chronic infection. This could be in the teeth and gums, tonsils, adenoids, appendix, lymph nodes, spleen, Peyers Patches, appendix or scar tissue. These loci have been walled off but continue to emit chronic endotoxins and abnormal energies. These affect the immune system and the meridian energy. Many causative agents have been found such as TB, staph, strep, proteus, etc. The importance of this is that this focus can depress cell

respiration because of the toxins given off.

5. **Chronic Fungal infections** — Today there are at least 50 to 60 million people with chronic systemic candidiasis in this country alone. This has been brought about by the advent of antibiotic production and use for bacterial infections since World War II. The antibiotics change the bacterial flora, allowing overgrowth of flora that is normally not a pathogenic agent. This overgrowth of abnormal flora creates a lot of toxins coming from the GI tract. In the case of candida overgrowth — toxins emitted are acetaldehyde, mannan, alcohol, false hormones and carbon dioxide. The acetaldehyde overloads the liver and affects many major systems of the body. The main biochemical areas which it binds with are acetyl CoA (Pantothenic Acid), amide Protein groups (B.) and the oxidative phosphorylation (B 3). All of these areas are vital to cell function and energy production (ATP). Dr. Orian Truss wrote the first material about candida in his book called *The Missing Diagnosis*. This was followed by William Crook, M. D.'s book called *The Yeast Connection*.
6. **Chronic Mercury Toxicity** — Today another causative agent which is suppressing our Immune System, Endocrine Glands, and Cell Respiration is Mercury. The most common way of getting mercury into your system is from the amalgam in your teeth. These are 50% mercury. The EPA (Environmental Protection Agency) declares that amalgams are a toxic waste material when removed from one's mouth but it is not while it is in your mouth. Dr. Hal Huggins, in his book, *'Its All In Your Head* did immune studies on 300 patients specifically measuring the T cells. He found 68% suppression of the T cells in these cases. When he removed the amalgams there was a normalizing of the T cells in all patients in 48 hours. In some he placed the amalgams back into the teeth and after 24 hours the T cells were depressed by 68%. Other important references on the mercury problem are *The Toxic Time Bomb* by Sam Ziff, D.D.S. and *Chronic Mercury Toxicity* by H. L. Queen.
7. **Heavy Metal Toxicity** — Dr. Dean in his book *Biological Relevance of Immune Suppression as Induced by Genetic, Therapeutic, and Environmental Factors* in 1979 discussed the term immunotoxicity. He relates that drugs, food additives, herbicides, pesticides, heavy metals (lead, aluminum, cadmium, mercury, etc), chemicals, and other environmental pollutants are creating a very toxic effect on the immune cells and the cell respiratory mechanism in general. The importance of this information in today's health is seen in the spectrum of diseases which include the well documented toxic or hyper-allergic patients as well as the collagen diseases and others of unknown etiology. These agents interfere with the cell membranes, receptor sites and their pores and channel gates, therefore blocking nutrients from getting in and waste products from getting out. Heavy metals help to induce free radicals (an unpaired electron) which increases the aging process, and hardening of the arteries.
8. **Insecticides and Pesticides** — The first noted book on the prevalence of insecticide poisoning in this country was *Silent Spring* by Rachel Carson, which brought out the toxic effects of DDT. These insecticides and pesticides are very toxic to the cell respiratory mechanism and will shut this completely down. These are probably one of the most toxic of environmental factors our body has to deal with and probably the most toxic in their ability to cause cancer in the body. When the cell respiratory mechanism is bound up, cancer may develop especially in areas of lowered oxygen tension. There are more than 40,000 different insecticides and pesticides. These will many times make your pets very ill when they roll in the toxic green lawns.
9. **Drug Toxicity** — The most common chemical toxicity in this country is iatrogenic or prescribed by the medical profession. These various drugs suppress

the cell respiratory function and suppress the immune system.

10. & 11. **Parasites & Amoeba** — infestations of the colon and small intestine is fairly common in this country. These are acquired from pets and not washing food properly prior to eating. They are able to survive because of poor digestive Systems (HCL and Pancreatic enzymes) and lowered immune systems. These drain the nutrients and contribute to parasite and amoeba infestations.

12. **Allergies** — Many people, because of a decrease in Pancreatic enzymes and HCL from the stomach, began to develop food sensitivities. These become very prominent when a person develops candidiasis of the intestinal tract after use of antibiotics.

13. **Stress** — This comes in the form of environmental pollutants, as previously mentioned, and mental and physical stress. These various stresses create free radicals which cause damage to the cells.

Geopathic Stress — Electromagnetic stresses affect the cellular function in various ways. The sympathetic and parasympathetic systems are affected by geopathic stress. When the parasympathetic system is interrupted at night by geopathic stress, the metabolic wastes are not disposed of properly or cleared out through the cell membranes. Because of this the pH changes intracellularly and energy production decreases.

C. **The Third Phase or Cause of Disease** is related to **subluxation of the vertebrae**.

These are either secondary or primary subluxations. The primary subluxation is usually due to trauma such as an auto accident with whip-lash or fall. The secondary subluxations are due to chronic localized toxicity of a particular organ. These toxic areas, from whatever source, create a chronic irritation which causes nerve irritation. When this happens, a subluxation occurs and will not correct properly until the toxicity is removed.

D. **The Fourth Phase of Disease** — This is the phase of **Biological Changes** and

Micropathology, in which the various toxins have been impregnated into various tissues and causes much cellular enzyme damage.

These changes are now measurable on the standard blood test because the toxins have created a subacute process that has been ongoing for a while. The first signs of disease, as noted by the Germans, has been the energy changes on the meridian lines of acupuncture. The next changes are the biochemical changes as noted on the various blood tests.

E. **The Fifth Phase of Disease** — This is the phase in which chronic changes occur. **Organ disease** develops because of continued toxicity and continuing exposure to environmental chemicals. **Immune Suppression** is very prevalent in this phase and various major organs, i.e., heart, liver, pancreas, kidney, may be affected.

F. **The Sixth Phase of Disease** — This phase is the phase of **severe organ disease** in the body and ultimately **death**. The body organs are falling, the energy loss is great. The Immune System is failing and is severely suppressed. The cell respiratory system is finally suppressed by the environmental chemicals to the degree that cancer develops. This will occur in the weakest area of oxygenation in the body.

These are all the phases of disease which occur in the body over a period of thirty to fifty years.

Evaluation Technique and Treatment Protocol

1. Check for a clear circuit

A. Therapy localize with index finger and middle finger the K-27 acupuncture points right and left, GV-26, (Governing vessel) and C-24, (Central meridian). If clear, begin step number two

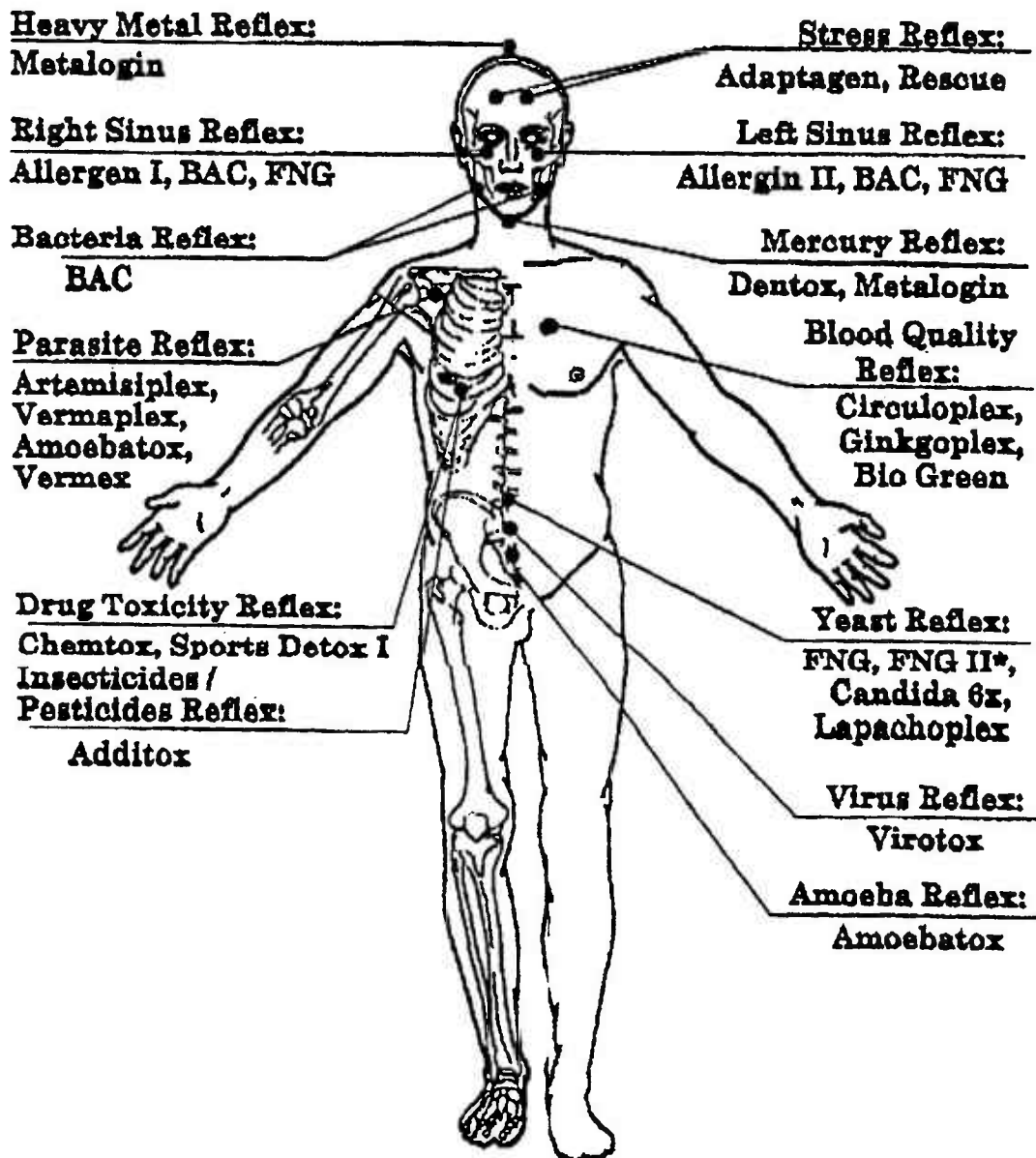
B. If reactive, do five finger quick fix with cross-crawl and check hydration level. (tug hair). If patient clears after the five finger quick fix and water intake, go to two.

C. If patient continues to be reactive check causal, mental, emotional and physical reflex. If reactive in causal, mental or

emotional reflex, test to Rescue Remedy. When clear proceed to number two, Other Bach Flowers may be indicated if patient doesn't give a clear circuit with Rescue Remedy.

- D. If patient clears then switches on and off after several balances, check the temporal mandibular joint and the atlas wedge and refer for manipulation.

2. Therapy localize chronic degenerative disease (CDD) reflexes (see figure). Reactive reflexes are to be retested to indicator reference products (IRP). Indicator change, (strong) with IRP demonstrates a need for these products along with detoxifiers to stimulate the immune response and to facilitate healing and the body's elimination of the cause of disease.



Chronic Degenerative Disease Reflexes
Indicator Reference Products (IRP)

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For further information contact Dr. Rosanne Fischer-Peirick, RN, DC 212 S. Church, Union MO 63084

The StarFire Method of Dance Kinesiology Body-Centered Self-Development Research on the Use of the Somatic Integration Process™ for Personal Growth

by David Fuerstenau and Patti Steurer

Abstract

Report on research in the StarFire Method of Dance Kinesiology, the specific application of Specialized Kinesiology/TFHS combined with movement and dance to personal growth in group workshop format. Specific results gained from adding movement exploration and dance to a basic balance format, and from working in community in addressing the issue of shame. An example of using the Somatic Integration Process™ for the defusion of stress on the topic of creative self-expression.

The StarFire Method of Dance Kinesiology is different from most other branches of the TFH Synthesis. We are a specific application of TFHS techniques that already exist to the field of personal growth. We have not created more than two or three unique techniques to add to the other techniques from muscle testing to create breakthroughs. Two essential components that deepen the results of this balance format are the element of dance, which combines use of the right brain, left brain, the conscious mind and the unconscious mind, and the element of non-verbal exploration.

The Somatic Integration Process™ has four basic steps:

- **Explore** through the metaphor of movement and the medium of dance.
- **An Integration Ritual** to defuse the stress that accompanies the issue explored.
- **Further Exploration** to see and experience what has changed since releasing the stress to anchor the integration.
- **Celebrate** these changes and the new choices available.

These four steps will look familiar to everyone who does some form of Specialized Kinesiology, and in fact to anyone who is doing any kind of therapy, treatment or research. All of learning seems to follow these simple steps. The StarFire addition is the movement and dance, which brings additional input into the learning process. We also are very interested in the celebration step, because

we work in the arena of personal growth very intentionally, and with the issue of shame as a core subject. The release of shame, which we think is not an inherent feeling in humans, but a learned one, benefits from two things. The first is working in community, which is why we prefer to work in groups in workshops. Since we think shame is a learned experience, that means it was learned from someone. Thus, being in the presence of others while working on this issue brings the body/mind/heart field fully on line for this aspect of shame. Second, when releasing shame, it is very helpful to be in the presence of others, to experience their witnessing of my shame, that they are judging, i.e. shaming me, but instead being with me and accepting me the way I am. I learn from this totally reframed experience that instead of being judged by others they celebrate me just the way I am. I have nothing to feel ashamed of in my own uniqueness, wholeness and perfectness.

The medium of movement provides metaphors for movement in life, career, relationship, etc. It is possible to explore any issue using the metaphor of movement, putting the body into action to symbolize a belief pattern or feeling. The medium of dance adds an expressive, creative element that activates the right brain in a way that simple verbal exploration, even through muscle testing, can avoid or miss. The non-verbal exploration through movement and dance activates cellular response throughout the entire body/mind/heart field, to bring both conscious and unconscious beliefs, memories, patterns, thinking and feeling on line. When my whole body is moving, and

each cell is active, all of my intelligence and experience is involved, and the whole body/mind/heart field is a gestalt "muscle-test" My intuition, my feelings, my thoughts all feed-back to me what stress I experience in my movement/dance exploration. The muscle test is possibly merely the simplest of these feedback elements.

An example of a possible movement exploration: if a person feels blocked in being creative, s/he will probably also be blocked in moving their body creatively. Defuse stress for creatively moving the body and "creativity" can probably also be freed. Not only that, but the person often becomes "inspired" in choice coming to them. Every cell and the intelligence in each cell, conscious or not, is activated and then becomes available without stress for new choices after the defusion. In our experience, people usually become aware of a specific feeling, belief or physical symptom during or after the exploration, even if they had no conscious understanding before the defusion. It seems that using movement and dance allows the mind/heart/body intelligence to choose its own needs for defusion, without necessarily being consciously aware of what it is attending to as it goes.

An enlightened man of India was shown a demonstration of Touch for Health by a chiropractor we know. When the balance was over, the demonstration client told the enlightened man what he experienced. Then the chiropractor asked the enlightened man what his opinion was of the work. The enlightened man said "if the patient feels better, then it must be good." This could very well serve as a guideline for what we do in kinesiology, and about what is important in what we do in kinesiology. It's not so much about how we help someone feel better, but about the result that the patient feels better.

Gordon Stokes' column in the IASK and TFHA newsletters titled, *What We Do and What We Don't Do*, included a short list of distinctions between our view and the view of allopathic medicine. Several points in it were very intriguing to us, and we want to highlight them. Gordon wrote the following points, among others:

- We study symptoms to determine uniqueness of the individual.
- We work subjectively.
- Doctor's work objectively.

- We feel an individual is energetic and has a spiritual dimension.
- We believe that our client is the authority.

In the StarFire Method or Dance Kinesiology, we feel that the spiritual expression of human beings is one of their most basic and important experiences. This means to us that a spiritual expression through a spiritual practice, or whatever style or content, is essential to the self-satisfaction of human beings. Humans seek to know god/dess, and find inspiration and peace for their lives through their spiritual practices. The experience or god/dess is usually a subjective one or faith and feeling, surrounded by attempts to objectify what they experience at the bottom, even if they can name objective measurements that would bring satisfaction. Satisfaction is a feeling, it's subjective. "If the patient *feels* better."

We also feel that the uniqueness of individuals requires that they be regarded as the authority in their wellness and self-satisfaction. The unique intelligence of their cells, their body/mind/heart field, can only be subjectively experienced by themselves. The unique intelligence of their body/mind/heart field guides them in their growth, personal expression of wholeness and wellness, and in their spiritual experience.

StarFire works in group format during a workshop, making group explorations and doing the integration ritual together, using one person's arm as a representative indicator while testing the group as it holds hands in a circle. This adds a benefit for the participants of being present to each other in the exploration of the shame that was passed on to them. In this particular Somatic Integration Process the exploration is about freedom in moving one's hips and shoulders, one's creativity and expression. The following process is written as it would be done with an individual.

Hips and Shoulders A Somatic Integration Process for Creativity and Expressivity

We receive many messages from our culture, family, friends, school teachers, etc., that moving our hips is not a "nice" thing to do. Often we learn that this part of our body is "bad" or "dirty". In actuality, this part of our body holds the source of our creative energy. Many cultures acknowledge this, for example, in India it is in the base of the spine that the "kundalini" energy is stored and

released. When this happens it is the awakening of the entire body/mind/heart field. To restrict the movement of this part of our body can have the effect of reducing the flow of creativity in our lives. In Life Dancing 101 we take the opportunity to defuse stress for moving our hips. With this integration we release shame, love our bodies just the way they are and allow our creativity to flow.

Having freedom of movement in our neck, shoulders and arms allows our self-expression to be free flowing. This is one of the most expressive parts of our bodies, and holds the most obvious organs for expression, the voice. It is often the part of our body where we hold stress and tension. When this area is tight and not moving then our self-expression is often also held back. We may think our self-expression is not welcome, or too powerful, or not worth much. Defusing stress for free movement of the neck, shoulders, and arms create an opening for freedom in self-expression.

This is a fun and challenging Somatic Integration Process. Defusing stress for Hips and shoulders acts to dissolve shame toward our body and our movement. You may find it valuable to talk about shame and how it influences our lives. This is not necessary, but may come up naturally during this Somatic Integration Process. Whether you discuss shame or not does not influence the fact that this integration process dissolves shame.

1. Exploration:

- a. Person moves only their hips and notice how this feels. After 10 – 15 seconds ask them what thoughts go through their head or what feelings they feel in their bodies while moving their hips. Discuss how we are told not to move this part of the body. We also get very clear non-verbal messages that we should not move this part of our body too much. Listen to lively music, dance and move together, exploring how free the hip area is for moving. Test a muscle to determine if stress is present.
- b. Person moves only their shoulders and arms. Ask them to notice how this feels. Tell them that moving our shoulders and arms is connected with self-expression. Ask them what messages they received about their how to express themselves. With music in the background person moves their shoulders and arms in as many ways as

possible. Test a muscle to determine if stress is present.

- c. Next ask the person to move their hips and shoulders at the same time . Encourage them to move around the room. Ask them also to explore how well connected their hips and shoulders feel. After a few minutes, stop the moving and ask them how they feel. Test a muscle to determine if stress is present.

Note: If there is no stress response then there is either no Somatic Integration Process to do, or you can ask the person to tell you what aspect of creativity or expression is challenging to them. Then ask them to dance how that challenge looks or feels to them. Then re-test. It would be very unusual for no stress to be present. If, however, there is no stress, it could mean that integration and defusion of stress came in the process of exploring the movements, which happens during exploration with movement sometimes. If no stress is present, go to step 4.. Take time to celebrate by dancing with some fun music for a while.

2. Integration Ritual:

- a. If stress is present, defuse the stress using techniques from your repertoire, finding the best technique to defuse by muscle testing. Do as many activities as needed to defuse the stress.
- b. When the integration ritual is complete, invite the person to move their hips and shoulders separately and together once again (1.a,b,c) Muscle test each activity. If they talked about a specific challenge, they re-express that in a dance. At this time the muscle test will indicate that stress has been defused.

3. Explore again to anchor the defusion of stress and changes that have occurred. Play some music and invite the person to dance, moving their hips and shoulders. Give them a long time to explore their new body and how they can now move in a different way than they did before the integration.

4. Celebrate the changes the person feels by asking them to tell you what they feel now, using as many descriptive words and gestures as they can.

Core Beliefs

by Garry Gallagher

Adapted with permission, from *Empowerment: The Art of Creating Your Life As You Want It*, by D. Gershon and G. Straub

What are the deep underlying beliefs that form the foundation of your thoughts and perceptions of the world? Have you ever wondered how you formulated these opinions?

The ideas we hold about ourselves and the world make up our core beliefs. Core beliefs are mostly unconscious and unexamined. Yet almost every action you take in your life is influenced by them. Changing unsupportive core beliefs can dramatically affect your scope for fulfillment. It begins with understanding the beliefs that influence your actions and changing those that don't serve you.

Mental Programming

Much of our pervasive mental programming comes in our childhood, from the beliefs our parents held, communicated to us through their words and actions. As children, with undeveloped filters to discriminate between helpful and unhelpful beliefs, all direct and indirect statements about ourselves and the world penetrate deeply into our psyche. We uncritically accept what we see and hear as fundamental truths, and rarely question these "truths" in later life.

Most of our actions today are molded by the core beliefs we took on at a young age, though our core belief structure is continuously being reshaped by family, associates, media, authority figures, our subcultures and daily life experiences. Considering we live in an

unenlightened world, it is to be expected that we continue to acquire discouraging programming.

Discovering Your Core Beliefs

How do you discover which beliefs are core? A core belief is one that is so basic to the way you orient yourself in your life that you never stop to think about it, you simply take it for granted and operate from it automatically. These beliefs may not influence the details of every daily decision, but they certainly influence the tone of these decisions and the overall direction they drive you in. These beliefs are fundamental to the way you orient your life.

Let's examine five areas where most people hold core beliefs – fundamentally affecting all thoughts and actions. There may be more, though most issues that people face stem from these five core belief areas. We all have a relationship to these beliefs, albeit in most cases unconscious. They are basic to our experience of being human and can be considered the core earth curriculum. Everyone is dealing with them on some level.

Core beliefs are like garden soil. In fertile soil, seeds will grow, but if the soil is infertile even the best seeds will falter. The dreams and visions we have in our lives are the mental seeds we plant in our soil. Fulfillment depends upon cultivating our mental soil - our core belief system - so that it is fertile for growth, not filled with rocks and weeds. We then nurture a bountiful life journey.

Self-Responsibility

When things don't work out the way you planned, what do you say to yourself? One inner dialogue might be: "Why does this always happen to me? He did it to me. I have bad luck. I wish my life was different." In this stance we feel victimized by an experience and perhaps immobilized. Unwilling to take responsibility for it, we attempt to place blame on something or someone else.

Another inner dialogue might be: "I feel terrible, it hurts. What can I learn from this? Let me pick up the pieces and gain some insight."

This stance reflects a different choice. Accepting the event, we don't deny the pain or sadness, yet we attempt to learn, grow and profit from what's happened. We take responsibility for our experience. One stance is life-negating, the other, life-affirming.

Life is a classroom of special lessons to enrich us as human beings. Some are fun and joyful, some are challenging and painful. We become adept at creative living as we take responsibility to be attentive and learn the lessons' life offers us. We surf the waves and gain some degree of mastery.



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Self Esteem

Do you feel you are a lovable person? Do you feel confident in your abilities? Do you believe you have what it takes to be successful in each area of your life? Worthy of happiness and abundance?

Most of us grow up with criticism, which injures our young and fragile egos. Grades, appearance, intelligence, athletic prowess, and social skills are common places we get negated. If we aren't affirmed, loved, accepted, and

encouraged to develop our unique abilities, we have self-esteem issues to sort out as adults, in those areas of our life where we hold a negative self-image.

You may have high self-esteem at work but in relationships you feel like a flop. You may feel wonderful about your spirituality but lousy about your body. You may take pleasure in yourself as a lover but not in your money skills. Any self-negating attitude will undermine you in that life area.



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Positive Focus

Do you look at a half-filled glass of water and perceive it as being half full or half empty? Do you see life as a problem to be overcome or an opportunity to be experienced? When something difficult happens to you, is your first response to look for the positive or negative in that situation?

A positive focus is not putting your head in the sand and attempting to say everything is okay. It means looking reality straight in the eye and seeing what can be constructively created from each situation encountered. When you lose something of value – your money, job, relationship – it may be to make room for something better.



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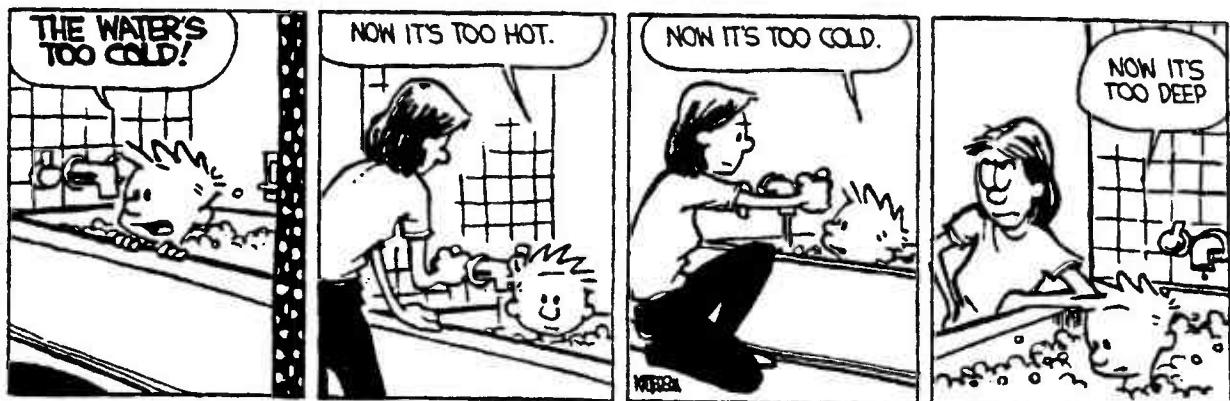
Flowing with Change

Do you get upset when something unexpected occurs and you can't control it? Most of us grow up believing life is about being secure and stable. We build our actions on this belief and work hard to create it. When changes do occur we are often stressed and unprepared. This is because we build our reality on an illusion – the illusion that stability is a natural law.

changing more rapidly than ever before. Many major social assumptions are being challenged. We are living in a time of metamorphosis.

The nature of the universe is to change – things grow, evolve, break down, and transform into something new. In fact, the world is

Life is a moving river and we can learn to flow with it. There is no one way to do this, each must find their own way. Some people enjoy change so much they seek out whitewater for greater challenge and excitement. Others choose to just avoid crashing into boulders. Whichever approach you take, it's smart to become comfortable with change -- we are heading for more of it, not less.



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Trust in the Universe

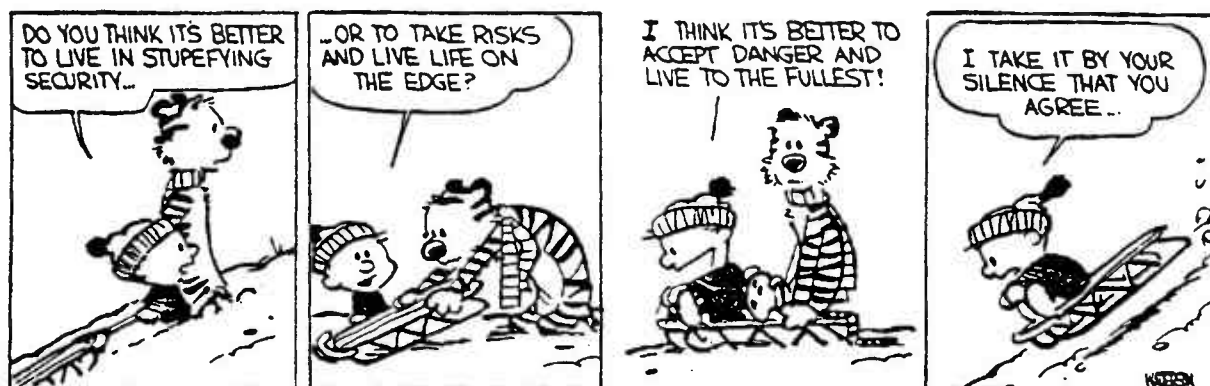
Do you believe you are part of an interdependent universe? That it's supportive and benevolent? Do you believe that there is higher intelligence at play in the universe that supports your well-being and from which you can draw upon in times of need? How you answer these questions will have a powerful influence on how you orient your life.

People who trust the universe feel supported in life and act with a sense of security. They are willing to take more risks because they feel part of a connectedness to life. They know that if they fall they will be okay. Rather than being gripped by

fear, they have a feeling of inner peace. The larger context for their lives allows them to feel buoyant.

Those who don't trust the universe feel they're in life all by themselves. They protect themselves and move through life with caution, fear, and inner loneliness. They feel unsupported.

Some of us have this trust, some don't. It has nothing to do with what we've read or studied. It transcends ideas and even the kindest heart. It's out of the domain of religious teachings. You can't be told to trust; it comes from a place deep inside. We can cultivate or deepen this attitude of trust however, for it is like any other belief - available to anyone who wants it.



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The Growing Edge

How healthy are your core beliefs? It's normal to be holding core beliefs that need some tending. We need not keep infertile core beliefs that sabotage the new mental seeds that we plant. Nurturing beneficial core beliefs, our mental soil, is essential to foster growth or success in any life area.

First let's look at our growing edges, the places where we want to create new beliefs. The growing edge can have any emotional texture, from scary and confusing to joyful and comforting. When you're on your edge there's always a lot of energy -- the energy of new growth coming into existence, like a bud opening for the first time. It is a state of aliveness and possibility.

You may find you have a growing edge in any or all of the seven life areas: the body, work, money, relationship, emotions, sexuality and spirituality.

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1. Gershon, David and Straub, Gail, *Empowerment: The Art of Creating Your Life As You Want It*, Dell Publishing, 1989.
2. Watterson, Bill, *Calvin and Hobbs*, Andrews and McMeel, Universal Press Syndicate

Inner Soil Test for Common Growing Edge Issues

By exploring these statements you may bring some of your dusty subconscious beliefs to the surface. Note any that bring up fear, excitement or emotional charge. Here is your growing edge.

Self-Responsibility

- * I'm a victim to forces beyond my control.
- * I don't have the power to change my life.
- * I don't know how to deal with difficult things.
- * I stay confused so I don't have to take responsibility for my life.
- * I can't change my life, I've got bad karma.
- * It's my parents' or so-and-so's fault that my life is messed up.
- * I'm always the one who gets the raw end of the deal.
- * I don't have the time, the skill, the expertise, the support, the money...!

Self Esteem

- * I don't have what it takes to be successful.
- * I don't deserve prosperity, a loving relationship, health, etc.
- * I'm not smart enough.
- * I don't like myself.
- * I don't approve of myself.
- * I'm not capable...lovable...good enough...attractive...!

Positive Focus

- * Life is a struggle.
- * My fate in life is to suffer.
- * The world is a corrupt place.
- * Nothing I do makes a difference.
- * Something bad always happens to me.
- * Corporations, government, politicians, are bad.
- * It'll never work.
- * I never succeed in life.

Flowing With Change

- * Unexpected changes will overwhelm me, I won't know what to do.
- * I need to have security to feel safe in my life.
- * I'm afraid change will hurt me.
- * What I can't control won't turn out right.
- * Change is too painful and difficult, I'd rather keep things the same.
- * I don't have the willpower to sustain any changes.

Trust In The Universe

- * I'm all alone in my life
- * I don't believe that there is a benevolent being or universe.
- * I can't let go.
- * I can't give up control to something larger than myself.
- * If I don't constantly look out for myself, I will be taken advantage of.
- * I don't know how to trust.
- * If I do what I love and trust, the money won't follow.

Skeleton Affirmations for Common Growing Edge Issues

A skeleton affirmation, with some personalizing, may serve as a foundation for your own unique, self-created affirmation, your growing edge in a nutshell. Find the ones that speak to you.

Self-Responsibility

- * I take responsibility to create my life.
- * I have the power to change my life.
- * I have created my past and I have choice in the creation of my future.
- * I am the creator of my life.
- * I use the full capacity of my being to manifest my life as I want it.
- * I learn from every experience I have in my life.

Self Esteem

- * I'm a lovable person.
- * I love and accept myself on all levels.
- * I'm capable of doing the things I want.
- * I allow myself to experience the infinite intelligence of the universe.
- * I'm the most wonderful person I know.
- * I tell others how special I am with ease and grace.
- * I'm worthy of all the abundance the universe has to offer.

Positive Focus

- * Life flows easily and joyfully for me.
- * My needs are easily met in this world of abundance.
- * I move through life with grace and ease.
- * My life is abundant with opportunities to contribute meaningfully to the world.
- * I take responsibility to make my world a better place.
- * It can be done, I'll find a way.
- * Everyone I meet teaches me.
- * My life is an extraordinary blessing.
- * I expect nothing but the best for my life.
- * I am grateful for being alive on this earth.

Flowing With Change

- * I trust that change brings good things.
- * I soften around change, and I am open to its teaching.
- * I go gently and patiently with the process of change.
- * I accept that change is a process and that it doesn't happen all at once.
- * I play with change with a light spirit.
- * I am fluid like a river as I flow with the changes in my life.
- * I embrace change as an essential ingredient in my life process.
- * I surrender to the flow of change.

Trust In The Universe

- * I trust the universe as a benevolent place that supports me.
- * I believe in people.
- * I step out into my life with trust.
- * I breathe freely as a child of the universe.
- * I am loved and supported by my creator.
- * I love playing in my home, the universe.
- * I create my universe every day.
- * The infinite power of the universe/creator flows through me, helping me create my life.

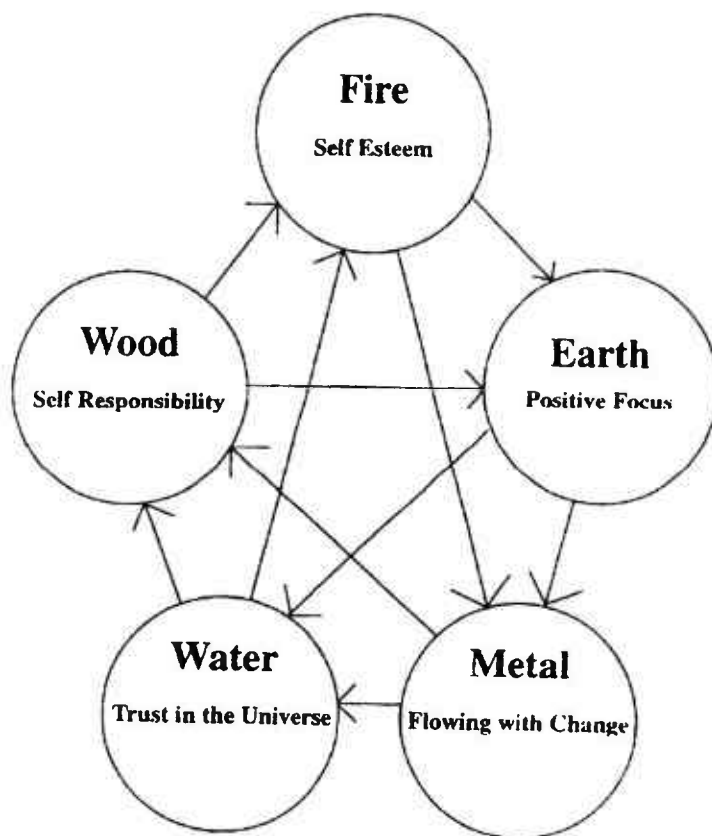
Core Belief Balance

Objective: To build a strong foundation of self-responsibility, self esteem, positive focus, serenity and trust to create the healthiest view possible of yourself and your ability in all seven life areas.

Prechecks: Refer to Core Belief Inner Soil Test Wheel

1. **Determine Key Element:** Have your partner think about Fire, Earth, Metal, Water, Wood. Check a clear indicator muscle (IM) on each. If IM changed on more than one, find the priority.
2. **Confirm Core Belief:** If IM changed on Wood, have testee think about 'Self Responsibility'...on Fire, think about 'Self Esteem'... on Earth, think about 'Positive Focus'... on Water... 'Trust'
IM Unlock (eg; on Self Responsibility) = unwilling (to take responsibility) on some level
3. **Determine Life Area:** Think about the core belief in Seven Life Areas, check IM; Emotions, Money, the Body, Work, Sexuality, Relationship, Spirituality – find priority if necessary
IM Unlock = the life area that this core belief presently affects (the stressor)
4. **Growing Edge Survey:** Declare samples relating to the core belief from the *Inner Soil Test for Growing Edge* list; eg, from Self Responsibility: "I am a victim to forces beyond my control"
IM Lock = a belief in this to be true. • Make a note of any beliefs that you discover to be held
5. **Scale in Percentage:** Example, Self Responsibility, say, "I take responsibility for myself around (the life area; my body, emotions, money, etc) more than 10% of the time"... "more than 20%"...
IM Unlock = not true to any higher degree

Core Belief Inner Soil Test Wheel



Indepth Checks: Find the Age, Emotion and Key Meridian

6. **Age to Balance:** Age Recess if necessary.
7. **Find Emotion:** Using PKP Emotions Chart or equivalent. 'In relation to self'... 'others'... 'life'...
 - Hold ESR's
 - Inquire: "What does this mean in your life right now?" This helps to recognize the significance.
8. **Determine Key Meridian:** Think about the core belief, eg; 'Self Responsibility'
 - Check and balance Central and Governing
 - Check the other twelve muscles/meridians and determine Key Meridian

Corrections

9. **Balance and Challenge Key Meridian** while thinking about the core belief and related emotion.
10. **Anchor all under and over energy meridians.**
 - Anchor Growing Edge Issues noted in Step 4 (repeat statements that were noted)
11. **Another age or level:** This or another core belief, at any other age or level. Check Alarm Points.
 - IM Locked = no stress at this moment
 - IM Unlock = more to do, repeat from step 1

Postchecks and Anchor

12. **Affirm Core Belief:** eg; "I take responsibility/love myself/hold a positive focus/flow with change/trust ... on all levels, more than 60% of the time"... "more than 70%"... "more than 80%"...etc...
 - IM Lock = level of self-responsibility, esteem, positive focus, flowing with change, trust
 - Tap Thymus.
13. **Declare a Positive Emotion:** (if you have included emotion in the balance). Check IM: "When I think of age ____, I believe (Core Belief) and feel (Positive Emotion) ."
 - Tap Thymus.
14. **Declare Sample Affirmation:** Declare samples relating to your priority core belief from the Skeleton Affirmations List. Check IM:
 - IM Lock = a belief in this to be true.
 - Tap Thymus.
15. **Establish Home Re-inforcement:** "This system is best served by Home Re-inforcement" (T/F)
 - See **Skeleton Affirmations:** example, under Self Responsibility;
"I am the creator of my life". "I learn from every experience I have".
 - Choose one and customize, if appropriate (add a positive emotion):
"I take responsibility to create my life and am (Positive Emotion) on all levels"
 - Frequency: check for minutes, times per day and weeks to reinforce the balance
 - Check for holding NV's for Key Meridian. Thymus Tapping? Including a Visualization?

Celebrate !!!

Garry Gallagher, Yes Educations Systems
1745 West 4th Ave, Vancouver, BC V6J 1M2
(604) 734-4596

The Facial Map

by Janice L. Golub

This information is based on the Law of the Five Elements and is presented here to assist you in assessing the state of health and level of energy in your clients through facial diagnosis. As you practice studying faces, you will be able to confirm what you discover with your muscle testing skills.

Kidney:

- a. "Bags" under the eyes occur due to an intake or excessive liquids; also, fat accumulates especially when the muscles below the eyes weaken and break down.
- b. Crows-feet are also indicative of excess liquid and alcohol.

Bladder:

- a. Black circles around the eyes or grey skin colour.
- b. Wrinkles or a contracted condition around the mouth address the excessive intake of salt.

Heart:

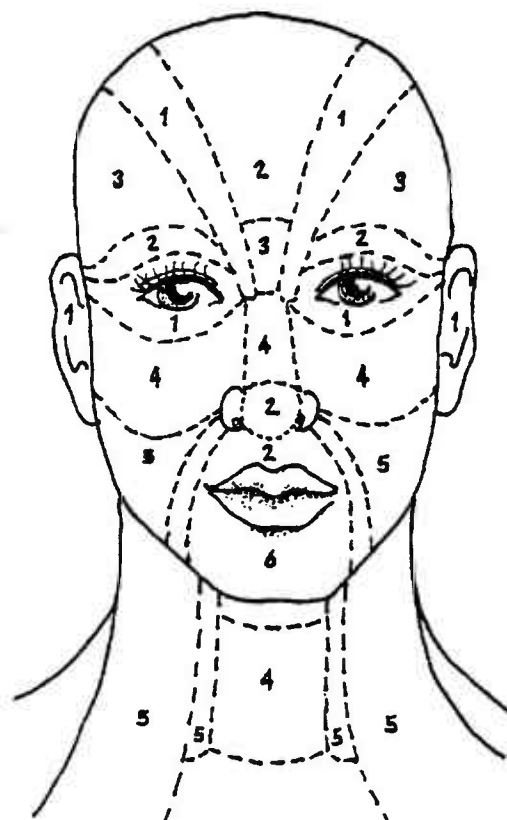
- a. Redness or sometimes a purplish colour of the nose and face may be an indication of a very expanded heart, resulting in high blood pressure. This condition may be caused by an excess of animal food, including fish, and also salt
- b. A slash mark in the ear lobes suggests circulatory disorders due to an excess of animal foods.

Small intestine:

- a. Horizontal lines in the area of the forehead and under the eyes are often caused by stagnation in the intestines. Mucus foods such as dairy products contribute to this condition, as well as saturated fats.
- b. Swelling around eyes ankles, hands, feet and sometimes the knees.

Liver:

- a. Vertical lines between the eyes correspond to an excessive intake of animal foods and salt.
- b. Acne and pimples as well as "saddle bags" on the top outside of the thighs.



1. Kidney/Bladder
2. Heart/Small Intestine
3. Liver/Gall Bladder
4. Stomach/Spleen
5. Lungs/Large Intestine
6. Hormonal Cycle

Gall Bladder:

- a. Greenish hue in skin colour.
- b. Presence of bags in the upper inside corner of the eye area. This condition may be due to gallstones brought on by dairy foods and cold liquids.

Stomach:

- a. Tendency to a yellowish skin colour or oily skin.
- b. Wrinkles on upper lip, nervousness and perspiration may all be indicative of chronic indigestion due to lack of chewing, as well as sugar and spices.

Spleen:

- a. "Twitching" in Orbicularis Oculi muscle, which encircles the eye area, due to nervousness, caused by stress overload.
- b. Greenish cast to the skin and/or "pocked" temples suspect that the lymphatic system may have a pre-cancerous condition.

Lungs:

- a. Sunken cheeks and grayish colour to the skin indicates poor oxygenation which can be related to smoking.
- b. Tendency to allergies.
- c. Capillary weakness in the cheeks and on the nostrils can be accompanied by sagging jowls and indicate poor resiliency of the lungs and diaphragm. Sugar, alcohol and coffee may be at cause in these conditions.

Large Intestine:

- a. Very pale almost blue/white skin color and/or deep folds in the nasolabial area indicates inactivity of organ function; primarily elimination of bulk being a constant problem.
- b. Sagging jowls due to lack of muscle tone suggesting that a lack of minerals may be at cause.
- c. Heaviness in the eyes relates to gas and unformed stools due to improper food combining and over-eating even healthy foods.

Along with these "facial signposts", remember to take into consideration the clients age as well as their occupational, physical and mental stress. I have personally found that adding these observations helps to impact a clients session by addressing another level of awareness to their overall health picture.

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THE BOOK OF SHIATSU, Saul Goodman, founder of the International School of Shiatsu

NON-SURGICAL FACE-LIFTING, Visage, Nov/Dec 1989, ""

YOUR FACE NEVER LIES, An introduction to Oriental Diagnosis, Michio Kushi



Verifying A Clear Muscle Test

by Rick Haaland
Bio-Dynamics Health Sciences

If there is injury in the body during a muscle test and it happens to be on the circuit, or on the meridian, you may get mixed signals that could interfere with a quality balance. If for example you are testing the PECTORALIS MAJOR CLAVICULAR muscle, and get a weak test ask the person if they experience any discomfort on a secondary muscle, other than the one being tested. I often show clients the TOUCH FOR HEALTH poster to help them orient themselves with the muscle I am testing. I have found that if your client does not understand what muscle is supposed to be tested, you may receive a mixed signal test.

Set yourself and your client up into position for a muscle test, then ask for the client to gently push against your test position until they are

aware of the proper muscle to be used in the test. This method helps you to establish two areas of concern:

- (1) Is the client compensating because of soft tissue damage?
- (2) The client becomes aware of his/her associated muscle systems.

Establish an area of soft tissue, then press on the sensitive point until the muscle is sedated. Retest the muscle until you have a clear, pain free test. Now continue with the other muscle tests, until all are clear and pain free.

Now you will be able to have a fully balanced client, and the correction lasts much longer.



Incorporating Aromatics into a Kinesiology Base

by Anne Hall

Abstract

Incorporating aromatics of pure essential oils into a kinesiology base for the purpose of stimulating innate healing forces on all levels of being in a simultaneous manner.

Introduction

I have been using Three In One Concepts, Touch For Health, and PKP techniques with my clients and have gradually added other dimensions to my work. I studied with Jessica Bear and began using more Flower Essences with great success.

Aromatherapy information kept coming to me but due to the cost of the Pure Essential Oils (PEO), I did not incorporate them into my work at first. I did start charting and cross referencing essences and oils. I soon became aware that very few plants give up their therapeutic value in both essence and oil forms. Muscle testing (MT) and further reading confirmed that oils and essences work on different dimensions and with caution they could be used together.

Essences and Essential Oils hold the presence of the unique personality of the plant from which they have been extracted. Each individual plant has resolved its conflict and endured the evolutionary process to be able to survive the environment in which it has chosen to grow. The Essences and the Oils carry these lessons in their genetic blue print like we do. By incorporating them as tools into our work, we are privilege to their message and instructions.

Flower Essence is the spirit vibration imprinted into spring water and preserved with a touch of brandy. They work on a very high vibration of "spirit electricity".

Essential Oils are carefully extracted from various parts of a plant and vibrate magnetically, on lower levels of density and are especially effective on the Astral bridge or the physical/etherical interface of energy.

I started investing in Pure Essential Oils (PEO), as I continued my research, I discovered various oils that pertained to the 14 meridians and the emotions of the Behavioral Barometer but when used individually they were incomplete.

Further testing gave the specific combinations and blends that have been effective on a consistent basis.

The synergy gives each blend a job description of it's own, separate from it's individual parts. The interaction of particular essential oils upon each other give a vibrancy and dynamism to the whole which can not be achieved by using a single component on its own. My interpretation and experience is that the combination creates an electro-magnetic polarity working in harmony with one's own essence which encourages the innate healing force on all levels of the being.

We tested the aroma of Essential Oils for Emotional, NV, NL, Alarm points, organ and muscle balance.

Background

Several of the essential oils are adaptogens (act as natural balancers), and affect the autonomic nervous system, endocrine system and blood pressure among other reactions on a physical level.

The chemical composition of the individual oil is unique to their growing condition.

One of the components in a particular group is terpineol, formed from acetyl-coenzyme A. In the human body this is crucial in the production of hormones, vitamins and energy. Most chemical products and medicines have had the terepene alcohol removed from the plant substance in their product because of toxicity and reactions in a small number of the general public. Keep in mind that most medication is ingested and reacts with digestive fluid in the stomach first.

Due to the dextrorotatory and lavorotatory (clockwise and counterclockwise) characteristics, Essential oils can play an important part in the body's electro-magnetic fields to stimulate the natural healing process.

Inhalation of specific blends bring oxygen and nutrients to the tissues, assist efficient disposal of carbon dioxide and other waste products, increase blood flow, strengthen the immune system and stimulate all parts of the brain. They pass out of the body in a natural way through exhalation, the skin surface or through the digestive system. As far as is known now they leave no toxins behind, as many drugs do, to create another reaction. Healthy people of a normal weight will usually expel the oils in a matter of three to six hours while an obese or unhealthy person may require up to fourteen hours.

The olfactory system directly affects the hypothalamus. This not only gives the body direction of the chemical formulas to release for the job that each cell has to perform in the moment but it is also the fear center of the emotions. Remember that the sense of smell is one of the most powerful in the survival mode.

Breathing exercises are incorporated into my system and also show a consistent pattern. The left nostril goes to the left brain and the right nostril goes to the right brain. This is the only function that I have heard of that does not cross over from one side of the body to the other side in the brain.

Testing

I use kinesiology and the aromatic formulas to release deep issues of lost will, denial and self judgment. The void around "Lost Will" holds a stagnant energy of guilt, anger, fear, powerlessness, and non acceptance.

The call for an Aromatic comes up for me in Emotional MiniMode 12 C with the little finger touching.

The test that follows on the next page is an abbreviated form of one I use in private sessions and my workshops on Essences & Aromatics. (*If aromas are not available, just use the breathing method suggested.*) Add the methods you would normally use from your experience.

Summary

Please note that I did include a list of oils. I suggest that you study from the list below, carefully choose your stock, combinations and method of application or obtain your formulated material from a reliable source. Caution and knowledge is required when working with PEO's in liquid form or in direct contact with the skin. Each human being brings his own chemistry to

the mixture and skin reaction is always a possibility. Kinesiology helps give a safe atmosphere for working with this powerful tool but we still have to be cautious unless licensed to prescribe.

A diffuser in the room with a client is a wonderful way to experience the oils but is not convenient when you are working on a schedule. The atmosphere is still impregnated when the next client arrives. Trial, error and wasted oils helped me develop a method of use that is sanitary, safe and less costly for private sessions and kits for students. I use pulp strips and pine paddles that have been imprinted with the blends for them to inhale. This also gives the client an additional "take away" support for their integration time.

If you have an interest in incorporating PEO's into your work, please feel free to contact me with questions or for help in any way. Balances Skill & Support Center, 2800 Accomac, St.Louis, MO 63104, ph. (314) 776-6103

Recommended Reading List:

IASK Journal, Fourth Conference, articles on p18 (Jessica Bear), p20 (Mac Pompeius Wolontis), and p21 (Matthais Lesch)

Jessica Bear's books on Bach Remedies (702) 598-0727

Aromatherapy Workbook, Marcel Lavabre

The Complete Book Of Essential Oils, Valerie Worwood

Vibrational Healing, Gerber,MD

The Body Electric, Becker,MD & Seldon

Flower Essences and Vibrational Healing, Gurudas

Aromatherapy Book, Jeanne Rose

Herbs & Things, Jeanne Rose

Any Aromatherapy information written by Robert Tisserand or Christine Wildwood

Sources for Oils:

Cheryl's Herbs, 11953 Meadow Run Ct., Maryland Hts, Mo 63043 (1-800-231-5971)

Quality Of Life Associates, 4 Field Rd., Arlington, MA.,02174 (1-800-688-8343)

Young Living or Essentially Yours, Yvette Eastman, 2342 Clarke St., Port Moody, BC, V3H 1Y8 Canada (604-936-3227)

Sources for 14 Meridian or Behavioral Barometer Aromatic Kits:

Balances Skill & Support Center, 2800 Accomac, St. Louis, MO. 63104, ph (314-776-6103)

JUDGMENT RELEASE ON AN ASTRAL LEVEL

A. Preliminary Clearing

1. Select a comfortable muscle. (*Consider Anterior Deltoid*)
2. Hydration (*Tug hair and test. If the muscle weakens, drink water.*)
3. Central meridian (*Zip up, down, up while testing. If the muscle does not give clear signals, have the testee breathe in through the nostrils and exhale through the mouth three times while you hold the ESR point. I use the scent of the central/governing formula or select a Flower Essence Remedy at this time to clear the Chakras.*)
4. Permission: "Is it appropriate to work with this person at this time?" (*If no, make sure that the tester is also clear. May also need aroma or Essence. Retest. If still no, do not continue.*)
5. "Do we have permission to go to the astral level?" ____ (*If no, ask permission to test on a mental level.*)

B. Finding the priority issue

1. Using the chosen muscle, test around the wheel until the indicator changes (*or the muscle goes weak*)
2. Test the pair indicated to find the weak muscle. (*Example: Stomach/Spleen, spleen could be weak on the right side.*)
3. Discuss the emotional wording or have the testee think about the issue while supporting with ESR. (*I find that with aroma, the wording is slightly different so this is the wording that I am using below.*)
4. MT % NEC ____ (*negative emotional charge on issue*)
5. MT % Willingness to be responsible for positive change ____

C. Releasing Self Judgement or Denied Will

1. Have the testee make a self forgiveness statement using the appropriate wording. (*examples on next page*)
2. Have the testee experience the range of motion of the muscle that tested weak (*in this case, Latissimus Dorsi/Spleen*) bilaterally (*both sides*) while experiencing the aroma. (*It goes like this: show them the movement expected, have them inhale the aromatic through the nose, do the range of motion, exhale through the mouth and relax. They need to repeat this three times.*)
3. Retest the weak muscle (*Latissimus Dorsi/Spleen on the right*) to see if it has strengthened. (*If not, have them repeat the statement while you apply ESR.*)

D. Restructuring the Attitude

1. Have the testee make the positive statement, inhale the aroma (*or use the breath technique*), and move the bilateral muscles of the paired meridian. (*In our example it would be Pectoralis Major Clavicular/Stomach.*) (*Repeat three times.*)
2. MT % NEC ____ (*Should be at 0%. If not, repeat step #C 2, then retest*)
3. % Willingness to benefit from positive change ____ (*should be 100%, if not repeat step #D 1 until clear.*)
4. Collect your hug!

EXAMPLES OF DENIAL AND RESTRUCTURED STATEMENTS:

I forgive myself for believing for so long that.....

Central & Governing (Respect/ Truth)

I am not worthy of respect and have no right to speak my truth.

- * I respect myself equally with others and others will respect my truth!

Stomach & Spleen (Empathy/ Doubt)

I need to experience the emotional energy of others to not doubt their sincerity.

- * I can empathize with others and not doubt the quality of their emotions toward me!

Heart & Small Intestine (Assimilation/Anger)

I need to allow anger to consume my thoughts and actions.

- * I honor my anger as a positive motivation to problem solving!

Bladder & Kidney (Fear/ Courage)

I need to see the fear in everything and let it come before all thought or action.

- * I have the courage to face all of life's lessons!

Pericardium & Triple Heater (Remorse/ Hope)

I need to constantly reproach myself and hope is an unrealistic emotion.

- * I have the faith and self confidence to anticipate positive outcomes for my efforts!

Gall Bladder & Liver (Anger/ Choice)

That anger is the only emotion I can choose to allow self expression.

- * I have many choices and holding anger is not in my best interests!

Lung & Large Intestine (Grief/ Pride)

I need to display a false pride to cover times of trials and tribulation.

- * I have the self esteem to express sorrowful emotions with dignity.

Switched-On Sports

Brain Gym for All Those Who Want to Enjoy the Benefit of a Moving Experience

By Taylore K. Halsden

Sports is about performance, whether it's a brisk refreshing walk or an Olympian record breaking feat, **Brain Gym®** movements specifically address the KINETIC INTELLIGENCE of this whole mind/body connection. Originally developed by Dr. Paul Dennison, **Brain Gym** supports and enhances whole brain integration and directly addresses the learning process. **Brain Gym** movements clear and connect the physiology of the NEUROLOGICAL, VISUAL and AUDITORY, systems, supporting the free flow of energy, resulting in less effort being required for better results.

The positive results from doing **Brain Gym** can range from subtle-over-time to instantly-dramatic, respecting the individual's needs and uniqueness. I know of no other tool that supports and enhances whole body coordination and movement so efficiently. **Brain Gym** is a tool for athletes of all levels. This technology enables us to integrate our mental, physical, emotional and spiritual (beliefs and attitudes) aspects of performance utilizing the whole. **Brain Gym** movements are "the link" that take our level of performance steps beyond trying hard into the arena of enjoyment, fun and greater ease.

Brain Gym is a tool that directly, specifically and respectfully addresses our individual need, uniqueness and personal perspective.

All physical activity is grounded in physiology that reacts and responds. Through **Whole Brain Integration**, we are able to react within the faculty of reason and respond within the power of choice.

Doctor Paul Dennison learned that help is needed for anyone to reach their learning and movement potential, and that it is NOT something everyone can discover by themselves. Very simply, **Brain Gym** movements remove blocks that prevent us from DOING EFFECTIVELY.

Switched-On Golf™/Sports is such a format, developed by Pamela Curlee, Certified Edu-K Therapist and Member of the Board of Directors of the Edu-K Foundation, established by Dr. Paul Dennison in 1987.

The inspiration of this workshop is a love story. Pam's husband, Paul, loves golf - - Paul loves Pam - - Pam loves Paul - - Paul knows Pam loves **Brain Gym** - - so rather than continuing to choke and lose at tournament golf, Paul asked Pam to "balance" him with **Brain Gym**. The results: Paul won the tournament and halved his handicap. The rest is history. Pam and Paul, a medical doctor, created the format using Edu-K guideline and along with Golf Pro, Lee Hoelliworth, birthed a great professional workshop. **Switched-On Golf** is now being offered across North America.

In B.C. the Board of Directors of the B.C.P.G. Association have expressed their desire to incorporate **Switched-On Golf** into their golf pro training. To support my efforts in teaching **Switched-On Golf**, I am learning this challenging sport. The experience has given me an unexpected and uplifting image of myself as a golfer - and yes - I do **Brain Gym** to support and enhance my performance.

The **Brain Gym Workshop** format gives the participant a framework of reference to examine:

- movement as a physical stress release - relaxation in sport is fundamental to effectiveness.
- the impact of positive language upon our physiology.
- the power of choosing specific clear choices.
- trusting the normal, natural, healthy and miraculously efficient process of the mind/body.

Brain Gym movements support and enhances whole brain integration and improves our ability to:

- focus and concentrate
- comprehend and communicate
- coordinate whole body movement
- think positively

I urge you to consider incorporating these very enjoyable, adaptable, safe, simple, specific and effective movements in your favorite fitness program or athletic involvement.

**DO BRAIN GYM
AND NOTICE THE DIFFERENCE !**

Taylor K. Halsden is a Certified Edu-K Therapist qualified to teach **Brain Gym®** Workshops, Seminars, Private Consultations and **Switched-On Golf**. Her professional background as an R.N. and professional actor combine to present a clear, comprehensive, intelligent understanding of her vocation. She is rapidly gaining a reputation as an inspiring presenter of **Brain Gym**, establishing trust and confidence in her ability as an facilitator.

For further information call:

Taylor K. Halsden
Tel: (604) 925-0351 Fax: (604) 988-0759

Or write to:

Switched-On Golf,
#84 - 1480 Esquimalt,
West Vancouver, B.C. V7T 1K8

BRAIN GYM FOR SPORTS

by Taylore K. Halsden,
Certified Edu-K Therapist

ACTION BALANCE FOR WHOLE BODY MOVEMENT



- * PACE THE BODY — Drink Water
Brain Buttons
Cross Crawl
Cooks Hookup

*** CHOOSE & LANGUAGE YOUR GOAL**

For what whole body action (sport) or situation would
you like to work more effectively.

- * PACE YOUR GOAL — IS IT POSITIVE ?
IS IT ACTIVE ?
IS IT CLEAR ?
IS IT ENERGETIC ?
IS IT PRESENT TENSE ?

Do pre- activity

Put the goal into action and/or role play the situation.

Do learning menu

Dennison Laterality Repatterning.

Do post-activity

Repeat the pre-activities and notice positive changes.

Dennison Laterality Repatterning Workshop

	Stuck High Gear	High Gear	Low Gear	Stuck Low Gear
PRE-CHECKS:				
Cross Crawl				
Unilateral Crawl				
X				
II				

STEPS: MENU		
1. Cross Crawl - (with hum, eyes usually up to the left)		
2. Unilateral Crawl - (with count, eyes usually down to the right)		
3. Integration metaphor - slowly join left and right hands together		
4. Cross Crawl - look in all directions		
5. Unilateral Crawl - look in all directions		
6. Cross Crawl and think of X		

POST - CHECKS:				
Unilateral Crawl				
X				
II				
Complete the process with Cross Crawl and X				

Celebrate and anchor the goal !

Uncovering Chakra Blockages Using Shamanic-Oriented Hypnosis

by Sean Harder

Each of the major chakras in the body have psycho-emotional-functions or characteristics associated with them. They can be seen as energy tunnels where we may store repressed traumas, memories or belief systems that we are not consciously aware of. If these blockages are severe enough, they may cause illness in the area of the chakra. For example, a woman who has been sexually abused as a child may develop cysts on her ovaries indicating a blockage in her second chakra. While exploring this tunnel in hypnosis, this person may recall a childhood abuse episode, and/or begin experiencing emotions related to a specific event.

The major components of this healing method are as follows:

1. Making a thorough assessment of the clients major complaints, paying close attention to any symbolic language they may use.
2. Briefly describing the technique and the rationale for using this method. This includes telling the client about chakras and their functions, as well as suggesting which chakras you believe may be affected.
3. Induce a trance or meditative state to enhance the persons imagery ability and depotentiate the critical conscious mind.
4. Allow the person to find a safe place inside their imagination, and have them meet a power animal guide. The first friendly, loving animal that stays in their awareness is usually the one.
5. Have the client imagine all their chakras as clockwise spinning, coloured tunnels of light going from the front of their body to the back. They should be from about 1.5 to 5 inches in diameter. Have them notice if there are any problems with visual image of the chakra ie. the colour is faded or too dark.

The chakras should appear generally as follows, moving from bottom to top:

- #1. Located at the base of the spine pointing downwards. The colour should be red.

Associated with survival, instincts, basic drives, amount of physical energy, gonads.

- #2. Located just below the navel going through the body from front to back. The colour should be orange or pinkish. Associated with sexuality, basic emotions, guilt, spleen, pancreas.

- #3. Located at the solar plexus going through the body. The colour is yellow. Associated with fear, pleasure, attitude towards one's health, personal power to take action, emotions, adrenal glands.

- #4. Located at the heart going through the body. The colour is green, with possibly some pink. Associated with giving and receiving love, grief, will towards world, thymus gland.

- #5. Located in the throat at the thyroid level going through the body. The colour is sky blue. Associated with creativity, self-expression, self-esteem, thyroid gland.

- #6. Located just above and between the eyes going through the head. The colour is indigo blue. Associated with perception, ability to imagine and visualize, carrying out ideas, pituitary gland.

- #7. Located on the top centre of the head pointing upwards. The colour is purple or white. Associated with spiritual connection, wisdom, pineal gland

All of the chakras are connected by a central tunnel that runs along the spine from #1 through #7.

6. Have the client meet their animal guide at the top of chakra #7. Ask the animal to help them explore any chakras that are of concern. Emphasize that the animal is there to guide them and keep them safe throughout the process. Let the client know that they can describe the process to you without losing the experience, or just remember it for themselves and tell you later. If they are talking to you, you can help facilitate the

journey, if not just have them nod when they are ready to move on.

7. When all the chakras have been explored, if the client is ready, you may suggest that either the guide animal, or another healing animal that the guide may choose specifically for that problem, can go to the specific chakra and do whatever needs to be done to help heal that area. Again they may describe it to you or nod when it is complete.

8. When the exploration and healing is complete for this session, again have the person meet their guide animal at the top chakra. This time ask the guide to assign an animal to each chakra as a guardian who is specifically skilled in dealing with that chakra. These guardian animals can be called upon any time to check the chakra, protect it from unwanted energies, and keep it operating efficiently. They will also let the person know consciously when there is something threatening that chakra, so the person can take action in their real life. Always allow the first friendly animal that appears be selected, do not the critical interfere. If an animal appears mean or bares it's teeth do not allow that animal to be chosen.

9. When all of this is completed, be sure to thank all the animals for their help and let them know that you are committed to using them on a regular

basis. They tend to get bored and leave if they are not used. Then slowly re-orient the person to their external environment, putting in some affirmations as they come back to awareness. I have found that it is a good idea to write down the animals at first so neither of you forget. Also either drawing or finding real pictures of the animals can help to enhance the effect. It can also be helpful to have physical contact with the client during the process if they feel comfortable. Having them lie down and holding both feet with your thumbs in the centre of the feet helps to enhance the imagery. As does placing your hand gently on or above the chakra that is being concentrated on. This helps the energy focus.

These sessions can provide valuable insight for you and your client, and can be a good way to provide a guideline for further healing work using this and other methods.

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Sean Harder M.S.(cand.), C.H.F.
Mountain View Therapy Centre
201-1030 Westwood St,
Coquitlam, B.C. V3C 4E4

Phone: 945-3680

Talking, Touching, and Teaching with Touch for Health

by Norma Easter Harnack, RN, BSN

Cert. Touch For Health Instructor

Faculty Member, International Kinesiology College, Zurich Switzerland

Abstract:

Teaching Touch For Health may well be the "in" occupation of the nineties! As the mind/body concept gains wider acceptance the public is searching for a deeper understanding of this relationship. Touch For Health allows people the opportunity to discover for themselves how this relationship works. Touch For Health is more than just an explanation, it is an experience of the mind/body concept in its simplest and most complex forms.

What we have in Touch For Health is the opportunity to be leaders in community health education. As a Certified Touch For Health Instructor, you have the necessary tools to lead people in their quest for understanding. In teaching the concepts involved in Touch For Health, you can help people become more articulate about their bodies, their minds and their health.

In order to assist others in their quest for knowledge we, as Instructors, must accurately express "what is TOUCH FOR HEALTH?" and "why should anyone be interested in it?" It is of major significance that we can articulate what we are and why we are so important. The following information may assist you in constructing a framework with which to describe TOUCH FOR HEALTH and some of its uses.

Talking Touch For Health: The Intelligent Body

For whatever reason we tend to limit our perception of intelligence to a central location in the body, the brain. We associate the word intelligence with IQ test, ability to think and reason. As we learn more about the how the body functions we can expand our beliefs about intelligence. Intelligence rules the entire body. The human body is made up of trillions of cells. Each one of these cells carries out precise physiological functions and does so constantly out of its own innate intelligence. The human body thinks and displays intelligence at all times. The fact that this is occurring at all times is often ignored.

Because we do not recognize the true and natural alignment of body and mind, two outstanding myths are perpetuated. These myths are:

1. Thought is a psychological activity that goes on inside our heads.
2. We assume that this psychological activity called thinking has no effect at the cellular level.

Let us dispel both of these myths, now!

Have you ever seen a picture of the brain? Where is thought? Have you ever seen a picture of "thought"? If you opened up the human skull and looked inside at the brain you would absolutely **not** see a thought!

Think of a lemon, a nice fresh bright yellow lemon. What happens to the inside of your mouth? Can you smell it? How does your nose feel? How does your body feel about "lemons"?

Thought is an activity that affects the entire body. The body in order to be active must be **thinking!**

In our fast paced society we overlook the importance of our bodies, how intelligent and wonder filled they are. We lose touch with ourselves and our identity. We live outside of who we really are and rely upon external material objects to identify who and how we are. Evidence of this "self-denial" can be seen in our response to the question "How do you feel?" It is not unusual to have people answer with their external circumstances. For instance, "Oh my car is not working", "The dog died", "The neighbor's dog

died!". We are unable to answer on a personal level because we really don't know "How do we feel"!

Shutting out our ability to feel and experience the self puts distance between mind and body. "Out of body" experience is more common than we might think. We assume that the everyday events of our lives do not physically affect us. We disregard the subtle messages our bodies give us. We ignore minor dysfunctions until our feelings are deprived, then we slay our feelings with "mood elevators". We evade minor aches and pains by executing them with pain killers and antacids. Soon these natural messengers retreat, silenced by pharmacological technology.

If we continue to ignore our bodies we enter the state of disease. The disease state is indicative of the exhaustive state of the body. Sometimes, if the exhaustion is severe enough, we stop ignoring the body and pay attention to the messages. Some of us ignore the very aggressive message of disease. For these bodies there is the danger of overload and exhaustion as the body faces depletion of its natural resources and ability to fight back. Energy is lost and the entire system begins to fail. Not a pretty sight.

Touch For Health is a system that assist the body in listening to itself. It relies on "self referral" for knowing "How do I feel". Touch For Health restores our natural ability to hear and interpret the more subtle messages of the body. Touch For Health encourages self responsibility and recognizes that all healing starts with the self. With Touch For Health we can pay attention to the body so that energy is maintained and exhaustion overcome.

Touching with Touch For Health: Why do we use "muscle testing"?

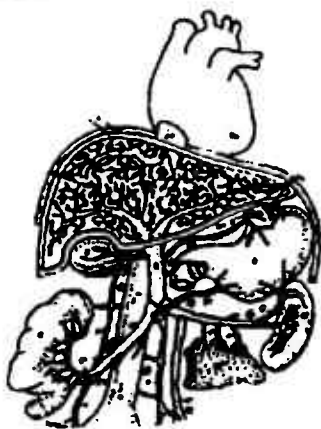
Why do we use "muscle testing" in Touch For Health?

Muscle testing raises body awareness. When we test a muscle we are aware of the specific energy involved. We monitor the timbre of the energy. We feel the energy being tested. If we feel the energy (to the muscle being tested) is less than what we want for ourselves, we use one of the many methods provided in Touch For Health to restore the energy level. We then re-test the muscle and re-evaluate the change, thereby causing a change in our physical awareness. Using muscle testing puts you in touch with your energy. Consistent, daily use of Touch For Health can heighten awareness on the mental as well as the physical level in the same way. When the body achieves a continuous heightened state of awareness the need for external evaluation is diminished and a more lasting state of health prevails.

Teaching with Touch For Health: Meridian/Organ Energy and Food Testing

In Touch For Health we talk about the meridians and we attempt to explain to our students what they are and how they function. In order to explain the relationship of these energy producing organs to the Meridians we, as Instructors, should know the exact location and function of each one of these Meridian Energy/Organ Systems. For example:

SPLEEN



Made up of lymphoid tissue, the spleen is about the same size as the heart and is located on the left side of the body just behind the stomach.

A mass of spongy tissue, it is capable of holding up to 3 gallons of blood. The spleen carries out the same filtering activity as the lymph nodes as well as producing white blood cells. The spleen stores and recycles red blood cells, and is capable of releasing blood to the cells when a shortage of blood occurs.

If you are not familiar with anatomy and are not entirely sure of these organ systems, their location and function please acquire an anatomy reference book or attend an Instructor Update to be updated on this information. Knowledge gives power to what you say and you owe it to students to be as accurate and knowledgeable as you can. Also an in-depth knowledge of the organs will help increase your own understanding of what the Meridian Energy System represents.

FOOD AND SUPPLEMENT TESTING

While there is much discussion on what is "good food" there is also a lot of controversy about the specifics. The media and other mass conglomerate resources tell us we should eat foods from the "Four Food Groups". What are the four food groups? Regardless of whether or not you can define these four food groups, you

need to understand exactly what it is you are eating.

The four food groups we use in our TFH classes are:

1. Fats – in limited amounts
2. Protein – in moderation
3. Carbohydrates – in large quantities
4. Water – unlimited amounts (Needed for body functioning and for digestion of foods.)

What foods fit into which group?

Because all foods contain some fluid (water) most foods fit into at least three categories. Many foods fit into all four groups! Here are some examples:

	Amount	Carbohydrates	Protein	Fats
Wheat Germ	1 tbsp	3 Gm	1.8 Gm	0.7 Gm
Potato, white, fresh, baked in skin	2-1/3 x 4-3/4"	32.8 Gm	4.0 Gm	0.2 Gm
Potato sweet, fresh, baked in skin	5 x 2"	37 Gm	2.4 Gm	0.6 Gm

Caloric Scale: 1 Gm of carbohydrates yields 4 Calories
 1 Gm of protein yields 4 Calories
 1 Gm of fat yields 9 Calories

As long as humans have been eating, these are the **only** things we've ever eaten! What we need to know is the quality and quantity of what we eat. We need to know if the food we eat serves us, is it good for us?

Let us try to understand the physiology of food. Since most people know more about their cars than they do about their body so, let's compare our bodies with our cars.

The workings of the car – the engine, the carburetor etc. make up the bulk of the weight of the car. In our bodies protein, the stuff that every cell is made up of, makes up the bulk of our weight (17%) as muscle, bones, organs. This is a stable weight and like the engine and internal

workings of our car, does not need "replacing" very often.

The oil that lubricates our car can be used for long periods of time before it is depleted or dirty and must be replaced. It can also be burned as fuel although it causes a great deal of harm to the engine. (If you've ever blown your car engine up, that cloud of black smoke at the moment the car dies happens because the oil is mixing with the fuel.) Our bodies also require lubrication in the form of fats. This is also a fairly stable weight (15%) and doesn't need to be replaced very often. It too, can be burned as fuel but it is not as efficient and it is much more difficult to break down into something the body can burn.

Last, but not least, in order to propel the car it must have fuel. This is the least stable part of the car and must be replaced constantly if we want to drive. Our bodies also need fuel. Our fuel is carbohydrates and it must be replenished constantly if we want to keep going. Many people have the misconception that Carbohydrates are "bad" for you and should be avoided. Carbohydrates, which are only 1% of our body weight should make up the bulk of the food we consume.

Also a necessary component is the electrical part of the car, the battery. While the battery has its own energy you must supply the "juice" in order for the energy to be released. The battery must have water in order to keep a charge. It is the same with our bodies. As electromagnetic beings, we also carry a charge and therefore require water. Our bodies are about 65% water. You need a lot of water to keep up with several billion cells. Cells that are doing something all the time!

(For those mathematicians who added all of this up and are wondering what is the other remaining 2% of the body? Inert ingredients? Better look it up!)

In Touch For Health, muscle testing becomes a very valuable tool for evaluating the 'fuel supply' and 'repair parts' needed to maintain the body on a day to day basis. These are important tasks and with muscle testing we can customize our nutritional needs to meet the demands of our bodies. We can use muscle testing to discover which foods are 'good foods' for us.

Traditionally Applied Kinesiology has tested all foods and supplements in the mouth. TFH has followed this principle because of the evidence of a direct pathway from the mouth to the brain (probably mediated through the taste buds). The scientific article entitled "Direct Pathway to the Brain", published in Science Magazine, Feb 1969, used radio-actively labeled glucose and X-ray to document this phenomenon.

We can test the food against any muscle. among the most popular are:

Pectoralis Major Clavicular – Stomach,
Latissimus Dorsi – Spleen/Pancreas,
Quadriceps – Small Intestine
Pectoralis Major Sternal – Liver.

To be really accurate one would need to test the substance against all meridians. This option can be time consuming. The food testing protocol explained on pages 116 and 117 of the *Touch For Health* book (ref 6) improves the accuracy of food testing without adding much to the time.

Using this testing protocol, foods are grouped into 3 categories:

1. Foods that *deplete* energy and performance are *Biocidic*.
2. Foods and supplements that *enhance* energy and performance are *Biogenic*.
3. Foods that have no apparent affect are considered to be *Biostatic*.

Norma Harnack can be reached at:

P.O. Box 43028, Maplewood. MO 63143
ph: 314-647-0903

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"AM I PRESENT?"

About Verbal and Non-Verbal Communication

by Ilse Jakobovits, RN

This is a little chat today about our Mind, a little scrutiny, if you will, looking into the games it plays.

Hi everybody, are you all present?

Yes, I see you sitting here, but: "Are you **really** present?" Are you here with your thoughts? 100%? Or maybe a little less, lets say, 70%?

Don't you feel sometimes like having dozens of antennas sticking out your brain receiving and sending messages while you 'think' you are listening to someone, but at the same time having flashbacks of messages like: "Oh, I almost forgot to pay my gas bill today!" "It's Mary's birthday today and I need to call her!" "I have to run to the store before they close!" and the like, the list is endless.

So, again: "Are you present right now???" "How many are on automatic pilot?"

Close your eyes for a moment, please, and feel like being in these two situations. How did it feel?

Being present and aware of everything around us can give us harmony, stillness, consciousness, peace, etc. On automatic pilot we can be restless, unaware of our inside and our environment; we are daydreaming, analyzing, thinking and reacting to situations from our past, present or future, we are fidgety, etc.

In our Kinesiology work, as well as in most moments of our daily lives, it is so important "to be present". How can you be a good listener if you are not present during the work with your client? Sometimes it is difficult to stay present and being a good listener, but you can hardly learn about another person if you are scattered and busy with your own problems. If you have effective listening skills, you have an effective communication.

Up to six years of age a child is totally present or asleep, then it starts to become scattered. It

learns to numb out, it doesn't listen to what the Body and Mind are saying. How much do we numb out in our lives? Perhaps 90%? Why do we do this? Is it because of fear, pain, habit, avoidance, our brain makes up stories, etc. We might hear: "I don't want to talk about this right now", and the person closes the door of communication. The inner chatter continues, nevertheless, taking us to other places and times, away from present time

Exercise I:

Let's try our 1st exercise:

Please, pair up in two's; one is the listener; the other one is the communicator (you have 2 minutes per side).

- a. The communicator tells you verbally about his/her life, both are paying attention to body language, details, etc. and at which point both face out.
- b. Did you listen all the time? 100%? 70%? Answer honestly.
- c. Why did you pay attention? (Listener).
- d. What engaged you in this conversation: expression, body language, excitement?
- e. Were you totally present while communicating?
- f. Or were you not because the listener was not listening? (Person is scattered).
- g. Were you boring, confusing, not organized? (Communicator). (Person is scattered).

Most of the time we are really not 100% present while listening or communicating. We listen more when there is some similarity in some aspects of the story with our own issues, like events, emotions, or because of the excitement, the body language, anything captivating of the person.

Exercise II

You can switch partners. You can use the same story, but a different subject would be more interesting. (You have 2 min. per side). This time **the communication is non-verbal**, body language is ok.

- a. Find the difference in the engagement level.
- b. Was it easier to stay focused? (Eye contact).
- c. What was your Mind doing while listening? (Was it quieter, more vulnerable, a feeling like using radar to listen better, a better communication because you listen more to the feeling than the actual story, the story didn't matter, was there more intensity)
- d. At what point did you withdraw?
- e. Why? Was the emotion too intense?

Exercise III:

Switch partners if you wish. Now feel an emotion, something that you can communicate, like love, joy, pain, anything that you can feel deeply. This time **the communication is non-verbal, no body language**. (3 min. per side).

- a. You might come to a point where you have to stop, because it feels like you are reaching a wall, you just can't continue, perhaps some feelings come up, like shame, guilt, panic, fear, so you become scattered, you avoid being present.
- b. Try to stay with the experience, don't stop – Be present – Feel it deep inside.
- c. Try to push through the wall – Be present – Don't run away from it – Stay relaxed.
- d. Push gently against that wall to find out what is behind it – Don't judge it. Just find your own sweetness.

This exercise is like a direct communication with our feelings. It's almost overwhelming to feel the intensity of the processing in the other

person. How much do we numb out, suppress, in our lives? Why? Can we avoid it?

Can we pick up if a person is scattered, besides detecting a glazed look?

Yes. Let's try it with the next exercise.

Exercise IV:

Join in groups of 5 or 6 people. It is **non-verbal, no body language**.

Eyes open:

- a. Be present. Pay attention to how you behave, what you feel.
- b. Be scattered. Pay attention to how you behave, what you feel. Are you avoiding something?

Eyes closed:

- c. Be present and touch someone in the group. Is there intention, any feeling, did it mean something? Did you enjoy it?
- d. Maintain the touch and now scatter. Did the feelings change?
- e. Stay present and touch somebody else.
- f. Scatter and touch somebody else.
- g. Get feedback from both people involved.

When we communicate we want some contact, not only physical non-sexual, but on the mental and spiritual levels also. If we are 90% not present during the communication or scattered, just imagine when two scattered people get together! It means being 180% scattered!!!!

The final exercise is to give as many hugs as possible, and feel if you are more scattered with one or the other person. I am sure we will find only good huggers...



Sound and Energy Medicine: A Natural Approach to Wellness

by Desire Keeawok (Dream Daughter)

If we know that energy is vibration and vibration is sound, we can begin to understand this ancient healing tradition that has been passed down through the generations the world over. From aboriginal people to the ancient Egyptians, they knew and appreciated the healing power of sound.

For our purposes, let us imagine that the body is a field of energy which consists of the physical, mental, emotional and spiritual bodies. Each of these is interrelated and mutually effect each other. The least evolved is the emotional body for it holds all the anger, anxiety and fear that is unresolved and not expressed. These feelings are often supported by the mental body, the last part of the self to change. Old programmes and beliefs from every stage of our life can inadvertently hold us in patterns that are not in harmony with our true nature.

Sound is the gateway to the inner planes of the self. Each of us has a series of notes which resonate with the essence or our core being. Sound effortlessly centers into the human energy field, releasing any disharmonies. The emotional body, though the heaviest body vibrationally, responds instantly. Unexpressed emotions will be discovered and spontaneous healing will occur, vibrationally shifting the self into higher states of consciousness. Individuals often feel a profound peace; they say even their physical form feel much lighter. The mental self, however will feel unsure about what has happened. Luckily, sound is unaware of the "personality", so inappropriate thought patterns can be cleared effortlessly. This process, used in combination with colour, will begin to imprint on the physical form. New emotions and thought patterns, vibrating at higher frequencies, replace the sounds which have been missing from the energy field. Individual clients are then able to pursue and maintain whole and healthy lifestyles, re-enforcing the theory that love and fear cannot exist in the same physical form.

As a vibrational therapist, I am amazed at the transformations I have witnessed over the years. Sound can be implemented in a variety of ways. I have found a combination of guided imagery, colour and particular sound frequencies can be the most effective. Individuals are also supported in developing their own "heart song" (inner sound) through tri-ads (a three tone chant) which reintegrate the notes which are missing in their energy field. It is gratifying to watch people finding their voices and learning to develop them to maintain wellness.

It is important to note that sound has been tremendously effective in the treatment of terminal illnesses. Something I perceive as unexpressed emotional and mental disharmonies. In acknowledging these, I help my clients take responsibility for their own healing process.

Perhaps my most exciting and powerful healing tool is the sound of many voices singing as one. Recently, it was my good fortune to travel to Egypt to conduct a healing sound circle inside the Great Pyramid and experience sound in the ancient tradition. Needless to say, those who participated were truly transformed.

In closing, I would like to say that I never thought I could sing but some years ago a voice asked me to begin to sing, and the rest is history. At Whispering song, we know that everyone has a voice and a series of sounds that supports who they are. May your heart songs be remembered.



Desire Keeawok (Dream Daughter)

Whispering Song Teaching Lodge,
717 Bloor St. W. Rm 7, Toronto, Ont M6G 1L5
416-588-4503

Essential Oils and You

by Valerie Konopliff

I have done kinesiology for over 15 years in many different forms. I have come to love the body through this marvellous method of talking to the body. About one year ago I was introduced to Essential oils. For the way that I use oils, only top quality oils work for me, as I am very sensitive to smells unless they are pure. I noticed that not only do bodies react to smells, but that they can pick and choose and make blends.

How I do this is first I talk to my client. Usually I will have read their eyes using both Iridology and Rayid, so that I have a strong sense as to who they are. Because of what I do, I like to make sure the body is taken care of physically before I offer it emotional help, or if the oils are for physical things I just offer it.

For example, when a person comes to me depressed, tired, etc., first I will offer their body herbs and/or energy foods like bee pollen, blue green algae, etc. With that energy sitting in the lap, so that the body can enjoy the energy, I will ask the person to describe how they feel. If their response is "I'm down, angry, unhappy, and depressed", I might get, Frankincense (anti depressant), Sandlewood (to help release anger), or Blue Chamomile (to defuse anger and strengthen liver), Geranium (it is light and also an antidepressant, and you can use it as a base). Orange is also light, but more calming. I may also offer the body Jasmine, happy oil, or Linden Blossom, also a happy oil, to go in the blend.

I will put all the oils in the person's hand and see what the body thinks of the combined energy. If weak I will remove some, leave some or change some. If strong I continue. I will ask the body to pick the base oil first, then I will ask how many drops it wants of all the oils. In a small vile I will mix according to what the body says. I will mix the oils by rolling them back and forth in my hands and test again now that it is a blend, to see if the body still likes it. If it is just a little weak, as it is sometimes, I will ask if it needs more of any of the oils. And so we play until the body loves

the oils. I also check to see how the body wants it applied and where. There are seven main areas on the body for application, for emotional work there are about four or five areas. (The temples, behind the ears, 3 eye, crown, or above crown, applied by dropping on). The body will also tell you how much, whether mixed or neat, etc.

I have been doing this with great success for eight or nine months now. I have had people feel better within three to five minutes using oils this way, especially for emotional work. This same principle can be used for all reasons of application of oils, from tennis elbow to depressions.

Ten of my favourite oils for emotions are:

Frankincense – Slows down breathing producing a feeling of calm, antidepressant, and very grounding.

Sandlewood – The best oil I know for releasing held emotions.

Linden Blossom – Makes you happy and calm.

Rose – Grounding and calming, stress reducing, lifts the heart. Makes you like yourself.

Orange – Calming, good for sleep, peaceful. Good for main oil in other blends as it is mild.

Geranium – Antidepressant. Good main oil for any of the others on the list as it is light and not overpowering.

Patchouli – Grounding and balancing effect. Also an antidepressant.

Neroli – Rather hypnotic and somewhat euphoric, said to relieve chronic anxiety, depression and stress. Very soothing.

Bergamot – Very uplifting. Good for depression and nervous tension.

Pine – Good for weakness, mental fatigue, very refreshing and grounding.

References

Books I recommend for emotional blending, especially with the exotic oils:

1. Lawless, Julia, *The Encyclopedia of Essential Oils*
2. Sellar, Wanda, *The Directory of Essential Oils*
3. Worwood, Valerie, *The Complete Book of Essential Oils and Aromatherapy* (or *The Fragrant Pharmacy*)

The oils I deal with are Essentially Yours oils done by Valerie Worwood's sister Susan. In fact I and my partner are Essentially Yours Canada, as these are the purest oils I have found.

ALERT & ALIVE
Valerie Konopliff
254 Hart Street, Coquitlam, B.C., V3K 4A6

ph: (604) 937-0039



Protection — Creating Safe Space

by Diane Koyich

The best, and, if you have it, the only necessary protection is a constantly grounded and centred sense of Self; confident, compassionate, conscious of every word, deed and thought, at one with the Divine, living in an abundant, just world. For those times when we or our surroundings fall short, we need to use a preventative as well as a proactive approach to protection.

If we are given the gift of self esteem from our parents, or we have learned as adults to be sure in our Selves and with our destinies, we are well protected from the turmoil and violence we are bound to encounter on this earthly walk. But most people are affected significantly by the negative actions, thoughts and energies of the world around us. Many of us who are "sensitives", that is, open to energies, change and growth on many levels are prone to "burnout", depression, chronic injuries and stress conditions. In particular, those who choose to live lives of service compassion, care-giving and healing often find themselves unprotected from the tensions of those with whom they work, taking on stress as others release. Even counselling informally often results in irritation or tiredness.

We need to be aware of and invulnerable to the unbalanced energy that moves in and around our communities, our bodies and our minds. As we help others to move imbalances, we need be vigilant that we do not take them upon ourselves. We can work with body, mind and spirit — the physical, emotional, energetic Selves — to remain vital and healthy rather than drained, vulnerable to feelings but not to exhaustion. We can remain a clear channel for life force and healing vibration.

This session will teach many methods of self protection. We will learn ways to strengthen the physical body against emotional overload and against weakening toxins in our environment. We will discuss communication skills that make one aware of manipulation, and we will practice energetic/psychic exercises to counteract invasion of boundaries and insensitivity. Rituals, ancient traditions for protection and visualizations will be shared, and numerous techniques demonstrated.

Physical

- Sip purified water (6 – 15 glasses a day, depending).
- Eat water heavy foods (fruit, veg, sprouts).
- Deep breath ten to fifty times a day.
- Brisk walk three times a week, swinging arms.
- Regular doses of moon and sun on the forehead.
- Place feet flat on the ground/earth daily.
- Develop posture awareness. Use a vision of strength, be aware of mugging statistics, utilize energy and power projection.
- Use peripheral vision, scanning surroundings.
- Eat superfoods and supplements — organic, local, whole as much as possible. Specifically (respecting allergies): live yoghurt, miso, nutritional yeast, parsley, garlic, onion, apple, sea vegetables, oats, barley, goat's milk, lecithin, cayenne, peppers.
- Learn to identify areas of need in body, the detoxing, feeding, using high nutrition foods, gentle herbal remedies, relaxing techniques.
- Have regular, varied bodywork (massage, reflexology, One Brain, reiki, Trager etc) working on bones, muscles, energy flows, emotional release.
- "Tap" the thymus for immune system stimulation.
- Run the central meridian (pubic bone to lower lip).
- Use indoor live plants to lend healing green to the ambience as well as to filter the air (spider plants are best for this).
- Pine trees, being a primal form of tree, are great protectors, plant one at the door or have a potted one on a balcony — very hardy, solid, fluid filled.

Emotional

- Recognize guilt and manipulation of Self, by Self and others.
- Actively eliminate disempowering words from vocabulary; should, shouldn't (who says?), can't, try, don't don't forget.
- Practice conscious and subconscious ways to disengage from draining situations — tactful confrontation, repeating "you've made your point, now go away" or "dis-engage" in your minds-eye to the "attacker", requesting space verbally or with body language, opening to learning why you are attracting this. — what's the lesson — patience? sticking up for your Self" speaking truth quietly and clearly?
- Learn to close and lock doors, say no, end conversations, and other wise Give Time to The Self.
- Identify resources like parent Effectiveness Training, Assertiveness Training, self Esteem Building, "How to talk so Kid's will Listen, Listen so Kids will Talk", "Bringing up Parents" — communication skills.
- Learn to turn off complainers, blamers and the obsessed.
- Burn a smudge, cedar, sweetgrass, sage, incense (different herbs and oils symbolize and actualize energies — some are for cleansing the air, others to prepare for meditation, others to relax).
- Use a horseshoe (legs up), leaning against a window in the direction of any person or institution directing negative energy at the house, office or occupants. The horseshoe is most effective if it is made of lead. Energy moves in one leg and out the other without ever entering the house.
- "Aura houseclean" the spaces in which you live and work, using the cosmic wind or vacuum or feather duster to get the old energy out of the nooks and crannies, light switches, plug-ins, cupboards. Especially good when just moved in for ridding of smells and feelings.
- Create altars as sacred places, created with a few pieces from nature, special objects, pictures, amulets, colour. These are symbols of our divine protection. Water shells, salt, tobacco, pictures of teachers, candles, mirrors, earth, plants, the four directions, can all be part of the arrangement.

Spiritual

- Ground and centre using cords of connection from the feet and the head to the earth and sky, yin and yang. Release tension and unwanted energy from your Self into the cords, allowing the mother earth and father sky to take the energy for transformation and recycling. Also receive energy from these universal sources, let it flood your being, recharging your every cell, filling your soul with light and dark, balance. This is best practiced outdoors, and can be a fifteen minute meditation, a three minute visualization or a ten second hook-up. Use it lots!
- Wrap white light around those things which you wish to protect — Self, others, vehicles, things left behind — using fog, lasers, a blanket, a crystal emanating.
- Visualize a golden egg of protection (gold, the colour of archangel Gabriel) around your Self (especially good for vehicles before driving).
- Black stones — obsidian, apache teardrop, smoky quartz and hematite — can be used to absorb negative energy. Use on desks, outside of doorways, aiming out a window in a room where negative energy tends to accumulate. Best not to wear on body, or if so, use on the right (projecting) side of the body for short periods of time.
- Repeat the affirmation "I am protected" or "I feel protected". Replace every negative thought or tape of fear and insecurity with a hundred affirmations of the positive. Say it till you know it!
- Believing in angels, guides, extraterrestrials and other beings of light can provide a measure of security and protection. When one assumes one is guided and inspired, one feels safer!
- Clear quartz crystals are a generic channel for protective energy, all stones, rocks and semiprecious gems have power because of colour, mineral content, their emergence from the belly of Earth, etc.

- "Medicine bags" are portable altars, many use aromatic oils, flower remedies and herbs in larger pouches, or a small bag may simply have a crystal.
- Hug trees, lie in a star shape on the ground, face down or face up.



Life Rhythms Wholistic Resource Centre
10762 — 82 Ave.
Edmonton, Alberta, Canada T6E 2A8
403-439-3020



The Essence of Healing

by Allen M. Lees, M.A., LL.B.

How do we become a healer? In virtually every culture and religion since the beginning of time on earth there have been people who have been healers. These people were well connected to God and were able to transmit a healing flow of energy from their hearts, their minds, or their hands, from God to the patient. They were able, some how, to lift the ill or injured person from disharmony within their mind, body and soul into harmony again with God and the life force. We have all come to understand that disease is really dis-ease and that to come back to health we need to come from dis-ease back into ease.

As a healer I believe that I was given the gift of healing, but I have also been given other gifts and talents and this gift of healing has been developed, just as I have developed the others through study, through practice, through experimentation and through meditation and prayer. I believe virtually everyone can become a teacher, a gardener, a carpenter, a mechanic, a nurse, or any other type of professional, or crafts person, or trades person. Some will be better than others because of natural talents, but all work to refine or develop what they have and we can all reach a certain level of skill in any field. So it is true with becoming a healer. I believe everyone should develop the talent they have in this area.

The first step is to decide to become a healer. The decision is to do God's work and to follow the paths of the great Healing Masters of all time. This decision is a leadership decision, a decision to step out from the crowd.

The ideal attitudes for the healer are;

- a. A strong desire to heal.
- b. A belief in your self, a belief in God, and a belief in the method that you are using.
- c. An expectancy that the healing will always occur.

The stronger these attitudes and beliefs are, the better and quicker will be the results you get.

The patient coming to the healer, ideally, should know how to relax, to centre themselves, to focus on Jesus or God and Their healing presence. Most, of course, don't; so we assist them with this. Through the relaxation they can be

helped to release the hurts, the anger, the grudges, the pain and disharmony and they can learn to mentally prepare themselves for healing and learn how to remain healthy.

To work successfully as a healer, it is essential that the patients who come to you want to be healed. The patient should believe in the healer, the healer's method, and bring the expectation of being healed. Remember, that even Jesus, who walked up and down the Holy Land for three years conducting His ministry of teaching and healing, encountered the sick everywhere, but He healed only those who came to Him begging, "Master, heal me", and He would often turn and ask, "Do you believe I can do this?", or He would say, go, "Your faith has made you well".

There are certain things we need to develop as we become healers:

1. We should **accept the invitation to heal**. When anyone comes to us for help, we reach out to them and we do everything we can to heal. They believe we can heal them, which is a large part of the healing – their belief in us. Always accept the invitation to heal. While we must always recommend that they continue to consult with their health practitioner, we accept the invitation to heal them. I believe every ailment, every sickness, every person can be totally healed.

2. The healer learns to **activate his/her body and mind**. The healer needs to practise focusing on the positive, the clean, the pure, the healthy, all day long every day. Focus on peace, harmony and love every moment. When you hear a negative word or negative thought, cancel it out and focus on the pure flow of love and on God. Before every healing session relax totally, mentally and physically. Clear your mind of all thoughts of previous patients, next patient, or disagreements that you have had with your spouse, your employee, or your dog. Focus on the essence of healing, love from God flowing through your heart and hands to this one person. Shake your hands and arms lightly to loosen them for the flow, then bring your hands together and feel the energy, then you are ready to heal.

3. The healer needs to learn how to centre himself/herself. By this I mean mentally knowing how to function at and how to maintain the 10 cycles per second brain frequency which is mid-range alpha brain wave pattern throughout the healing applications. Mid-range Alpha is where we get the cross over linkage internally from our right brain to left brain hemispheres and where we find our spiritual centre for the flow of the healing energy. This is our reaching in before we reach out.

4. The healer learns to de-focus his/her vision and how to have indirect vision. When the healer has his/her eyes open during the healing session he/she should maintain indirect or de-focused vision. This allows you the healer to reach in, to focus internally, mentally on the process of healing while you are reaching out. The healer can more easily maintain his/her centre and can let go of all outside influences and distractions. If you are incorporating this healing with the touch for health techniques in your practice or if you are a Chiropractor or Medical Doctor you can easily fit this into certain places in your practice

5. The length of the healing session and each healing application varies from healer to healer and from patient to patient. There are many different types of healing passes, sweeps, and energy contacts which are used. When you are working with your patients you will soon develop the feel for when the energy has balanced, the healing has occurred and your treatment is completed. You can discuss with your patient at various points what is occurring, however, too much dialogue can be disruptive. I ask the patient to refrain from talking unless I ask and to hold off discussions and questions until I am finished. Sessions are anywhere from 20 minutes to 60 minutes, but usually is 30 to 45 minutes in length.

6. Healers seem to agree and it is my experience that the healing energy flows from the healers right hand to left during the session, regardless of whether a person is right handed or left handed. The left hand is used to collect or dissipate the negative, unbalanced, or out of place energy and to release it to the universe. The right hand is used to bring in the healing energy to the patient. There are times, for example in some of the overall sweeps and total energy balancing, when you can and should project the positive healing from both hands at the same time.

7. **Stationary or Spot Healing.** In the longer sessions or full healing sessions, after the various sweeps, passes and overall cleansing and re-balancing of energy has occurred, the healer applies the final stage in which the hands are held stationary over the diseased or injured body area. The healer closes his/her eyes and maintains eyes closed. The left hand is directly over the injured or diseased area, about one inch from the body. The right hand is also positioned over the patients body, just below the left hand positioning and above the body at the same distance from the body and not touching the left hand. The energy flows from above you, from God, through you, your right hand to the person and releases the imbalanced, negative or stuck energy to your left hand and then fills up and heals the injured or diseased area bringing it back to balance or ease.

In pain release spot healing you simply place your left hand over the injured area first, and you picture the pain and injured area a knotted up or balled up energy like tangled hair or string and you gently pull the tangled, hurt energy out of the area and release it to the universe. This allows the energy in the area to flow normally and to heal. Once you have connected and are working to release you can feel the flow of the energy. As the damaged or harmed or blocked area is cleansed you feel the flow as the negative energy moves out. If it is an energy centre or meridian that is blocked you will feel the energy release and flow again. Once you feel that the release of pain is complete and the patient can usually tell you the pain is gone, as it feels loose again, etc., then apply the right hand over the area and allow the healing energy from God to flow through you into the person. This heals the damaged energy flows or meridians or the damaged tissue and leads to rapid recovery and in many cases virtually instant healing

It is wise to caution patients to take it easy for at least three days and to cautiously test it out as the healing continues on a powerful basis for up to 72 hours after each treatment

8. As healers, we accept and totally believe that the healing is taking place. As we sit quietly, directing the healing energy, we accept and believe that the patient's body is being healed, not only in the particular injured area or diseased area, but that the patient's own healing mechanisms are being stimulated. The healer also accepts and believes that through this flow of

energy the patient's survival mechanism and immune systems are being strengthened.

9. **Time orientation** in this healing dimension seems to be from left to right. The present situation of the patient is seen directly before us in our visualization and our patient's future is slightly to the patient's left and to our left. The healer, using his/her faculty of visualization while doing the healing goes through a three step process. When starting the healing the healer pictures the disease, pain or damage, directly in front of him/her. As the energy flows through the healer to the patient the healer sees in a scene to the left of the first one the healing taking place and focuses on this change that is occurring while the healing energy is flowing. As she/he completes the healing process a third visual picture is added a little more to the left of the second picture and in this picture the healer sees the patient fully healed. As the healer sees the patient fully healed in this picture he/she gently pulls this picture from the left in the future to directly in front to the present. As this is done the final image or picture is of the patient smiling, laughing, and in perfect health

10 The **Essence of Healing** is the love that flows to us from God and through us to the patient. Not all energy is healing energy. When we do the healing we focus on love, our love and God's love flowing from us, from our heart centre and spiritual centre to the patient. Simply start the flow by focusing on what love is, the love you have for a family member, your child, your pet. Reach within to feel the love of God and then let your love reach out to the patient. Nothing will put a person, any person, at ease faster than pure, unconditional love and when we feel at ease, we are without dis-ease and we are healthy.



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by Allen M. Lees, M.A., LL.B.
Unit 8 – 8763 Ash Grove Crescent,
Burnaby, B.C., Canada, V5A 4B8,
Ph. (604) 421- 409, Fax (604) 421-5561.

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Transformational Vocabulary

by John Varun Maguire

This paper is based on the work of Tony Robbins. For further information read his book, *Awakening the Giant Within*.

If you are using the finger mode system of PKP, this work applies to:

Personal Ecology 6 ^{1/2}b.

We label our experience of reality through our choice of words. What we **represent** reality to be is what becomes real to us. The **label** we put on our experience, thus becomes our experience.

Say for instance, you have been in a difficult romantic relationship for a number of years, **burdened** with problems. Finally the person "falls in love" with someone else and writes you a "Dear John" letter. At first you feel **betrayed** and **devastated**. You mope around, stay at home and feel depressed.

Then you tell your best friend what happened and they say, *"That's fantastic! What a **relief**. I was wondering if you would ever get free from that jerk. You are too good for someone who does not **appreciate** all you have to offer. You must have **learned** a lot about how not to go about being in a relationship. Let's throw a party and **celebrate**."*

You realize your friend is right. All of a sudden you begin to feel **freed up**. You are **relieved** of a burden and **excited** about meeting someone else who can fully appreciate you. You become more active socially, join some groups and take some classes to add to your mental stimulation. You even experience **gratitude** for what you have learned in this experience and are **glad** the person found someone else. For the first time in years, life again becomes **light** and **fun**.

Change the words you use to interpret a situation and you change how you feel about it. This in turn will affect the way you act in response to the situation. By choosing our vocabulary consciously, we can transform our experience of reality.

There are approximately 500,000 words in the English language. This is more than any other language, with German being second. Most of us habitually use less than 500 words, and our total vocabulary consists of around 2,000 (less than 1/2 of 1% of the words that are available). English has more action-oriented words than any other language, which explains our faster paced lifestyle compared to countries where other languages are spoken. There are around 1,000 English words which evoke pleasurable emotions, while approximately 2,000 words elicit pain. Do you wonder why we are a pain oriented society?

Ninety percent of the population experiences twelve emotions habitually. By expanding your vocabulary, you give yourself more power and choice to experience life the way you want to. Choose words which are empowering and put you in a position of perceiving rather than judging. Instead of thinking, *"You jerk, how could you be so stupid."* Think, *"That's interesting, I wonder how they perceive things that they would act that way."*

We tend to adopt the vocabulary and emotional patterns of the people we are around. Association with high quality people is the ultimate way of shaping your destiny.

So notice the labels you put on your experience and choose consciously words which will give you energy and bring you health, harmony and balance.

Transformational Vocabulary Exercise Sheet:

by John Varun Maguire

1. Write down twelve emotions you commonly experience:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Put an x by the emotions you would like to experience less of and a + by the emotions you would like to have more of.

2. Write down three words you commonly use that intensify your negative emotions (words like 'angry', 'outraged', 'frustrated'). They may or may not appear on the above list.

_____	_____	_____
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3. Choose three words you can use to reduce your negative experience and open you up to discover new possibilities (eg., if 'devastated' is on the above list, 'confused' may be used instead).

_____	_____	_____
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4. Make a commitment to someone else to observe a 10-day word diet using the words in step three and eliminating the words in step 2. Ask them to question how you feel if they hear you use a negatively charged word.

_____	_____	_____
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5. List three words you commonly use that are somewhat positive and come up with three words that amplify your positive feelings (eg., if someone asks how are things going and you normally say "O.K.", you could replace that with "incredible" or "fantastic").

_____	_____	_____
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6. Again, make a commitment to someone else to observe a 10-day word diet using words that amplify your positive feelings. Tell your friend if they ask how you are doing you will respond with your intensified positive feeling vocabulary.

You can have your clients do affirmations using the new vocabulary employing temporal tapping and eye rotations to link these words with situations in which they would like to experience these feelings more intensely. Also use frontal/occipital holding and visualization, having them see themselves responding with the new emotional responses.

Body Scanning for Hidden Stress

by Frank Mahony

As often happens during a session you hear a little voice say, "Do this!" And you do something that you have never done before, and another "AHA!" is born. Maybe a whole new belief system even.

Such a thing took place in a session with a man who was dealing with a phobia. Several times during the session his Indicator Muscle stopped indicating and he would proceed to thump on an array of acupressure points on his hands and face and then we could resume the session.

After the third such episode the voice said, "Hey! Find out what's going on. He's going to thump himself dizzy!" OH! Right!

"What do you feel is happening when you think of your phobia?" I asked, reading from a cue card the Universe was holding for me.

He replied, "I think my left brain is going off."

(Next cue card please). I directed him to, "Imagine being in a nice safe place." He did and I tested the Indicator as I touched all part of his head with the intention of seeing if all parts of his brain were on. The indicator tested strong on all areas. I then asked him to think of his phobia and I tested his "brain" as above. The Indicator tested weak on the left front of his head. I then said:

"Put a light bulb in your left front brain for your phobia and keep it on!" (this of course was an imaginary light bulb, so don't start jamming light bulbs or candelabras in to peoples head or other body parts). We no longer had any problems with the Indicator. This apparently simple exercise has proven to be a most powerful tool in identifying specific stress pockets in the body, and determining if a positive change has taken place during the session. Of course you may make this as complex as you wish, and I am sure you will.

Specific Stress

Lets assume that you have identified and are working to resolve a specific issue with your client. Have your client imagine being in a nice safe place and test the Indicator while placing your hand or fingers on organs of the body. The Indicator should test strong. I prefer to challenge

the exact areas of the organs rather than alarm or reflex point, but do as you will.

NOTE: The process is not limited to organs as muscle and other tissue may be involved. for the sake of brevity we will confine this exercise to the organs.

Then have you client bring the issue to mind and retest as before. If there is stress being held in body parts the indicator will change. You may ask if there are specific emotions involved with each body part. Perhaps each has a different emotion, but all could share a common one.

I would ask which is the best method of clearing the emotions, which varies from client to client. The easiest method I have found is to ask if something has to be let go, or if something has to be brought in. Which is the best way to do this; symbols, ritual, sound, color, etc.? What ever your belief system suggests.

After which, have the client focus again on the issue at hand and rechallenge the body parts as before. Perhaps they have all cleared or maybe there is still more to be done.

Example

The left eye, heart, lungs, and kidneys produced an Indicator change when the issue was brought to mind. The emotions was anger. The body said it wanted to clear it by releasing the anger in symbolic form. The client sees the anger as fire and puts it out with water. The body then wants to replace the anger with the color light blue symbolizing peace. The eye, heart, and lungs now test clear, but the kidney needs to forgive by hearing a specific piece of music for two minutes, after which all parts now test and being clear.

I have seen some most remarkable positive changes take place with this very simple, but precise (as precise as muscle testing can be) exercise. Try it! You'll like it!



For further information or interest in sponsoring Hyperton-X workshops, contact:

Frank Mahony – Hyperton- X
531 Main st. # 876 El Segundo, CA 90245
(310)322-3425

Kinesiology with McTimoney Chiropractic For Humans and Animals

by Kay McCarroll, DC

McTimoney Chiropractic, as with Kinesiology, is a "whole body treatment" — which was one of the basic principles that attracted me to study this form of Chiropractic back in 1985. I have often found that when analyzing what the body needs by use of a muscle check, i.e. McTimoney chiropractic, TFH Balance, Edu-K Balance, Stress Management, Hyperton-X work, etc, the first choice the client's body will make is McTimoney Chiropractic — then followed by one of the other principles. In the early days I would check out the client with a TFH assessment before administering the Chiropractic treatment. On rechecking the assessment I would find that only one or two things needed to be done, i.e. and ICY correction, a Hypertonic Muscle correction, or just one acupressure holding point. It was so simple. Now I practise the other way around, first the McTimoney treatment and then check what the body may need to complete the healing process.

This works wonders for the sporting person as well, and gives me more time to train people to use a good general stretching programmes before and after competing, together with a monthly McTimoney treatment. With a very busy clinic, I had to find a quick way to enter the system so that the client could benefit from McTimoney and Kinesiology in the same session. This is the ever faithful Alarm System. By tapping into the over-energies of the body after the Chiropractic I can find if there are any underlying sources to the problem.

One of the system that comes up constantly for the sports person is the Psoas & Piriformis syndrome, which shows up as a pelvic tilt or rotation to the Chiropractic eye. This creates an imbalance for the athlete when running, causing unconscious jarring down the legs leading to foot problems and, in some cases, quite a lot of sciatic pain for both sporting and non sporting people. In women particularly, I find this particular muscle problem (especially a very tight Piriformis) will

effect the balance of the pubis symphysis, thus displacing the pelvic floor muscles, which in turn has a knock-on effect through the pelvic muscles and the lumbar spinal muscles and can result in sciatic pain. Using a gentle adaption of a Kinesiology Hypertonic technique directing the knee from the inferior pubis side towards the opposite hip from the pubis symphysis three times, keeping up the contact and pressure and while client breathes out at the same time, the whole pelvic area can be relieved of stress. The pubis symphysis can be moved back into place and the sciatic pain can be released. There are of course other causes and symptoms of sciatic pain and this technique is not a "cure all" for this problem.

What happens with this Pelvic Release? The first movement enables the inner pelvic muscles to extend, the back pelvic muscles to contract; the second movement enables both inner and back pelvic muscles to contract; and the third movement enables the deep inner pelvic and back pelvic muscles to contract and the lower abdominals to extend, thus all the relative structures can be moved gently and stretched to relieve tension and pain. This is a much more gentle way than even the McTimoney Chiropractic adjustment for the pubis symphysis, and can be taught to the person as a method of self help.

Now how does Chiropractic and Kinesiology relate to an animal, especially when the skeletal structures, although basically the same, differ in various sizes, numbers of bones, flexibility and the fact that animals do not have a collar bone (rudimentary in cats and animals that climb) to support the shoulder, neck muscles and head, which is the heaviest part of the the anatomy. The hind quarters have more support from the more solid structure of the Pelvic girdle. As it is not supporting the rest of the body, this can be free to be the "motor" of the animal for propulsion.

The muscle structure of a horse is very similar in relation to the human. Taking into account the fact that they walk on four legs and, therefore, using human terms, their elbows, knees, ankle, wrist and toes-fingers fall into different planes than the human. It is not known however, if a horse, dog or cat suffer from sciatic pain, or from the psoas & piriformis syndrome. These muscles do exist, but are very deep in the body, it is not easy to hold a horse's leg in a position to find out if these muscles are causing a pelvic displacement. A Chiropractic adjustment can be administered to realign any tilt or rotation, which has a follow on effect to the muscle structures of the spine, neck, fore and hind legs, etc. With Kinesiology, via a surrogate, we can find out what muscles we work on or what Stress Points can be massaged that will release muscle hypertonicity and enable the pelvis to remain in its proper place.

When we look at the Meridians they too follow the same pattern as the human, relate to the same muscles, and are subject to the same symptoms such as fatigue, accident, stress, trauma, diet sensitivities, and so on. However, treating an animal with Chiropractic or Kinesiology is difficult on your own, so an assistant and/or surrogate is a necessity. Employing the owner can help the situation as well.

In Chiropractic we are taught to assess the animal walking, trotting, standing and generally by watching its movements to see where the problems may be coming from. In addition to palpation of the skeletal system, we are taught to feel and sense all muscle tissue and be aware of every little detail of the animal. While I have trained only recently as an Animal Chiropractor, I have been able to use the Kinesiology deep tissue work on horses with the Stress Point Therapy work by Jack Meagher of Massachusetts, with quite some success. I also find that these stress points relate to points on the meridians, and therefore, can be used to an even greater advantage.

In the U.K McTimoney Chiropractors work with horses from Racing, Jumping, Long Distance — Endurance, dressage, polo ponies, etc., right down to the general hacking horse or

pony. Even our Royal Family insist on their horse being treated by our group. However, in the U.K it is illegal to treat an animal without the the owner's Vet's permission, using Kinesiology is often a way to help until this permission is obtained.

How do I use Kinesiology: By using the surrogate's alarm points to locate the muscle that may be out of balance and then determining whether to use Spindle, Golgie, or Origin and Insertion techniques, along with Jack Meagher's Stress Point work or gentle stretching techniques, I am able to work with the priority muscle that may be the seat of the problem. Naturally, as I am not a Vet, I can only treat the animal from an alternative approach, and would recommend that the animal be taken to the Vet to make sure that there were no underlying medical problems. I am as yet exploring the use of the McTimoney Chiropractic with the Kinesiology muscle work and therefore can only relate to you on a very general basis. One success story I would like to share is that of a little pony in Scotland called Christle.

Christle fell down a very icy steep slope and almost did the splits with her forelegs. When she eventually got up from the fall her Nr. foreleg just hung from the shoulder. She could not put any weight on the foot and had to walk on three legs dragging the Nr. foreleg along the ground. This caused a diverse muscle reaction up through the shoulder to the neck right along the spine and the muscles in the crest of the neck completely collapsed and hung over to the Nr. side. She couldn't put her head up or down, and therefore could not eat. A very necessary event for horses as they eat small amounts all the time.

Her owner, Marianne, after being advised to put her down by two Vets, decided to try Alternative Medicine. I was directed to this little pony by means unknown to me, and as I was not, at that point, qualified for animal chiropractic, I decided to jump in and use my Kinesiology knowledge. Penna White, my associate and colleague in Scotland worked with me, and became the surrogate. We worked on the meridian systems, using Jack Meagher's points, At the same time teaching Marianne how to use these

points in our absence, as I am only in Scotland with my clinic every two months, and this little pony needed a lot of work.

Within one week the pony started to improve. I treated her each time I went to Scotland with muscle work and now just 8 months later (at the time of writing) Christle is back on all fours, is limping only very slightly, the crest of her neck is standing as it should and is strong, and she is now able to carry the children for at least 1 hour walking a day. I was able to give Christle a McTimoney chiropractic treatment this last January, and was indeed impressed with her recovery.

Many horses show stiffness in the hind quarters, or their riders say that they are not going forward as they should, which means that something is stopping the horse from putting his full energy into his work. This can be related to an athlete, who is feeling he is not working at his full potential. It is easy to put the athlete on your therapy table, pull and push a few muscles around and ah— there you have it. Putting a horse on the table can conjure up some horrific thoughts. Getting in tune with the meridians, being aware of the muscle structure and how it works for the animal and allowing your inner knowledge to help you, you can administer some degree of healing. It is always a great help to work with a surrogate, even the animal's owner, as this will help educate the owner as to what you are doing.

What are we looking for: 'Freedom of muscle movement' I often use the system where, "when looking at a problem look in the opposite direction or to the further most point from that of the pain and you may find the priority element creating that pain" — For example, with humans I find that many sacrum problems begin in the middle thoracic area where there is a definite tightness in the sacrospinalis muscle, which when worked with you can feel a response in the muscle insertion at the iliosacral level. After working the muscles with Kinesiology or general deep tissue work, quite often the pains in the lower back area disappear. As with humans, adaptable "Feel" is necessary — knowing how much pressure to apply, for how long, and how much can the animal take must be monitored. The therapist must communicate with the horse initially through their

hands, so sensitivity and knowing what you are feeling is of the utmost importance.

A horse may need to have muscle work before and after strenuous activity as well as during training programmes to make sure everything is functioning properly. Prevention is better than the cure. The therapist's hands can stretch the muscle fibres in all directions — not only in the normal direction of the muscle action — they can move bundles away from each other thus preventing small adhesions and can improve circulation within the muscle preventing a muscle tissue from becoming tight and inelastic. Tight muscles reduce the blood circulation and are, therefore, deprived of nutrition, and also subject to accumulating waste products such as lactic acid — as in humans — causing discomfort and pain. using Kinesiology as we do for humans can help animals in the same way.

I hope to demonstrate on an animal at the conference as to what I am looking for as a McTimoney Chiropractor and how we can use our Kinesiology knowledge to help when there is no Chiropractor available. Included in this write up are diagrams of the Jack Meagher Stress Points, a Horse Meridian Chart and a diagram of the basic exterior muscles. Please be aware that there are a lot more muscles than those shown here and it would help if you familiarized yourself with all of them.

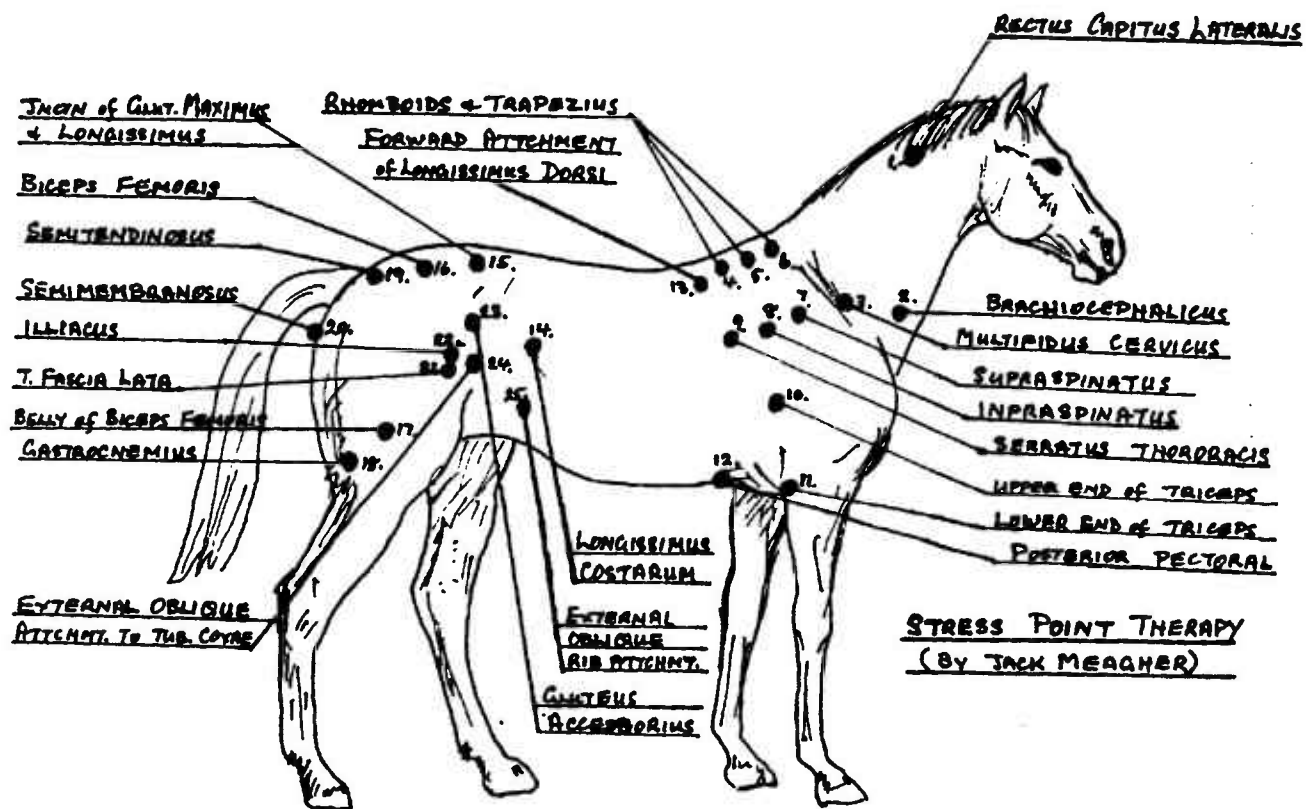
Acknowledgements to Jack Meagher's book "Beating Muscle injuries for horses". If you should wish to contact him, please write to:

Jack Meagher,
P.O. Box 713, Rowley, MA 019969.

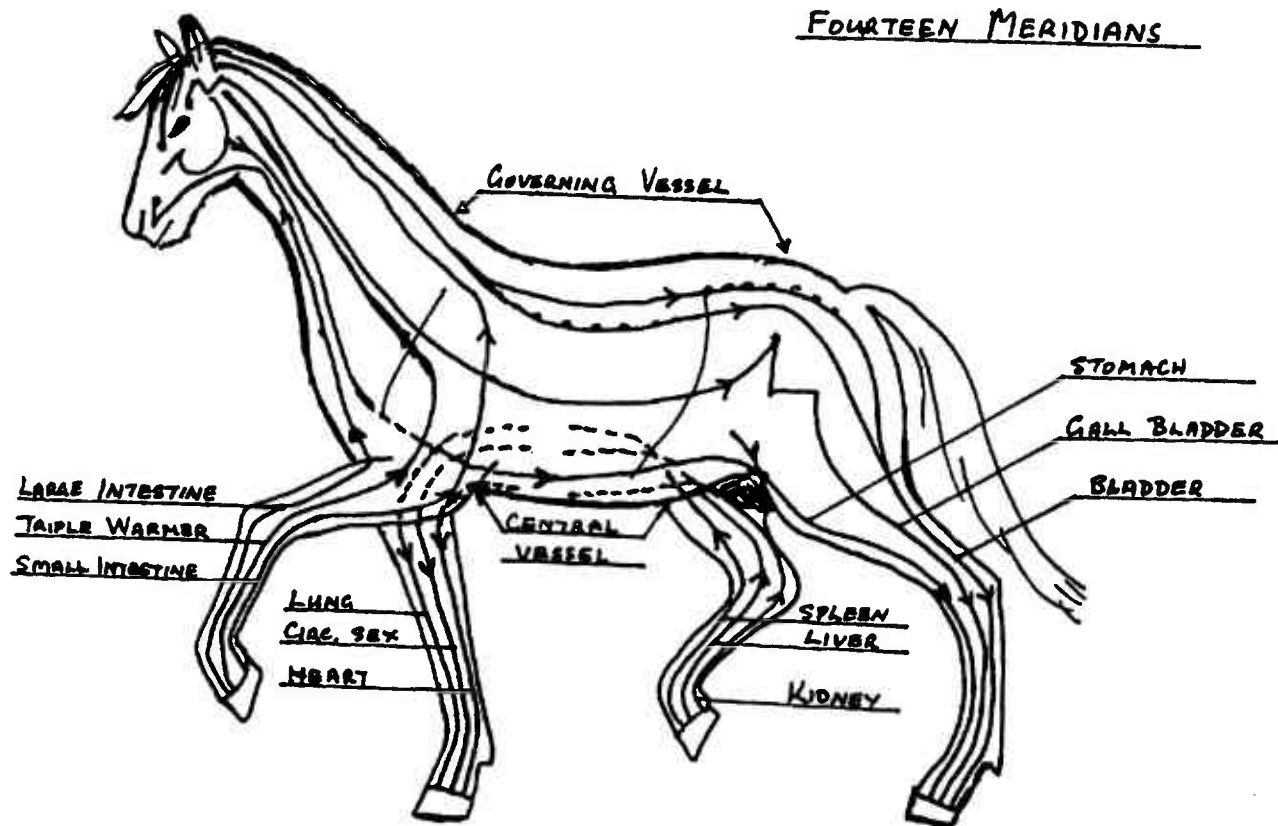
I do feel his work can be used effectively with ours and would welcome feedback from my fellow Kinesiologists with any work they may be doing with horses or humans. Jack Meagher has also written a book relating to athletes, which I feel could also be very beneficial to the Kinesiology world.

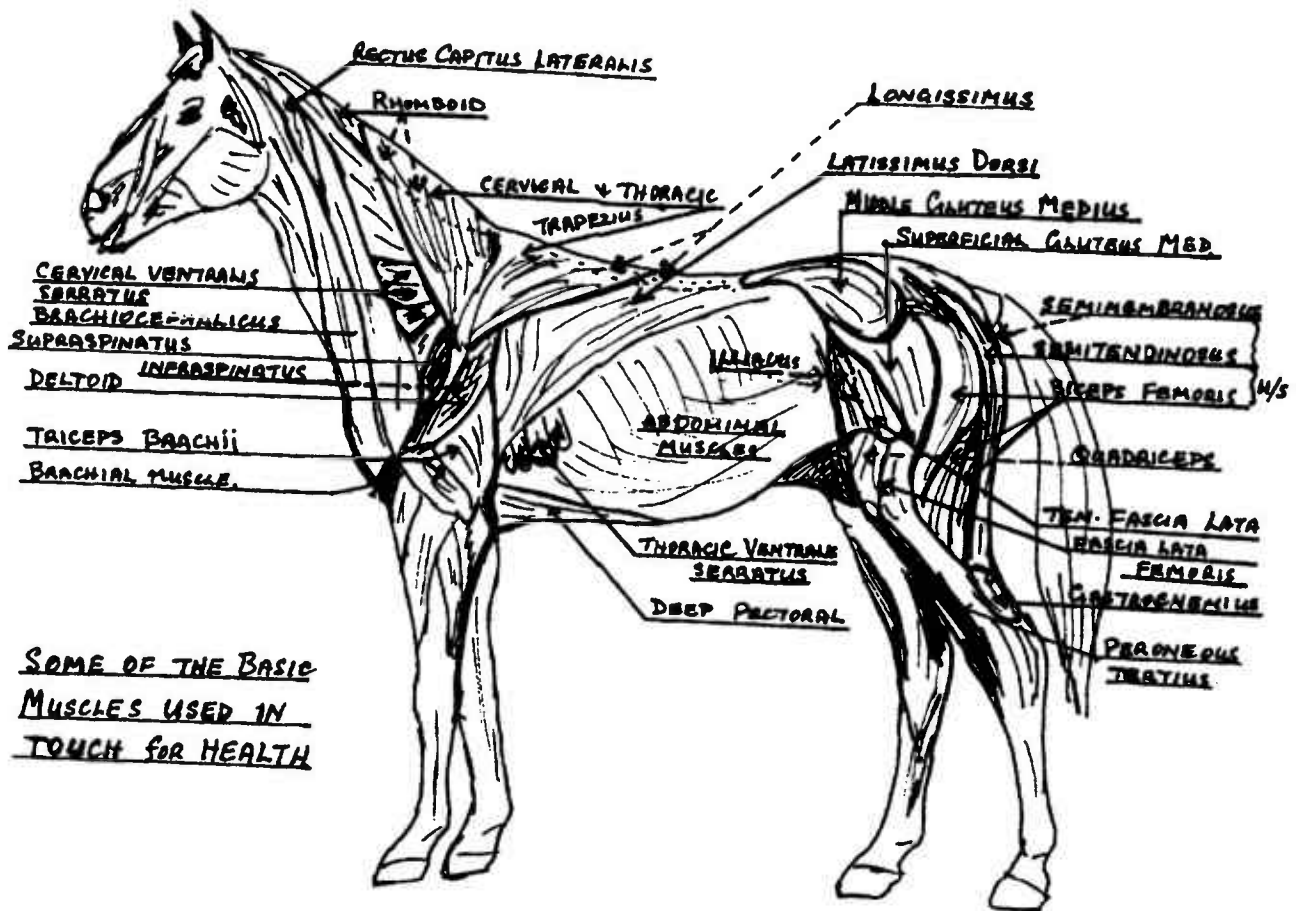
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Kay E. McCarroll, MC, AMC, MIPC
12 Golders Rise,
London, MW4 2HR, UK



FOURTEEN MERIDIANS





SOME OF THE BASIC
MUSCLES USED IN
TOUCH FOR HEALTH

Surrogate Emotions

By Cheryn McGee

Abstract

Many of us carry other peoples emotions usually without our awareness. Learn how to identify the emotion, where it is affecting you, who you picked it up from and how to release it.

Most people, to a certain extent, take on, or Surrogate for, the emotions or problems of others. The less sense of self we have the harder it is to define which are our own issues and which belong to someone else. Also the more dysfunctional the background of a person the more likely they are to have a problem in this area. This ties into co-dependency and boundary issues.

Reasons for carrying others could be to save facing their own emotions, keeping too busy to deal with their own issues. They may feel obligated to, being unbalanced in empathy or feeling overly responsible. It may also be that these emotions were dumped on them by either dysfunctional family members or an abuser as described in the book *Repressed Memories* by Renee Frederickson, "... guilt, rage and shame are dumped by the offender and absorbed by the vulnerable victim. The offender is relieved while the victim feels guilty, rageful and ashamed.

Taken to an extreme a person loaded down not only with their own baggage but also with other peoples baggage eventually may become immobilized. Feeling obligated to take on others loads and unable to do so they will draw away and isolate themselves. Giving the load back where it belongs unburdens the person to move forward. It also enables a person to be of true help to others, not by taking over their responsibility but by being a support to them. This brings us back to the much quoted illustration, give a person a fish and you feed them for a day, teach them how to fish and they will be fed for a lifetime.

If given a job of cleaning out a closet packed high with junk, where do you start? Identifying and giving back the stuff that doesn't even belong to you quickly helps you get the problem under control. The job may not be as overwhelming as you expected it to be.

By identifying and releasing these surrogate emotions you quickly become more focused. It teaches you how to let go of others destructive behaviour and set up boundaries. You clear co-dependency tendencies and can better understand your relationships with others.

When this technique comes up on the menu during a balance find the emotion using any list available. The most commonly used are the 5 Element Emotion Chart, Behavioural Barometer or Biokinesiology words. For those using the PKP Chart it comes up under Surrogate Mode (EM finger into palm).

Next find where the emotion is affecting you. When Fred Ybarra was originally using this technique he pulled the emotions only from the heart. Through research done by both Faye Bryant and myself we found the need to expand this to identify more specifically either an organ, gland or system.

Find out whose emotion you are carrying. Commonly those you are closest to and in some degree enmeshed with come up here. Ones who may have dumped negative emotions on you will also come up.

Visualize pulling the emotion out. Even ones who normally have a hard time visualizing seem to be able to do this. As a person gets clearer the visualization gets clearer as well. We aim for pulling out a rope or cord symbolizing the stuck emotion. This can be fun. As a persons imagination gets going they could end up seeing the emotions releasing in a number of ways (eg. sludge, slime, blocks, chains, bugs etc.). A sense of the enormity of the burden they are carrying could show up symbolically with the cord filling a whole room, a dump truck, freight train load or half the world. With extreme enmeshment it may be hard to let go. Some find they are afraid to.

When this happens other help may be necessary to release the emotions. One very effective way is by using essential oils on the area the emotion is stuck.

Visualize giving the emotion back. In giving it back you are letting them take their own responsibility. Some take great pleasure in giving these emotions back while others may have a difficult time. Some difficulty in giving it back may be experienced when the client feels the person they have to give it back to is unable to cope with their problems. Get them to reason. How is your feeling the burden helping them? Isn't it more beneficial to free yourself from the burden and teach them to do the same if they wish to help out in a beneficial positive way. A person may have fear related to giving the emotions back especially to a perpetrator who had dumped the emotions on them. In conquering this fear they take their power back and break free from the victim mode.

Reference:

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Method:

By using muscle checking:

1. Find the emotion: 5 Element Emotional Chart
Behavioral Barometer
Biokinesiology Emotions
Other source
2. Find where it is:
Organ: heart, bladder, gall bladder, kidney, liver, lung, spleen, stomach
Gland: adrenals, hypothalamus, lacrimal, langerham, lymph, ovaries, parathyroid, parotid, pineal, pituitary, prostate thymus, thyroid
System: circulatory, digestive, elimination, respiratory, reproductive, nervous, endocrine, immune
3. Find out whose emotion it is:
Mother, father, spouse, aunt, uncle, grandmother, grandfather, brother, sister, friend (male/female), etc.
4. Visualize pulling this emotion out. Feel yourself releasing it.
5. Visualize giving it back to the person

Seven Levels of Healing

by John A. McMullin, Ph.D./c

Abstract

The Seven Levels of Healing become a road map to show each of us where we get stuck in the healing process. The purpose of this paper is to provide an opportunity to discover each level and how it affects energy in and out of the body.

To help our facilitators deal with the high client load in Columbus, Ohio, (approximately 8 - 12 clients per day) we are constantly searching for shortcut techniques that accelerate the healing process of each client.

We have discovered that providing a "road map" of healing allows the client to quickly identify where they are along the journey of healing. This permits them the opportunity to see where they've come from and where they may choose to go.

We begin the process by balancing clients in what we refer to as the "Three Legged Stool." We suggest the three legged stool is the seat of wisdom because it provides spiritual connection, self love, and healthy limits and boundaries. Our experience indicates that unless a client is spiritually connected; consciously, subconsciously and unconsciously, that the opportunity for belief in self worth and therefore healing, is dramatically reduced.

The next step of balancing the three legged stool, requires the client to understand their lives' purpose of discovering wisdom and self love. Our experience indicates most clients are truly unaware of what love is, let alone the ability to love themselves. We have found that teaching clients to listen for their own critical parent ego and then help that ego to become nurturing, is one of the most loving exercises possible. Many times clients quickly resolve their own definition of love when asked this question: Why have you come to planet earth? What is it you hope to accomplish along your journey of wisdom? As facilitators of healing, we have noticed clients tend to heal much faster when asked self discovery questions. It is our perception clients already know answers to these questions. They simply need the opportunity to be asked wise questions so that they might self discover wise answers.

The third leg of the stool allows the client to become aware of healthy limits and boundaries for themselves and to others. This permits continuous nurturing and growth.

After clients have the benefit of emotional, spiritual, physical, and mental balancing from the three legged stool, we then begin to present the concept of the Seven Levels of Healing.

The first step is to discuss the seven levels of healing with the client and explain that they can be at many different levels of healing with the many issues in their life. The seven levels are:

- 1) Denial;
- 2) Self Blame;
- 3) Blaming Others;
- 4) Indignation or Self Righteousness;
- 5) Surviving;
- 6) Integrating the Experience;
- 7) Understanding the Serendipity of Life.

What has become interesting to our facilitators of kinesiology is the effect each of these healing levels have on the energy in the body.

We have observed in the denial stage that energy becomes blocked and produces enough pain to reach the fourth level of pain, which is numbness. There appears to be a direct relationship of numbing out memories and physical pain for the body. Therefore, it appears the purpose of the first level of healing is to permit experiencing life without the physical or emotional pain. However while we remain in the denial mode, various events in life easily trigger emotions and feelings that leave us unstable and reduce the possibilities of personal growth.

The second level of healing produces awareness of the issue and provokes self-blame and anger. Energy seems to begin moving and is often felt in the body with a high level of intensity. The purpose of this level of healing is to

have us notice the pain and move towards self-acceptance and self love.

The third level of blaming others or feeling victimized also produces intense pain that comes in patterns associated with the intensity of our fear of becoming a victim. The purpose of this level is to teach us clarity so that we might understand the situation.

The fourth level of healing invokes indignation and self-righteousness that typically creates muscle spasms and unbalanced muscle functions. Because this level creates a feeling of depression, it provides the opportunity to allow us to move towards loving others and learning to accept our relationships.

The fifth level of healing allows us to accept the experience and understand that we have survived the event. Energy begins to move more freely and we feel a lessening or healing of pain. The purpose of this experience is to allow us to develop our own personal truth.

The sixth level permits integrating the experience into our wisdom and brings our energy to a higher vibration. Many people use this level of healing as a re-birthing of who we are and the purpose of our life.

The seventh level of healing moves us from the physical realm and connects us to the Divine Mind as we vibrate at the highest frequency of clear light. It is at this point we learn how we function with the great pattern of the serendipity of life. This experience allows us to become clear about our part in the perfection of life and how it relates to others.

The process we have learned to use to move people along the journey of healing requires the following steps:

1. Balance the client on the three legged stool and then help the client have clear vision of the "road map" as it relates to the seven levels of healing.
2. Provide a muscle test as the client makes the following statement: "At this time in my life, I am mentally, physically, spiritually, emotionally, and on all other levels, totally balanced."
3. Find the emotion(s), age, and experience and bring that awareness into the conscious mind.
4. Find the benefit of the emotion to the subconscious mind; i.e. to protect, punish, or other. Ask the client where they feel this in their body.
5. Ask at what level of healing the mind is holding about this issue.
6. Ask how many times this emotion has repeated this pattern.
7. Ask if this energy is located in the body or in a subtle energy field and can the energy location be validated with pain by touching.
8. Ask if a meridian or muscle is involved.
9. Ask the client what would it mean to no longer hold on to this emotion, energy, protection, or punishment.
10. Ask the body intelligence how to process the healing, i.e. NLP, hypnotherapy, brain integration, Gestalt techniques, age recession.
11. Process the healing and ask the body intelligence if there is another level.
12. Ask the client to think of the event and check for feelings in the body and any associated pain. Also check by touching pain location and muscle response.

Our experience indicates that any of these levels of healing can last from just a few moments to many years. Each of us have the ability to move up or down the levels of healing as we are triggered by the events in our life.

The advantage of using this powerful tool for healing is that it gives the client a sense of control along their journey of healing. Although it would appear we have no control over the events that come into our life, we do have the opportunity to choose the intensity and length of time we hold on to the emotions we develop in response to those events.

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Another Deadly Sin

by Nettie Meissner

Parasites can and do fake diseases. Lack of information is killing us. Yes, ANOTHER DEADLY SIN has come out of the closet.

At a recent California Medical Association meeting, one expert speaker told his professional audience that worms are the unsuspected and unrecognized causes of a remarkable number of illness. What's more, he said, most physicians are unaware of this fact, and the public, well, they know even less.

In research, what is most frequently found are parasites aggravating conditions or even causing them. PARASITES, what are they, do I have them, how did I get it, and now what do I do? In today's world we are so wrapped up in finding Cancer and Aids cures that we are overlooking one of the probable causes. The breaking down of the immune system! These ugly worms (scientific name - Helminth) range from microscopic amoebas to 50-foot-long tapeworms. What's more revolting is that there are more than 130 relatives. These monsters inside of our system can put extra burden on all organs and especially the liver that is already having a hard time neutralizing the affects of toxins in our food and air. Not only do we have our own waste, but the waste of these worms to deal with.

Also remember everything has eggs that they imbed into body tissue and can cause physiological disturbances. Your immune system is being sapped and that opens your body for more serious problems.

Diet wise, these worms love sugar. Remember that what you eat is feeding them also. It is worse than being pregnant. At least that case you know what the result will be. But with worms, they preempt your food. You are still left hungry. Consider this may be a part of your problem of the scales. Being skinny or heavy makes no difference.

Giardia Lamblia are generally found in the mountain areas; move over, they are now in the cities. It may be masked as Chronic Fatigue Syndrome, Candida, Influenza and many other afflictions. Once discovered by your physician, medication can be recommended. Personally, I

recommend colonic irrigation before each phase of your herbal cleanses. Products such as black walnut, cloves, and wormwood make a good combination. For more serious problems, use cranberry, garlic, capsicum and thyme, pumpkin seeds, plus a combination of goldenrod and goldenseal for liver detoxification. For eggs and other parasite residue, do a month of comfrey-pepsin supplement.

Another recommendation that's easy is Para-cleanse by Nature Sunshine. Before starting, do enemas, or better yet a colonic irrigation. Remember through all healing modalities, drink plenty of GOOD water. Take a packet of Para-Cleanse morning and night for 10 days, and 3 large doses of charcoal tablets in the next 36 hours to help with the big flush. (Charcoal takes the good and bad bacterial from the intestines.) Next follow with a week of Acidophilus. (This puts back the good bacteria.) Then another 10 days of the Para-Cleanse followed with colonics or enemas. Effective teas include Valerian, Chaparral, Wormwood/Tansy, Chamomile, Pau de Arco.

On a world wide basis, parasites outrank cancer as man's deadliest enemy. It is estimated that 200 million people are infected by these parasites and the ratio is 1 in 4 people are infected. The number of cases have doubled in the past 5 years. This is also partially due to our world wide travel, and the influx of immigrants from other countries. Here is a war story from a Health Convention. After a 2 hour period, 112 people entered the stalls in the restroom and only 60 washed their hands before leaving. Yes, at a Health Convention, people still don't realize the importance of cleansing the hands. Restaurants have been closed due to employees unclean habits that have passed parasites to customers. We often find a case of diarrhea, stomach or intestine cramps, slight nausea, trouble indigestion causing bloating, ulcers and tumors, allergies, diabetes, constipation (and the list goes on) will clear when a parasite problem has been eliminated.

Parasites will reappear, because you can't hide from them, so be aware and start the procedure all over again. We often do not relate this to unclean

handling of our food. Remember the good old salad bars that we love so much. Liver Flukes may be in your salad. The old swimming hole may be deadly because of dead animals, etc. Lawns harbor eggs of Hymenolepis. Rare beef parasites and pork tapeworms are moving north. Fish tapeworms are prevalent in the northeast. Barefeet invite hookworms. Veggies harbor roundworms. Pinworm eggs ride on air currents.

Animals carry over 240 infectious diseases, 65 by dogs and 39 by cats. The next time an animal licks your face, remember, you don't have all the answers. Worm your animals regularly, and keep their sleeping quarters clean. Your carpets have ugly dustmites, and your animals sleep on them. Never allow your animals to sleep in your sleeping quarters or in your kitchen. Never allow anyone to sleep directly on your rugs or carpets because of breathing in these germs.

Sleep disturbances about 2 to 3 A.M. caused by bloating, gas, itching around the anus, teeth grinding, nervousness, anemia, bowel problems, skin problems, extremes in weight problem are all contributing factors in the inability of the body to properly heal itself. Parasites get into the brain, spinal cord, eyes, heart, and bones and can cause particular pressure and obstruction in the pancreas, bile duct, and intestines. Chronic infection is produced by toxic waste in our body. White cells that normally combat microscopic pathogens cannot handle the overload and therefore pain and inflammation happens. During one of my appointments after my eye surgery, I naturally mentioned that I was giving a talk on parasites. The nurse stated that they have been seeing more and more cases of this enemy.

Death does begin in the colon. Our colon should completely empty every 18 to 24 hours with 2 to 3 bowl movements daily; otherwise HAZARDOUS WASTE.

CHEW YOUR LIQUIDS AND DRINK YOUR SOLIDS.

One Meal-Pastas with veggies and salads (Fruits between meals). Next Meal-Meat with veggies and salads (Grains all thru meal).

THE WHITER THE BREAD, THE QUICKER THE DEAD. FORTIFIED SIMPLY MEANS OVER PROCESSED AND A LOOK-A-LIKE IN PLACE OF REMOVED NUTRIENTS.

10 minutes a day, helps to keep down the medical bills. Don't wait for your physician to tell you the side affects of a simple medication. Go, look it up yourself and approach the nurse with your findings. I used tagament for stomach problems, and my gall-bladder almost stopped all function. The Touch for Health procedure was used for gallbladder testing. Much to my surprise when asked what I was taking, I confessed. Parasites were suspected to be the real problem, and I used herbs by Dr. Versendaal for weeks. Soon I noticed a great recovery. Each herb was tested by holding it in my teeth for a muscle test reaction of yes or no. Herb in mouth, use indicator muscle, and touch the intestine for sign of weakness. If muscle stays strong, great; if not keep on until you find the right combination of herbs.

These parasites may be the key to many diseases that baffle physicians every day and are now being connected with current auto-immune problems such as A.I.D.S.

A good health maintenance program of cleansing is suggested for both children and adults. Use common sense in your sexual encounters. Follow your first instinct about anything you touch or eat. Yes, I intend to scare you about your personal habits because I might get what you are harboring. If we take better care of ourselves, others will follow.

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Carpal Tunnel Syndrome Prevention and Treatment

A Non-Surgical, Drug-Free Approach

By Kate Montgomery

Statistics:

- Worker Compensation claims for repetitive stress injuries can cost up to \$50,000-\$100,000 per employee.
- OSHA estimates that by the year 2000, cumulative trauma disorders will account for 50 cents of each dollar employers spend on medical care.
- Between 1982-1990 repetitive strain injuries increased 700%.
- A study by the Labor Department said 3.2 million cases of repetitive motion injuries in 1989 were serious enough to cost lost time from jobs, adding up to 57 million lost workdays.
- The latest Canadian report on Ontario Workers Compensation states it could rise to \$52.5 billion by the year 2014, 69% above the current estimate.

What Is Different Today Than Back in the Days of the Old Fashion Typewriter?

The technological arrival of computers and higher technology appears to have undermined the biomechanics of the body. And our bodies were not prepared for it. The human body is a kaleidoscope of bones, muscles, nerves, organs and fluids all interwoven together as a whole to keep us functioning, breathing and moving. When the body is over-worked, over-strained and just gives out from exhaustion, it begins a downward spiral of ill health.

In the case of Carpal Tunnel Syndrome, the repetitive strain injury to the wrists and hands, its true cause lies in the over-used, over-worked, and over-fatigued muscles of the forearms and hands due to repetitive motion. The definition of CTS must be looked at through the whole picture, not just focusing on the pain in the wrist and hand. That is only a symptom not the cause. To treat it properly, one should understand the cause and how the body biomechanically functions.

Do You Experience These Symptoms?

- Increased occurrence of dropping objects.
- Loss of the sense of touch.
- Tingling and numbness in the fingers and hand.
- Loss of strength in the hand.
- Pain at night in the shoulder while sleeping.
- Pain in the wrist area.
- Pain in the elbow joint.

If you have these symptoms, then you may have carpal tunnel syndrome. Even if you don't elicit any of these symptoms, you could still be on your way to developing carpal tunnel syndrome.

What Is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is an entrapment and compression of the median nerve due to a structural and postural misalignment which leads to a muscle-strength problem in the hand. A median nerve entrapment can develop at many locations.— from the vertebral joints in the neck through the shoulder joint, descending to the elbow and ending with the final distortion and pain in the wrist and hand. See Figure 1.

In the 1990's, Carpal Tunnel Syndrome has become the surgery of the decade. This is unfortunate because not only is the operation very expensive, but it causes loss of the use of the hand for two to six months with no guarantee of post-surgical improvement. And in most cases, the surgery is only a temporary bandage that is dealing with a symptom instead of with the cause. People in occupations that involve forceful or repetitive use of the hands are at risk to develop Carpal Tunnel Syndrome.

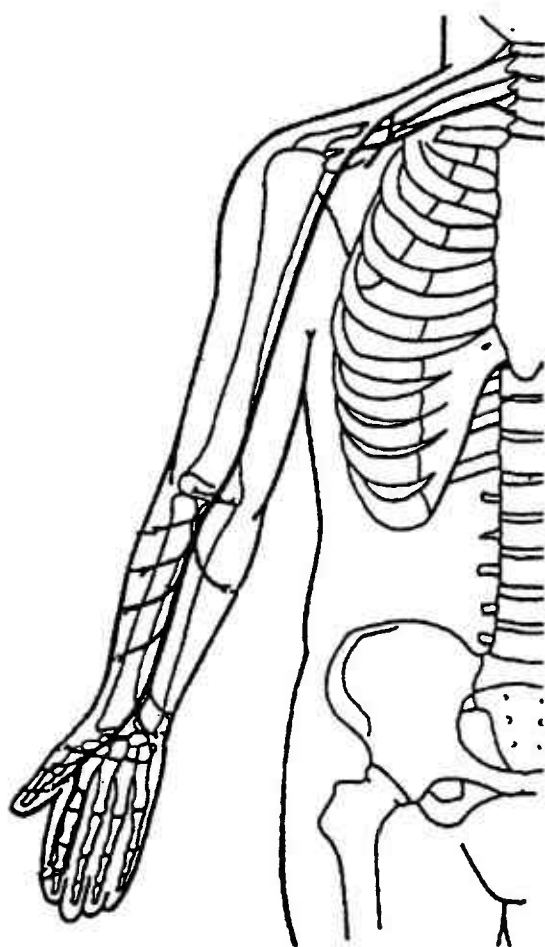


Figure 1. Median Nerve

How Does the Body Work as One Unit to Prevent CTS?

There are three systems working together to maintain function, harmony and balance without pain. The three are the skeleton, the muscles and the nerves. The framework of the body is the skeleton. It supports us and protects our delicate organs. The muscles are connective tissue made up of ligaments and tendons that connect the muscle bellies to the bones. The muscles are the shock absorbers. They feel our aches and pain when we over-work the body, whether it is through sport or job related activities. The next addition to this network is the nerves. They are the electrical system that allows us to feel sensations and to enable us to move. These three systems must work together in harmony for the body to function without stress, tension and pain.

The skeleton is anatomically and structurally sound and is designed to follow a perfect format

and design. So are the muscles and nerves. Each part must rely on the other to be in perfect alignment so balance will exist. When the skeleton is in the proper alignment, the holes the nerves go through would be fully open so that the electrical conductivity is 100%. That would allow the muscles to receive the signals needed for the strength they need to function at 100%. Last, is the care and feeding of the muscle. Over-worked and over-exhausted muscles resort in muscle spasms, trigger points, pain and what I call dead muscles, simply refusing to move. Muscles need to be touched, nurtured, fed and loved to bring them back to life.

Is your job creating stress on your wrist and hands?

In today's world, many careers create stress on our elbows and wrists--from the very technically advanced to the most routine job.

Are you the grocery clerk who repeatedly waves your hand over an electronic eye? Are you a waitress who carries heavy trays, hyper-extending your hand? Do you scrub floors while leaning on the opposite hand? Are you a computer programmer, dispatcher for the sheriffs department, a baker, a butcher, a musician, a massage therapist, a quilter/knitter, a cyclist, an airline stewardess, a student who carries heavy books, a mother carrying her kids? The list goes on and on. All these careers, and more can lead to Carpal Tunnel Syndrome.

Short of stopping the activity that aggravates the condition, Carpal Tunnel Syndrome can be prevented or improved by alleviating muscular tension through a health maintenance program and redesigning tools, workstations or job tasks.

How Can You Determine If You Have Carpal Tunnel Syndrome?

Applied Kinesiology techniques (muscle monitoring) is a bio-feedback system. It is a system of evaluation to increase the performance of the body. It is a unique tool in the healing arts to accentuate recovery.

By using applied kinesiology techniques you can determine the grip strength of the hand by assessing the muscular strength of the thumb and little finger and misalignment of the elbow joint.

Testing procedure:

- Place the pads of your thumb and little finger together, palm side-up, and have a friend try to pull the thumb and little finger apart.
- Place the pads of your thumb and little finger together, palm side-down, and have a friend try to pull the thumb and little finger apart.

In both tests, if the fingers come apart easily, you may have a misalignment of the bones in the elbow and wrist joint. This is a sign you have Carpal Tunnel Syndrome.

Things You Can Do:

Beginning with correct posture and utilizing acupressure points and neuro-lymphatic reflex points for the upper body can help to maintain the balance of energy in the muscles that can affect CTS.

Correct Posture at a workstation starts with sitting up straight with proper support along the spinal curve.

1. **Back** tilts slightly backward to increase the space between the torso and the thighs; thighs are at right angles to the torso.
2. **Shoulders** are down and slightly backward, stress free.
3. **Arms** are relaxed.
4. **Forearms** are at right angles to the floor.
5. **Wrists and Hands** are in a neutral position, supported and slightly elevated.
6. **Feet** should be flat on the floor or on a footrest.
7. **Head** should be erect with the eyes directed slightly down (approximately 15° below the horizon) to view the computer screen.

Correct posture allows for increased blood flow throughout the body and reduces spinal compression.

The Lymphatic System is known as the cleansing system of the body. It helps to filter out and dispose of toxins and poisons that accumulate in the body. The lymph system is continuously detoxifying the body and strengthening the immune system. It is composed of nodes that are made up of a network of vessels, capillaries and

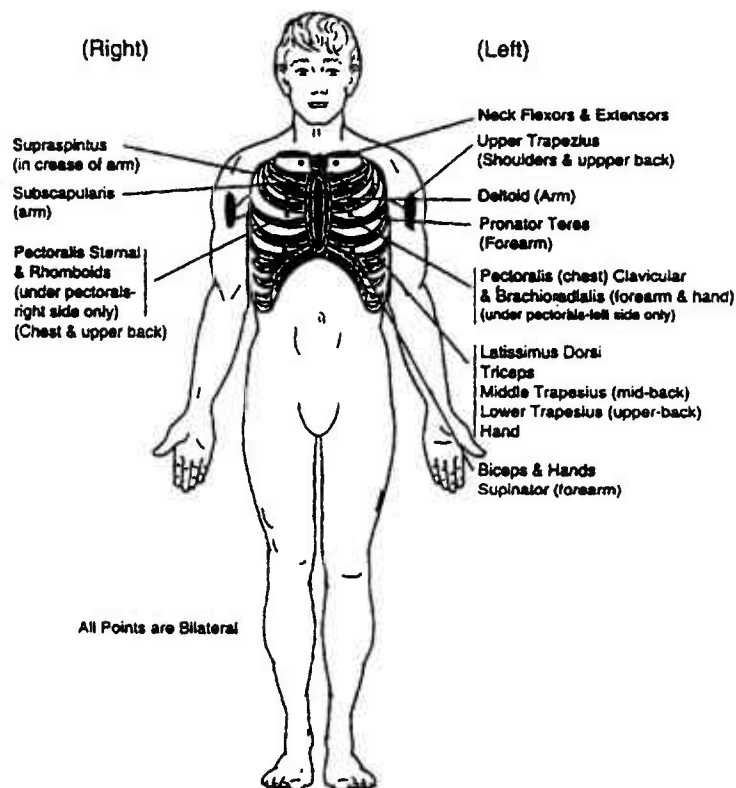


Figure 2. Upper Body Neuro-Lymphatic Reflexes

ducts. Sore and fatigued muscles are a sure sign that the lymph system is clogged up. Every muscle has an associated neuro-lymphatic reflex point. By rubbing these points firmly and deeply, 1-5 minutes, or as long as it is needed, you can alleviate the pain and soreness by decreasing the inflammation in the affected area. Refer to Figure 2 for the location of the neuro-lymphatic reflex points for the neck, upper back, shoulders and hands.

Acupuncture Points can be used for further relief:

1. **Large Intestine 4.** Relief on contracture and pain in the arms, hands and fingers. Relief of pain involving strains and sprains. Moves blood and energy.

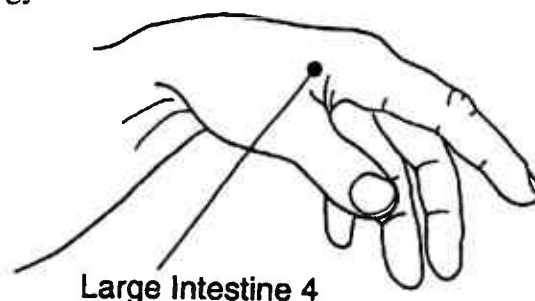


Figure 3. Large Intestine 4

2. **Baxie Points.** For the relief of spasms and contracture in the muscles of the hand. Increases circulation, decreases swelling.

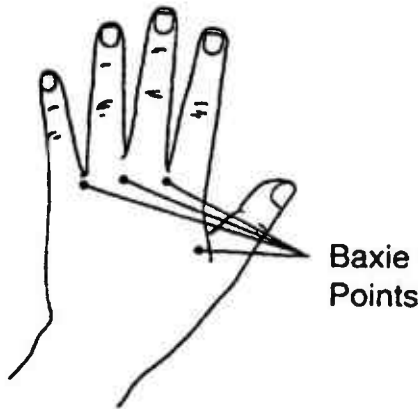


Figure 4. Baxie Points

3. **Triple Warmer 4.** Increases energy. Relieves pain in shoulder, arm, wrist and hand.

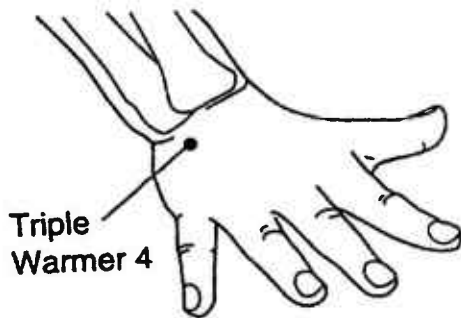


Figure 5. Triple Warmer 4

For each of the points above: Locate point. Press and rub firmly for 10 - 30 seconds or as long as needed to achieve desired results. Relax and breathe slowly and deeply.

4. **Pericardium 6.** For relief of pain and contracture in the elbow and the arm.

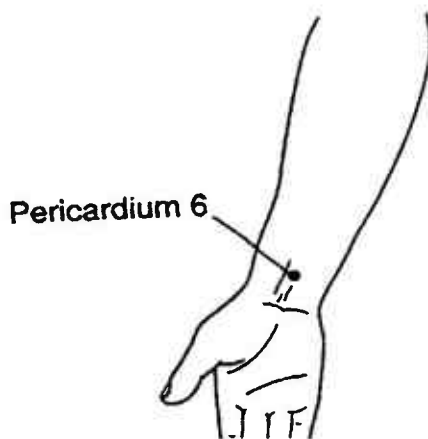


Figure 6. Pericardium 6

5. **Heart 7.** Relaxes the muscles.

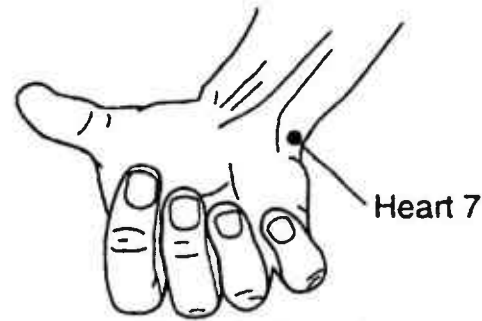


Figure 7. Heart 7

Locate the point. Hold lightly and gently massage. Breathe into this point slowly and deeply. Hold for as long as needed to achieve desired results.

The key to preventing CTS is a consistent maintenance program of massage therapy and daily self-alignment techniques to maintain harmony and balance in the joints of the elbows and wrists. Along with stretching, strengthening exercises and nutrition, this program would prevent carpal tunnel syndrome and teach you about maintenance of the body.

Kate Montgomery, certified sports massage therapist and health educator and healthcare consultant in San Diego, CA. She is the author of Sports Touch/The Athletic Ritual and Carpal Tunnel Syndrome/Prevention and Treatment.

To order Carpal Tunnel Syndrome/Prevention and Treatment please write:

Sports Touch®
P.O. Box 229002-155, San Diego, CA 92122
or call at (619) 455-5283.

Inherent Healing Intelligence

by Mary Louise Muller, M.Ed., RPP, LMT

Abstract

We will combine understandings from basic Kinesiology, Cranial Integration, and Peter Levine's Somatic Experiencing™ to learn simple ways to connect with Inherent Healing Intelligence. This work addresses the core of any healing process. Understanding and using it will transform and deepen your work.

As kinesiologists, we are in constant communication with the body through muscle feedback. We tune into the natural healing intelligence which tells us – what imbalances are present, what priority is first, how to help the system clear issues and whether the system has shifted.

This is a remarkable tool to help balance this amazingly intelligent system. In this article we are going to share some visions of the intelligence that creates healing in the human system and how we can support it.

William Garner Sutherland in his *Teachings in the Science of Osteopathy* states, "Within that cerebrospinal fluid there is an invisible element that I refer to as the 'Breath of Life'. I want you to visualize this Life Breath as a fluid within this fluid, something that does not mix, something that has potency as the thing that makes it move.... Visualize a potency, an intelligent potency, that is more intelligent than your own human mentality..... It is something you can depend upon to do the work for you. In other words, don't try to drive the mechanism through any external force. Rely upon the Tide."

In cranial work, there is a very gentle way of being with the client. As Franklyn Sills states in his cranial training, "The more advanced you get, the more you are able to sit and appreciate the system while it does the work itself." This is a fascinating concept. How many of us feel that we have to "fix something", "have to have a specific result"? The concept here is that when we do less, we create more support for the system to use its own intelligence to facilitate its own balance and healing.

A simple balance I use with clients both in session and for homeplay is "flagging". The idea comes from the cranial work of Solihin Thom. It is based on the concept of allowing the natural healing intelligence to do what it needs to do.

The Flagging Process

Choose an issue you would like to work with. It could be a body symptom, an emotion, a relation-ship. When you think of this issue, notice where your attention is drawn in your body. Place an imaginary flag or flags in that location and wait. When that area no longer draws your attention, go back to the original issue and see where your attention is drawn next. Repeat this flagging until the issue seems clear.

Optional Balance Format for Flagging

Get a clear indicator muscle.

Check and clear for switching and central meridian reversal.

Check and clear for dehydration.

Ask the body for a priority area or issue to flag.

Muscle check for stress response on area or issue.

Find % NEC, %PEC.

Do flagging process until it tests complete.

Muscle check for stress response on area or issue.

Find % NEC, %PEC.

Somatic Experiencing

Another artful use of natural healing intelligence is in Peter Levine's *Somatic Experiencing* work. Peter works with helping people resolve the effects of trauma in the body.

Peter's work makes a significant contribution in that it addresses an area we all encounter, but do not know how to handle well-clients who get in spaces where they are very stuck and feel helpless. Peter has coined the phrase "trauma vortex". A trauma vortex is a spiraling state that occurs when an old trauma has been restimulated and is overwhelming. The three symptoms of the

trauma vortex are hyperagitation, helplessness and dissociation.

Some of us live in some degree of this state most of the time. Peter helps the person to resolve the effects of trauma by creating safety, containment and resource. In this space, he helps the client stay with sensation or "felt sense" so the "healing vortex" can become activated and strengthened. The healing vortex is the body's natural inner resource for healing. When strong and active, it interacts with the trauma vortex to resolve the issue in a gentle, step by step manner. This process is called "Titration" and is the gradual accessing and assimilation of body sensation and feelings so the nervous system can adjust to each level of excitation.

Felt Sense Process

"Felt sense" is based on Eugene Gendlin's focusing process and is used in Peter Levine's Somatic Experiencing.

To practice being with sensation sounds simple, yet we need to consciously choose to do it, for it is not our usual habit.

Sit, stand or lie and make yourself comfortable. Notice what sensations you have in your body. If the thought is "nervous", ask yourself what sensation you notice that brings you to say "nervous". Some sensation words are warm, cold, tingling, shaking, buzzing, whirling, empty, full, thick, dense, pain, ache, light, open.

Continue to notice sensation. When you have a judgement about a sensation or an emotional label for sensation, notice that you are labeling, judging and go back to simple sensation. Notice how the sensation shifts.

One important thing to know about working with trauma issues is that the types of balances and techniques that might heal developmental and other issues can possibly aggravate and deepen a trauma issue. The healing is at a level of physiological completion. As Peter says, he works with trauma renegotiation process "which distinguishes the re-working of a traumatic stress response from the so-called "reliving" of traumatic memory. When induced in therapy, such "relivings" are often retraumatizing."

In my own experience with a frozen shoulder, my favorite tools of kinesiology and craniosacral therapy were unable to facilitate healing. I then turned to chiropractic, acupuncture and psychology. My shoulder continued to get worse until I was introduced to Peter's work. This trauma based issue was unlike others that I was used to healing. The hyperagitation, the sense of helplessness and the confusion that came with the sense of dissociation easily spiraled and worsened. Only through a deeper understanding of the the body response to trauma and the sensation, physiological resolution oriented approach was I able to heal.

This somatic experiencing tool and understanding can help us all. We can integrate it into our kinesiology menu as both a pre-check (trauma issue, level of hyperagitation, helplessness, dissociation) and a balance technique (trauma renegotiation process, felt sense, containment, safety, resource).

Also we can work with felt sense when it naturally arises during a balance.

We can help our clients to complete inner processing by staying with sensation cycle until it completes.

I am happy to answer questions about the use of these techniques and would also be happy to hear any results or feedback you have about them.



Mary Louise Muller is the author of two books on topics related to specialized kinesiology, developer of two integrated kinesiology curriculums, and past president of the TFHA. She may be reached at:

39582 Via Temprano, Murrieta, CA 92563, USA,
phone and fax 909-677-0652.

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Murray's Affirmations Revisited

by Marge Murray

When my affirmations were first printed in the 1988 edition of the annual papers, the first section was omitted. There is an interesting story as to why these were developed and how they are used. I am going to fill you in on this part.

For most of my life, I had been diagnosed as mentally ill. The first diagnosis was hypochondriac, the second was schizophrenic, the third was manic - depressive and today, they call it bi-polar. I didn't care what they called it, I knew I was not going to live my life this way. Deep down inside, I just knew it.

I had opened a health food store in 1973, thinking that food was the answer to my problem. This helped a little bit. I took the Instructor Training Workshop in 1980 as a result of a lawsuit that the medical profession had brought against my husband. This helped a little bit.

In 1985, a virtual stranger paid my way to the TFH Annual Meeting in San Diego. He said it was karma that he owed me from another life. I had not heard of karma, but I was too poor to pay my own way to California. My store was in a small town of 4000 in central Wisconsin. The \$10,000 that it produced as income was barely enough to feed my three children. So I said "YES!"

That year, Dr. Dennison was offering all his workshops together. I knew that I would probably not get a chance at more learning, so I saved pennies to have the fee and took it. In that class, I had the good fortune of working with Barry Sommerfield from Australia.

We came to the end of the class with a task from Dr. Dennison to do a big umbrella goal. Barry and I were tired of doing educational goals, so we decided to do something different. But what would it be? He looked at me and said, "You look like you could use a better self esteem."

I felt naked. I knew that, but no one else was supposed to be able to see it! It took me several moments to recover and stuff the embarrassment inside. I said, "OK, but we have to add another part to the goal. If we are going to be that drastic, I want to see what this will do for my heart."

Because I had taken so many drugs for the mental illness, I had an arrhythmic heart.

We began the procedure that we had been taught. Wayne Topping had presented his paper on eye rotations at the meeting, and during the correction, Barry wanted to try them to see what would happen. I began to follow his direction with my eyes. When they got into the up left position, I burst into tears and began fighting with Barry, trying to push his hands away. "Let me alone. I don't want to come. I'm not ready yet!" I cried. What seemed like a long time to me later (Barry said it was 30 seconds), I sat up and smiled.

"What happened?" everyone asked, because the rest of the class was around us by now. "I was being born and I was forced to come early," were the words out of my mouth. I heard myself say them, but I hardly believed it. Still, somewhere deep, I knew that was what happened.

As a manic-depressive, I was very critical and judgmental in my manic state. I was set off by almost no stress at all and had to have careful control over my environment. That included food, sleep and all the people around me. Everything had to go according to my expectations, or I would become uncontrollably anxious. My trip home after the correction was anything but without stress.

Our plane was going through Denver. Because there were tornadoes in Denver, we were kept on the ground in San Diego for five hours. I had nothing to eat which would usually set off a manic episode. Finally, we arrived in Denver at 10 PM. Our connecting flight was gone, of course and the lines of angry people were longer than you could imagine.

As my benefactor and I waited for a half hour in a line we were sure would take three days to process, we decided to put our heads together (literally) and think "Milwaukee". Suddenly a voice came over the loudspeaker asking, "Are there any Milwaukee passengers in the line?" We were at the desk immediately!

At the desk was an Indian boy from the Oneida tribe. He was sobbing. He looked like he was 18, but they told us he was 12. His Father had just been killed by his uncle and he needed an emergency escort. They were holding a Frontier jet that was bound for Chicago, but had agreed to continue to Milwaukee. It had been waiting with it's passengers since 5 PM for him. Would we agree to get him to the gate and accompany him to Milwaukee? You bet!

The gate was at the farthest point from where we were and we had fifteen minutes to run. We all grabbed hands and ran. When we arrived at the gate, there was a physical fight going on between an airline employee and a Chicago bound man. He wanted to get on the plane. We were rushed past the melee and they locked the entrance door behind us.

There were four empty seats on the plane. My companion dove into the first one he saw. A burly man picked him up and threw him out. "I don't want you next to me," he yelled. He pointed at me. "I want one of that gender!"

I buckled the boy into a seat and sat down next to the man. On the other side of me was a Catholic priest. "You have a devil in you. Don't worry. I know how to do exorcism." He offered.

The people on the plane had been given only a bag of peanuts since 5 PM. It was now 11:30 PM. It was hot and stuffy. We began to move away from the dock. The pilot came on. "Ladies and gentlemen," he said, "I have good news and bad news. The good news is, we have clearance to leave. The bad news is, there are 45 planes in front of us."

The burly man next to me began to shout vulgarities at the pilot. A flight attendant rushed up. "If you say one more word, we are going back and throw you off. Threatening the pilot is a federal offense," he growled. I could hear people around me begin to cry softly. I slipped my arms around the burly man and whispered, "You need a hug! He immediately melted into my arms and was quiet.

This was the first time I had to reflect. Why was I not deep in a manic episode? Where had the anxiety gone. Why was I not passing out? How could I be handling things as well as I was? Why was everything going right for a change? Could it have been that balance?

We arrived in Milwaukee at 4:30 AM, without luggage of course. My keys to the building where

I was to have a class at 8 AM that morning were in my suitcase. We had the class in someone's home.

Over the next days and weeks, I continued to marvel at my behavior. I seemed to have complete control over it. The only thing I could not do was stimulate a manic episode. I could not believe that they were gone, and tried for at least a year without success to make them come back.

The goal sheets that you all know as my affirmations seemed to be the reason for this change. We know from quantum physics that a thing that is observed produces a change that is irreversible and observable. Using goals and muscle testing observes things in ways our conscience mind cannot. It recalls the forgotten past out of our subconscious and inherited memories out of the body. The greater the goal, the greater the result.

However, in my experience using goals, I knew that the body would not respond if the goal were too scattered. What is the biggest goal that we can use that is focused on one thing? Since a meridian controlled so many things, I used it. And it works in powerful ways. There may be stronger goals than these, but I have not found them.

I have built my practice around the goals. It seems that people do not get as good a result if we do them too fast. It seems that the emotional and spiritual change right away. The physical and educational take four to eight weeks. And the relationship and financial take up to three years, but they also change. So we allow and average of six weeks between balances.

The physical parts of the goals are based in biochemistry. The educational comes from my experience as an elementary teacher. I have had a lot of experience in Bible counseling, both as a seeker and a counselor, so the emotional, spiritual and relationship goals are based in the bible.

Usually when people are using these as goals, there is one more thing to add. We find out the area by asking physical, etc. When we discover the area and use the issue as the clue, the person has no trouble knowing what the goal is.

Since these affirmations or goals have been published, people from around the world have used them in many different ways. I am grateful for all the ways others have discovered to use them. Now it is my turn to show you how I use them.

1. Ask the body for the priority goal for today. When you find it, you may want to laugh at the way the body had been getting ready for it. The person may have many of the "symptoms" described in the goal.
2. Set the goal in.
3. Do the desired balance. I prefer PKP and you may choose any balance method you are familiar with. I also use the dimensions from Edu-K.
4. Re-check the goal. Ask the person how they feel that is different.

Set another time for the next balance in six weeks if they choose to have another. Review what has changed between the sessions.

Goals for Meridians

Following is a list of the goals for the meridians, AKA affirmations:

Spleen-Pancreas: Assurance and Confidence

- "I relax and do my best"
- "If I don't worry, I'll die"

Stomach: Contentment, Feeling Blessed

- "I am content and blessed"
- "My needs can never be satisfied"

Lung: Humility

- "I am humble"
- "No one can teach me anything"

Large Intestine: Release, Letting Go

- "I joyfully release the past to have space for newness"
- "I hold on to what I no longer need"

Kidney: Action Taking, Decisive

- "I love being alive and doing things"
- "I am afraid to be alive and move"

Bladder: Inner Direction

- "I am in charge of my life"
- "Others control me"

Liver: Transformation

- "I welcome beneficial change"
- "I want to stay the way I am"

Gall Bladder: Choice Making

- "I always make a beneficial choice"
- "I can't make a beneficial choice"

Circulation-Sex: Being Responsible, Forgiveness

- "I take responsibility for myself"
- "I blame others"

Triple Warmer: Balance, Harmony

- "Everything works out right for me"
- "Nothing ever works out right for me"

Heart: Self Esteem

- "I like who I am"
- "I am a stranger to myself"

Small Intestine: Assimilation, Equality, Joy, Nourishment

- "I learn from all my experiences"
- "I block my learning"

Central: Success

- "I want to be a success"
- "I want to be a failure"

Governing: Supportive

- "I accept myself as I am"
- "I am competitive"

Belt: Communication

- "I Listen to what others are saying and feedback"
- "I don't know what to say"

Vital: Desirable

- "I have charisma"
- "I repel good attention, I attract negative attention"

Regulating Inner: Trust

- "I trust myself and others"
- "I am jealous, irritated and frustrated"

Regulating Outer: Courage

- "I am courageous. I can go on"
- "I hold back and keep to myself"

Mobility Inner: Harmony

- "I harmonize with good"
- "I am uneasy and uncooperative"

Mobility Outer: Calm

- "I am calm and confident"
- "I am nervous"

For a full set of the details of the goals, see the TFHA USA or contact

Marge Murray
N81 W15062 Appleton Ave
Menomence Falls, WI 53051

The First Polish ITW, March 1994

by Paula Oleska

Tadeusz, a tall trim man, is standing in front of the class feeling nervous and haltingly explains the theory of five elements. Then he instructs them how to use it for balancing. When the students follow, he sighs with great relief. "All my life I preferred to stay in the background and let others take charge," he says. "Maybe that wasn't such a good choice. I think I'll be teaching classes now."

Tadeusz is 86 years old. He is one of the 17 participants of the first Instructors Training Workshop in Poland. Out of about 70 people there who took TFH 1, 2, and 3 from me during the last two years, these individuals chose to commit the time and money (almost a full month salary by Polish standards) and to come to this village of Opolnica from all over Poland to become instructors and spread their fascination with TFH. They all have their miracle stories to justify their interest. Krystyna, for example, helped a man who was diagnosed with a lung tumor. After several sessions he started to cough up pieces of it and eventually x-rays showed he was clear.

These people are very committed and work really hard. In fact one of my big tasks is to help them relax and experience that learning (and TFH and life) do not have to be so hard. They grow visibly more relieved daily. They finally believed me that there would be no exams and that no one would fail.

And the class becomes fun. They love playing games, especially "the twister" which in Polish we call "the pile." They love the kinesthetic way of learning and the safe environment.

Note: Twister is a game wherein each participant touches a muscle on one person with one hand and another muscle on another person with the other. As the caller calls out muscles and hands, the group twists into interesting shapes, since one cannot have both hands on one person. An excellent way to learn the location of muscles.

The house we are staying in adds to the fun atmosphere. It feels like a dorm, with people popping in and out of each other's rooms, gathering in small groups to "cram" or tell jokes

till dawn. The buzz of conversations is spilling into the hallways. Sometimes everybody hangs out in the classroom downstairs to sing with a guitar. But tonight everyone is "cramming." They are preparing for their big day: teaching a real class, with real people in it. (We call them "guinea pigs".)

The big day is Saturday. They are all very nervous; tense faces, shaking hands. Some forget everything they have learned. Some shine. They have a chance to learn from each other now. At the end of the class – lo and behold! – the "guinea pigs" can actually balance some muscles. They feel relief from various aches or stiffness and they want to learn more TFH! The instructors taught a good class.

When we discuss the results, Olga sums up what needed to improve: "We were so nervous. We wanted to look good. What we need to do is help our students look good!" Everybody smiles and relaxes – now they really "got it."

After dinner we celebrate with an evening of singing. I sing, we all sing. Tadeusz (the man from the beginning of our story) surprises us by singing duets with his wife, Marysia, 82, also tall and trim, a retired executive of a large state factory. (Marysia has also been the head TFH coach for the last two years, having been the first to memorize the material, and has been helping her classmates tremendously.) They tell us a story of how his singing saved Tadeusz's life in a concentration camp.

In Poland everybody who is over 48 (almost everyone in this group) has lived through the horrors of World War 2, and has their own stories to tell. But neither that nor the harsh years of communism dampened their spirits. And this ITW helps bring them out. They become more alive. They learn to communicate, to follow a new path by establishing their business. They become new people.

When we explore communication skills, they discover that having helpful intentions often does not prevent one from blocking the communication by preaching, commanding and comforting. We discuss how being helpful often disables the

receiver of help. They discover with amazement that listening is an art that takes a lot of skill – and that if their partner listens to them correctly even for a few minutes they can solve their own problems. Good communication skills can actually restore autonomy!

When it comes to conflict solving, they struggle to form “non-blaming descriptions of the other person’s behavior” and realize that blame sneaks in through the back door as sarcasm or hostility. There are almost no models for non-authoritarian communication they can think of. They feel very excited about transforming communications within their family and professional environment.

When it comes to marketing, we need to overcome the legacy of communism, a distrust of financially successful people (“they must be crooks”) and a thwarting of individuality. Also, since everything used to be owned by the state, there was no need for marketing. As we cover the step-by-step process of building a business I can see the lights go on in their heads. They enthusiastically brain-storm in small groups to create their own business plans. So much enthusiasm! Poland, watch out! These seventeen people of all ages and professions have designs on you. And now they also have their (hard earned) diplomas. They are ready to move into action.

As I fly back to New York a few days later I look back at their glowing faces and each one’s

unique contribution. I think of Adam Kolacz, who has kept TFH alive in Poland by himself for several years and has made all my classes possible in his center. Of his wife Ania, quietly working behind the scenes to make sure everyone is taken care of. I do feel taken care of. They have become dear friends. And as they drove me to the airport through a hailstorm, we were already making plans for future classes.

I am very happy and proud to have worked with all of those people. To kindle their enthusiasm, to help them find a new meaning in life, to share in their excitement. They are very grateful and they show it. So even though financial rewards are negligible (because of the rate of exchange of the Polish zloty to a dollar), the emotional rewards are tremendous. And the sky is the limit.

As the plane approaches New York, my home, I give them all an imaginary hug and wish them a “broad road” – that is what we say in Polish in the beginning of a journey.



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P.O. Box 2102, Cathedral Station
New York, New York 10025
(212) 864-4507

Sea Essences, Acupuncture, & Kinesiology Medicine for the 21st Century

by Sabina Pettitt, M.Ed., L.Ac.

Sea Essences are subtle energy imprints of plants and animal life from the ocean which restore balance and harmony to the Body/Mind. They are prepared in a similar manner to flower essences, but no life is destroyed in the process.

Like other subtle energy remedies the effects of Sea Essences can be physical, emotional, mental or spiritual. However, their unique contribution to the field of vibrational medicine is that they impact directly on consciousness, often bringing to the surface deep patterns which have been held in the unconscious. In this way, Sea essences are particularly helpful in exploring aspects of being which have been hidden from awareness. Each Sea Essence carries its own unique vibration and has the ability to impact on energetic disturbances in the human energy field which are the precursors to dis-ease. Each of the first 12 Sea Essences works directly with a corresponding channel of Chinese medicine.

For over 5000 years, Traditional Chinese Medicine has viewed the human being as a network of interacting energies. The source energy is Qi, the motivating force underlying all of life. This life force manifests as the energy flowing in specific organ related pathways in the physical body. When these energies are functioning optimally, a state of health is maintained. Predisposition to dis-ease, and disease itself, shows up as imbalance in the energy flows of these channels in the physical.

In Chinese medicine the human being is not merely seen as a physical machine, but as an energetic phenomenon which incorporates the physical, mental, emotional, and spiritual.

In fact as we in the West begin to explore, and take tentative steps towards, holistic health and complimentary medicine in the latter half of the 20th century, we only have to look to the East to discover a health care system whose foundation is precisely based on a philosophy of the whole person.

In my work with essences and acupuncture it is clear to me that both of these healing modalities also incorporate a fundamental aspect of western medicine – homeostasis, the body's natural tendency to maintain balance and harmony among all its systems. When this harmony is disturbed, illness occurs. The goal of western medicine is to restore that harmony in the physical. The goal of acupuncture and essence therapy is exactly the same except that both of these disciplines acknowledge and directly impact on the network of energy which surrounds and permeates the physical. With both essences and acupuncture we are able to address a much broader perspective of homeostasis which includes not only the physical, but also the mental, emotional, and spiritual aspects of the client, as well as consciousness itself.

Through Kinesiology and Acupuncture we have found 12 Sea Essences whose vibrations from the sea can be used to support multi-dimensional homeostasis. By using the basic Touch for Health 14 muscle balance we will show how one sea essence administered orally can strengthen the particular muscle with which it resonates in a similar manner that the neurovascular and or neurolymphatic points strengthen that muscle. For example, a drop of Jellyfish essence on the tongue will strengthen the subscapularis muscle in moments. The essences for each of the 12 bilateral meridians are shown in the table on the next page.

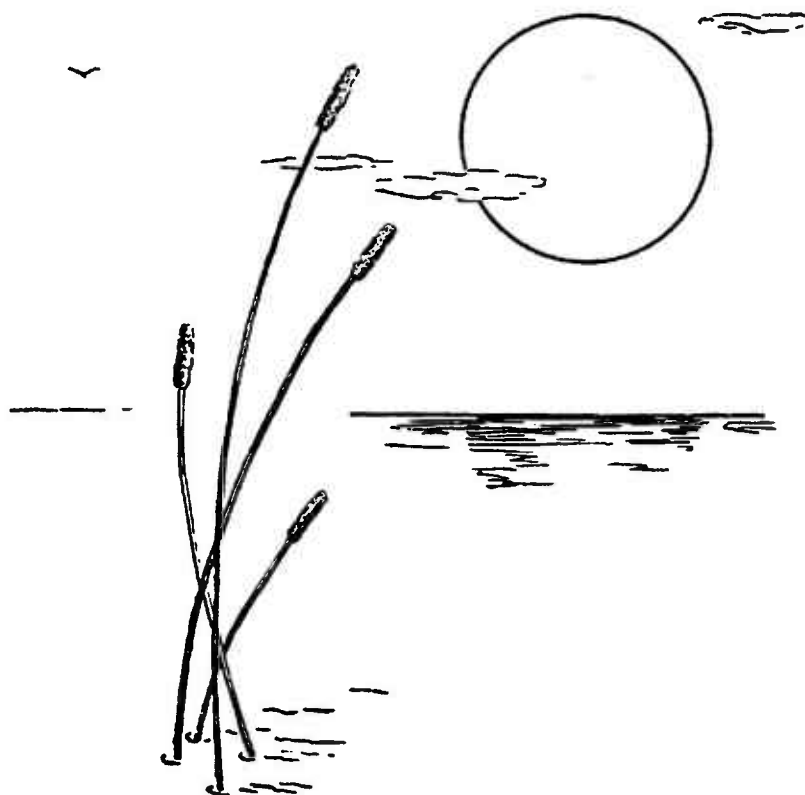
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Sabina Pettit co-founded the Pacific Essences company, dedicated to exploring the therapeutic value of plants of the Pacific Northwest, in 1983. She published her first book, *Energy Medicine*, in 1993. She practices out of Pacific Acupuncture and Holistic Health Clinic and may be reached at: P.O. Box 8317, Victoria BC V8R 3Z9

Table - Meridian & Muscle Correlations According to Kinesiology

Meridian	Muscle	Sea Essence
Central	Supraspinatus	
Governing	Teres Major	
Stomach	Pectoralis Major Clavicular	Sea Palm
Spleen	Latissimus Dorsi	Urchin
Heart	Subscapularis	Jellyfish
Small Intestine	Quadriceps	Barnacle
Bladder	Peroneus	Brown Kelp
Kidney	Psoas	Surfgrass
Circulation Sex	Gluteus Medius	Pink Seaweed
Triple Warmer	Teres Minor	Moon Snail
Gall Bladder	Anterior Deltoid	Mussel
Liver	Pectoralis Major Sternal	Anemone
Lung	Anterior Serratus	Sand Dollar
Large Intestine	Fascia Lata	Starfish

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Combining Aboriginal and Non-Aboriginal Perspectives of Wellness

by Carole Pierce

Before I get into what I do, let me tell you a bit about who I am.

Firstly, I am not a Healer. What I am is an Assistant to a person's Higher Power. I work with that Higher Power toward the well being that is in the best interest of the person I am working with. That has to do with that person and their Higher Power, It is not my place to interfere in that matter.

I do not believe that any one or us is a healer, or we we would all be omnipotent. I therefore do not use that term in regard to myself. I believe each one of us has the ability to nudge another's body so that each one's higher power can work together toward the level of health that is right for the person concerned.

Secondly, as a descendant of a Cree Medicine Woman, and one of the original Barefoot Doctors, I have been the one in my family *chosen* by the Elders and the Old Ones to carry on their work. It is not something *I* chose to do. This means that much of my training has come from the other side. It also means that, inspite of myself, the knowledge, skills and talents have been given me and the learning on-going.

Everyone is born with the natural instincts to do what is in their own best interests and well being. However, many adults are uncomfortable with the unexplained, often responding in a negative way. They deny, they laugh it off. The result of the negative responses that we get from others or give to ourselves, often from our early childhood, is to push these natural talents and skills to the back of our psyche, where we lose touch with them.

It is not to late to redevelop these attributes. Just follow your natural instincts. You can question this later. Do not expect quick answers. Listen more to learn more. If you are lucky, you may even learn the "why's", but, do not count on it!

I use whatever comes when I work with another, I cannot use my abilities on a whim. They come to me, though some are literally at my

fingertips. Not everyone I work with is open to hearing what I have to say, nor are they willing to follow suggestions. This is their choice, one that I must respect.

There are some things that are not for everyone to know. I am therefore sharing only the knowledge I have been given permission to tell. I ask, in turn that you not take what I say as the "be all – end all". What I share is what is right for me, and may not be right for you or your client. Take and use what feels right. Feel free to use a bit here and a bit there. do not be afraid to mix and match. EXPERIMENT! GO WITH YOUR INSTINCTS! And be sure to Protect yourself from taking on that which is not yours to carry. Above all, respect the needs of yourself and your client.

The following tools are shared with you so you might enhance the work you are doing.

Protection

The purpose of protecting yourself is to ensure that you do not take the woes and cares of others that do not belong to you. I use a variety of means to protect myself, depending on availability and circumstances. I may use smudge, candle, water, an/or prayer. I will use them before and after working with someone.

Vibes – Messages

What is a vibe or message to you? Do your hands sweat, burn, ache or throb when you are touching a person or object? Does an article talk to you? Everything is a living entity, and therefore capable of giving us messages on some level, if we open ourselves to receive them.

I use both vibes and messages, since I any get one or both from any given item – or, I may not get either. Let me try to explain what the difference is for me.

I am massaging your back, and in certain areas my hands start to burn. For me this is a vibe from the specific area of injury. Now, as well as getting the burning, I see a specific overall colour. This is a message.

Let us say you pass me an article to look at. My hand may throb, get wet, burn, etc. – these are vibes. Maybe I see a colour, maybe I take on your pain, or maybe I start talking about something we have never discussed. These are messages sent to you from your Old Ones and are not from me.

Colour

This is not something I can see on a whim, although I am able to use the intent at any time. I do not question this, only try to explain the colour as best I can. If it is a colour that is very difficult, I will try to find something that reflects the colour.

When I speak of colour, I am not talking of "auras", which is something I know nothing about. If a particular colour is needed by the person for their own well being, I will see it very clearly, and I share the information with the person in a way that is acceptable to them. If the person is open to this, you may want to suggest that they focus on the colour that a part of the body needs to heal itself. They may not 'see' the colour, the 'intent' is often enough. If the person is not open to this, I silently focus "throw the colour that is healing for this person". I do not focus on a specific area, as the area I am working on may not be where the extra help is needed. For the same reason, I do not focus on a specific colour. During these times, If I do not see colour, then the intent is enough. If I do see colour, it is a message that they need extra help which can be received by wearing this colour. I SUGGEST they wear the colour as close as possible to the area concerned. You may be surprised to learn that the person recently bought something in that particular colour, saying. "I don't know why I bought it in that colour, I don't normally wear it." This is their own Spiritual Guides offering help. Sometimes what is right for you is not right for your client.

Stones – Crystals – Material

The clear crystal seems to be a 'magic' item for many people and in some cases is used as the 'be all - end all'. Crystals come in many colours and are used for many purposes, but they are not for everyone. I work with crystals and other stones, both in various colours and in polished and natural states. Again, you need to learn which is right for you as do the clients with which you work. In this manner. I have added 'material' because the colours are readily available and it is

easy for a person to obtain and wear. I suggest that you use a natural cloth which is easier for the Spirits to work through.

One way that I let person find their own balancing colour and stone is to have a selection of stones, semi-precious gems, crystals, etc. in a variety of colours for them to choose from. First I spread the selection out, then have the person pick up each one that appeals to them and set it beside them.

Next I have them look at the colour/s they have chosen. Does one colour seem to predominate? Is there only one colour but various shades of it? Next, I have them hold each one. What does it tell them? How does it feel? Does it pulse? Is their hand wet? Does it burn? Is it cold? Does it feel light? Heavy? How does it make them feel? Once you find your Balance colour, experiment with it. Which shade brings your spirit up when you are feeling down? Which shade brings you down when you are flying around?

Although your BALANCING colour will often be your own Healing colour, you may sometimes need the temporary help of another colour. NO ONE COLOUR IS THE BE ALL, END ALL. In the event that you need another colour's healing to help you on your path of wellness, focus on the area that needs healing, and use the same format to find the colour you need. With practise you will soon find that you will either 'see' or 'know' what colour is needed.

Touch

When you lay your hands on a person, what does that touch tell you? What does it tell the person you touched? What does it feel like? Does the person want to be touched? Does the person hate to be touched? What touch is okay and what touch is not okay?

As a general rule, I myself do not like to be touched. Once, a person working with me, lifted their hands toward my head. I, receiving a negative reaction, quickly put my hands up and requested I not be touched. Ignoring this, this person placed their hands on my head. Even when I tossed their hands off, letting it be known that I'd asked them to stop, they ignored my request. This person had no idea what was happening and had no respect for me, the person they were working with. KNOW WHAT YOUR TOUCH MEANS TO THE PERSON YOU ARE WORKING WITH. RESPECT THE AREAS OF LIMITATION.

Another area of touch that I use, is not on the body but on articles. This is not something I do on a whim.

A friend of mine, who is very nervous about being touched, gave me an article to look at. Holding the article in my hands, focusing on the various aspects of the article, I let its vibes relate to me. I took on a temporary transfer of pain in an area corresponding to the area of her body that needed healing. I received a specific colour which she needed for her healing. As this person had voluntarily given me the article, I related what was happening. The information I gave her was information her Old Ones had given me to pass on. In cases like this, let your mouth do the talking and do not question it.

Medicine Pouches

I wear a medicine pouch and believe that many of you also wear a pouch but do not call it that. In my case, my pouch stays on me 24 hours a day, whereas you may set yours aside. If you wrap an article, perhaps a stone, and wear it or carry it with you, or perhaps you always wear a certain

piece of jewelry, then you are wearing a medicine pouch.

Summary

In closing, my intent was to share with you some of what I do, to give you an overview of combining Aboriginal and Non-Aboriginal aspects of protection, vibes, messages, colour, stones, crystals, material, touch and medicine pouches for assistance in your work.

I reiterate the hope that what I have shared enhances the work you do, encourages you to take what feels right and works for you and leave the rest behind.

Should you have any questions about something I did not get to, or just want to talk, or ask for more information, please write to me.

REMEMBER: WHAT IS RIGHT FOR YOU MAY NOT BE RIGHT FOR YOUR CLIENT.

Carole Pierce,
Box 516, Hudson's Hope, BC, V0C 1V0



Noticing the Difference: Reactive Corrections for a Crowd.

by Sharon Promislow

The purpose of this process is to easily educate a large group not familiar with specialized kinesiology in the basic concepts of the brain/body connection, allowing them to feel the difference as they de-activate reactivities. This will hopefully fascinate them enough to start them on their personal journey into seeking more kinetic training. I would prefer the group to have already been exposed to a general introduction presentation such as: "The Top Ten Stress Releasers", "Top Ten Brain/Body Integrators" or "What's Stopping You?", in which case the presenter can go directly to part 2 after a brief review of part 1. The group processes mastered can easily be incorporated into other presentation opportunities by the instructor.

As we well know in kinetic work, everything is reactive to everything. At the moment of perceived trauma all the cells that are activated – muscles, body position, eye mode, ear circuits, emotional state – fuse to form a learning or living block. "The power of our kinetic work is allowing the brain to identify where dysfunctional body circuitry has locked in place, thereby allowing us to reeducate the body energy to return to its appropriate channels to restore clear brain/body communication for optimal physiological functioning."

We know muscle checking gives us a superb educational anchoring to ascertain where the reactors live and when a correction is complete – provided the participants know how to muscle check! There lies the rub! Even fairly well trained students go into a catatonic stress response at the very mention of Reactive Corrections!

I propose we stand on the shoulders of Educational Kinesiology (ref 1) where Noticing is used with great success as an identification and anchoring process interchangeable with muscle checking, and have some fun with reactivities!

The five muscles used for reactive corrections in Three in One Concepts' Basic One Brain balance – Supraspinatus, Anterior Deltoid, Pectoralis Major Clavicular, Latissimus Dorsi and Quadriceps – seem to be very appropriate for anchoring in a full correction. Three of those muscles – Supraspinatus, Pectoralis Major Clavicular and Latissimus Dorsi (known respectively as robots, swimmers and penguins in Edu K) are also used to anchor the three dimensional repatterning in Brain Gym ® II.

By coupling the movement of the Basic One Brain reactive prechecks (ref 2) with the intuitive joy of the Brain Gym anchoring process of Noticing, we are able to get large groups of people to experience the freedom of reactive correction without muscle testing experience. Obviously, muscle checking can assure even deeper correction if you chose to use it with a more experienced class.

1. SAYING 'HELLO' TO THE BRAIN/BODY CONNECTION

A. Spindle Cells to illustrate physiological brain/body communication (ref 3)

Have them **lift up** Quadriceps and Notice if it feels easy.

Have them gently **push down** on the thigh as they resist to see if it holds.

Have them **sedate** the quadriceps by pinching the belly of muscle (in the direction of the muscle fibre) to experience an appropriate muscle letting go.

Have them **tonify** the quadriceps by gently pushing outward on the belly of muscle (in the direction of the muscle fibre) to reactivate and experience the muscle activated.

Telling the story: This shows a clear communication between brain and muscle when spindle cell manipulation gives the appropriate response: If the muscle cannot let go when

appropriate, or for that matter cannot hold when tonified, it would affect your ability to walk into the future – literally and metaphorically. Similar proprioceptive circuits are firing all the time simultaneously from hundreds of muscles. We want to restore clear communication between brain and body to all of them. We work to clear the circuits for normal oppositional muscle response rather than the reactive screwiness that so often rules our brain and body. (If muscle testing, you can demonstrate the gait circuit, by sedating anterior deltoid on one side, and showing quadriceps turn off on other side.) (ref 4)

B. Consciously Noticing how the body acts and reacts

Ask the group to stand comfortably and think of something relaxing. Have them Notice their posture in relation to the floor: upright, swaying forward, backwards or sideways. Have them Notice if there is any tension in their legs, lower, middle or upper back, shoulder blades or neck muscles, in their stomach, solar plexus, heart, chest or throat. Remind them there are no rights or wrongs: just what is. Have them look at an object straight ahead and Notice if they are seeing evenly out of both eyes. Is it clear or blurry? Have them listen to the sound of your voice and do their best to Notice if they are hearing equally through both ears: is your voice clear, or tinny or resonant? Have them lift arms in anterior deltoid test position: 30% up in front of body. Is that easy or does it take energy? Hold it there for 30 seconds. Is it easy or stressful?

Now have the group think of something challenging or stressful. Repeat the Noticing process as above. Ask the group to report differences in their body reaction to the stressful versus a relaxing situation, and interpret their findings (ie. Tightness in back and legs = classic tendon guard stress response, or leaning forward = overfocus etc.) (ref 5) Ask them to write down the most Noticeable differences. (ref 6)

Telling the Story: Educate The Group on the Information Sandwich: We **precheck** how we are functioning in regard to any goal or issue and note where imbalances occur. The brain will correct as best it can, to the baseline of actual pathology, wherever it identifies energy blocks and imbalances. We must first take the time to allow the body/brain to identify those imbalances. **This is what we have done with our process of Noticing.**

Preview of coming attractions: To complete the sandwich we will then offer a **correction** – the filling – and finally we will add the bottom slice – the **post check** – reassessing our new level of improved functioning. If improved enough, our work is complete. If not yet satisfied with our improvement, we simply repeat or add new corrections until we achieve our desired level of enhanced performance.

OUR FIRST CORRECTION OF CHOICE: FRONTAL/OCCIPITAL HOLDING

Telling the story: The classic stress response causes blood to leave our rational front brain, and go to the survival centres in the 'fight or flight' back brain. To remove the emotional hold on the issue or challenge, simply hold one hand over the forehead, and the other over the primary visual cortex, just above the turn of the skull, and think through our stressor. (ref 7) This keeps blood and warmth in the two areas of our brain where we can perceive new ideas in the light of seeing clearly what really happened, with no triggering emotion. The instructor can give more insight into effective use of this correction with such skills as reframing, changing the picture, mental rehearsal etc. and speak to the scientific proof supporting that what we imagine as real to our brain as what we have actually experienced. (PET scans, CAT scans etc.) The important thing is to break the hold of the stressful memory or fear with as many changes as possible, and to imagine our positive outcome with as much sensory detail as we can, to create the 'reality' we deserve.

2. CLEARING REACTIVE MUSCLES IN GENERAL

Telling the story: We are setting out to disconnect the bullying of one muscle by another. When one muscle fires we don't want it to switch off another inappropriately. Have the group move their muscles in a little dance – have fun and boogie! – and Notice how their body feels – easy or heavy – or if there is any tightness or pain. **Muscle check if desired.**

A. Teach and do 'Plugging In For Balanced Energy'. (ref 8) This clears disorganized circuits caused by electromagnetic imbalance. Place 5 finger tips of one hand around navel with thumb on top, and with other hand - first massage K27's, then above and below lips.

B. Teach & do modified 'Barhydt's Reactive Muscle' correction. (ref 9) Boogie

again and Notice how it feels. Lightly touch stress points on forehead – place 5 finger tips of one hand around navel with thumb on top, and deeply massage, with both a squeezing and slightly rotary motion. Boogie again and Notice. Do correction again. Boogie a last time. Notice improvements in ease and lightness.

3. INTRODUCING OUR MUSCLE 'STORYTELLERS'

Telling the story: We may have cleared ourselves to move forward in our lives on the conscious level, but is our body going to come along for the ride? When we are thinking, seeing and hearing clearly, will all our body circuits support us with normal, free flowing communication, or will reactive muscle patterns be triggered? Remember, Emotion is Energy in Motion, and emotion is locked into the body's cellular memory.

Teach group a little muscle dance of the movements in contraction and extension, and **tell the story of the muscle movements.** (ref 10). Say hello to:

Supraspinatus – To feel oneness and unified with our creativity and sexuality. To be brave rather than closing in protectively when we feel unimportant and threatened eg. An opera singer opens her arms as her song, her creativity comes from her centre.

Anterior Deltoid – Is it attractive to reach out to another or a goal, or are you frustrated in your attempts? This muscle is one of the first activated in the gait circuit, when we first make a step forward towards someone or something. What does it feel like to reach for the car keys to go to a job you don't like, as compared to the end of the day when you are on the way to do something you enthusiastically enjoy?

Pectoralis Major Clavicular – Do you feel gentle or disconnected from yourself as you reach forward and then push obstacles behind you? Is it easy to be open, and to dive into things, or do you feel inadequate?

Latissimus Dorsi – Can you acknowledge your essential self, or are you all tied up, feeling dumb – unable to speak, see or hear. Can you break free to choose actions reflecting your interest and equality, rather than accepting defeat?

Quadriceps – Are you interested and tuned in as you go easily toward your heart's desire, or resentful, embarrassed and conquered, and reflected in leg muscles that won't take you where you want to go.

All muscles should feel comfortable. Muscle check if desired. Now: to check for reactive triggers that block our ability to respond to life.

4. SEEING WHAT YOUR BODY HAS TO SAY: CLEARING EYE MODE TRIGGERS

Telling the story: Whenever emotion locks into our life experience, the eye direction that we were looking in at that time also locks into the reactive circuit. Whenever it is stressful to look in a particular direction, or that direction causes reaction in the muscles of the body, we know it has to do with what we wanted to see but did not see, or what we did not want to see that we were forced to see at that instant of impact. We chose to 'go blind' rather than to deal with the stress in the moment, not allowing optimal processing from that moment forth. Knowing this, we can now easily and permanently identify and release that non serving reaction.

Be consciously aware that a lifetime of experience has locked in reactive muscle triggers in each eye direction, and that you are safely and easily accessing and clearing them all.

Prechecks: Muscle check if desired on all these tests.

Look up – Go through all 5 muscle movements; Notice any differences in how the body reacts, both in amount of energy to hold up muscle, and comfort in really extending your eye muscles.

Look down – Do all 5 muscle movements; Notice both eye tension and body response.

Look to left – Do all 5 muscle movements; Notice both eye tension and body response.

Look to right – Do all 5 muscle movements; Notice both eye tension and body response.

Look straight ahead – Do all 5 muscle movements; Notice both eye tension and body response.

Look near, then far – Do all 5 muscle movements; Notice both eye tension and body response. Write down differences.

Correction: (ref 11)

Rub eye points while holding the eye in each eye mode – up, down, left, right, and straight ahead. End with eye rotation while rubbing eye points. Anchor correction by redoing each eye direction, and move through all five muscle positions, Noticing if differences have equalized. **Muscle check if desired on all these tests.**

5. HEARING WHAT YOUR BODY HAS TO SAY: CLEARING AUDITORY TRIGGERS.

Telling the Story: Listening and Memory are tied into proprioception in the neck and shoulder muscles as well as the vestibular system proper. Whenever we lock reactive patterns into the body we freeze in reactive ear circuits too in terms of which ear was activated, and how we were turned. What was our trauma that caused the reactive, survival circuits to lock in place? Not hearing that which we yearned to hear, or being forced to hear what we didn't want to hear? The result? We felt unsafe and unloved.

Be consciously aware that a lifetime of experience has locked in reactive triggers in each ear and neck direction, and that you are safely and easily accessing and clearing them all.

Prechecks: Muscle check if desired on all these tests.

Turn head to left and listen to sound of a voice. Move through 5 muscles and Notice differences.

Turn head to right and listen to sound of voice. Move through 5 muscles and Notice differences.

Look straight ahead and listen to sound of voice. Go through 5 muscles and Notice differences.

Think of remembering, adding, spelling. Go through 5 muscles and Notice and write down differences.

Correction: (ref 12)

Rub ears while turning head in each direction – left, right, straight forward, also while remembering, adding and spelling.

Go through 5 muscles and Notice differences while redoing all prechecks.

6. BEING OF ONE MIND – WITH YOUR BODY SUPPORTING YOU

Telling the Story: The integrated way for us to learn is when we start out with a framework of automatic knowledge that provides hooks to help us discriminate new information. When our brain hemispheres are integrated with what we already know, our muscles can enjoy an easy, contracted state. When we discriminate new information in an integrated fashion, we relax for a moment, allowing our logic brain to analyze new details to see how they fit into what we already know. We then anchor in the new information into our prior knowledge, and venture forth with a higher degree of automatic knowing to approach ever more challenging material. Our muscles are once again in a High Gear, contracted state. (ref 13)

When integrated, cross crawl should flow easily with a contracted, comfortable muscle response, and the body muscles should be high gear. Also when the two visual fields are cooperating, as in perceiving an X the same high gear response is appropriate. It is also appropriate for us to have to consciously choose to do one sided movement, outpictured by a Low Gear muscle response, and the brain is doing parallel processing. Our muscles also relax when looking at parallel (II) lines, as the two visual fields and two brain hemispheres are not operating together. Our body /brain should flow between these two integrated states, high gear (learned) and low gear(unlearned), as they outpicture our ability to learn easily and moving between automatic, whole brain responses and

Be consciously aware that a lifetime of experience has locked reactive muscle triggers in both states of integrated brain processing, and that you are now safely and easily accessing and clearing them all.

Prechecks: Muscle check if desired on all these tests.

Do some cross crawl: Move 5 muscles and Notice differences. Muscles feel contracted?

Do one sided crawl: Move 5 muscles and Notice differences. Muscles feel relaxed?

Look at X and Notice differences in 5 muscles. Muscles feel contracted?

Look at parallel II lines, and Notice differences in 5 muscles. Muscles feel relaxed?

Correction (ref 14):

Do cross patterning activity – 6 sets of cross crawl alternating with 6 sets of one sided movement while thinking of an X, and then go back to repeat all pre-activities and renotice for differences, ease, and appropriate responses.

7. REVIEWING THEIR NEW SKILLS:

Lead your group in a review of the new tools they have acquired: They no longer have to accept reaction over active response!

The Information Sandwich: to assess with **Noticing** how their body and senses are reacting to any life challenge and, after **Correction**, to anchor the improvements with **Noticing**.

Corrections to keep them in balance:

1. Frontal/Occipital Holding to release stress and integrate brain.
2. Plugging In For Balanced Energy – to balance electromagnetics.
3. Barhydt's Reactive Muscle Correction – to unhook muscle to muscle reactors.
4. Eye Points for visual reactors.
5. Rubbing Ears for hearing & memory reactors.
6. Cross Patterning for Hemispheric Balance and getting brain and body 'unstuck'

8. NOTICING THE DIFFERENCES

Have the group go through the **Noticing** Process of 2A a last time while thinking of their stressor, and have them Notice the improvements to how they are standing, feeling in their body, and their sensory processing. Celebrate the improvements.

Invite them to join you for other courses to continue the telling of their story.

OUTCOME: YOU'VE TOLD A STORY WITH A HAPPY ENDING.

In completing this balance with a group, you have given them a profound kinesthetic introduction to their body and senses. You will have heightened their body self awareness and their brain/body and sensory integration. They now understand that their body can be pro-active rather than reactive. No doubt those with severe reactive patterns would be well served by more indepth work, but that is not the point. The point is you have a model for reaching out and impacting a large number of people in a short time, allowing them the benefit of sophisticated process in a user-friendly manner, adding to your repertoire as an effective presenter at the same time.

For further information Sharon Promislow may be reached at,

Enhanced Learning & Integration Inc.,
3584 Rockview Place, West Vancouver, B.C.
V7V 3A3 Canada
Tel: (604) 922-8811 Fax: 926-1106

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its muscular reactions. My thanks to these and many other mentors who inspired my version of Noticing. It has enabled me to develop a major thrust of my career into the public and private sectors using Noticing as my main identification and anchoring tool. As educators, we must constantly remind our clients and students to consciously Notice the differences, rather than only mindlessly relying on the muscle check. Both provide valuable, insightful and unique information.

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Think Smarter, Not Harder!

by Sharon Promislow

Our kinesiological work brings the 'hardware'. — our mind/body organism, to its highest level of functioning. But what's the good of having a superb mind/body organism which cannot be used to its full potential? To use the analogy of a computer; no matter how sophisticated the model, without effective, state of the art programming, the computer is just a non-functioning pile of circuitry. As Specialized Kinesiologists we have been trained to be highly skilled in helping people clear their brain/body circuitry. There is much congruency to our next helping them acquire the skills to maximize the new possibility to learn quickly and easily that which has been blocked in the past. The Creative Learning skills mentioned in this paper can be considered the 'software' to use that sophisticated, high tech mechanism to its highest potentiality.

The need for new Mindware for the 21st Century (ref. 1)

For about 6 million years change in our species evolved almost infinitesimally as we became erect, learned to communicate and make tools. The last 100 generations from the birth of Christ has seen us move from the ox cart to the space age and beyond, and most of that development has occurred within the last 3 generations as the upward spiral irrevocably accelerates yet again.

Now change is taking off at a rocket trajectory, and the totality of human knowledge is doubling every 12 months to 2 years. Our old approaches to processing information and understanding our world are no longer adequate — a new paradigm is called for. We can no longer train people for specific jobs, because the jobs that will exist in 10 years haven't been invented yet. Knowledge and 'truth' itself is constantly evolving. We must instead train children and ourselves — how to learn, how to joyfully see new connections, how to willingly embrace the new, rather than failing with old fixed visions. The world is a living, evolving organism, and every individual, every organization, government and education system must reflect that.

To thrive in the 21st Century, we must embrace the imagery mind, and reward people for productivity and creativity; letting go of the harness of linear thinking that has historically been rewarded by society. We will shift from the old paradigm of control, to support and nourish ownership of the group energy. The people who make these shifts must have new models for how to use their minds.

Researchers now state that we use only an infinitesimal percentage of our brain. As kinesiologists we are already in the forefront of helping people to achieve their maximum potential by re-educating their body/brain's neural response to stress allowing them to access a whole brained state. We now need to take the next step of helping them to make better use of their new possibilities. We can do this by building up the necessary pillars that support Creative Learning (ref. 2).

We must:

- 1. LEARN TO LEARN — How to handle and process information effectively, and improve memory.**

What we already know:

- * How to use specialized kinesiology to integrate two dimensional learning to the three dimensional body/brain, particularly with Brain Gyms® to anchor new information into high gear (ref. 3), and Three in One Concept work to clear learning blocks.
- * How the brain functions: here again the models of the Brain learned in Educational Kinesiology and Basic One Brain gives us profound understanding of current brain research — why and how what we do works.
- * That there are no limitations to the mind. It has been proven by researchers that everything is actually remembered, and the issue is that of recall — having made the memory traces deep enough for easy retrieval.

What we can add:

- * How to use our knowledge of how the brain learns and handles input, to support more effective study skills, review strategies and performance.
- * Learn Rapid Information Processing and other effective learning tools (ref. 4).
- * Be able to offer easy models to support recall through reviewing and break strategies, and by providing sensory, emotional (adrenal) and associational hooks.
- * Whole brained note taking strategies developed as a response to the psychology of learning and remembering (ref 5).

2. LEARN TO KNOW – How to access our inner awareness and think intuitively.

What we already know:

Kinesiology is a vital key to this area. The muscle check in itself means we can access our inner truth at any juncture. The work of Three in One Concepts particularly honors our imagery mind, through the use of images and symbols and the 'telling of the story' out-pictured from our very bodies.

What we can add:

We are an imagining species. Most successful human societies have had a rich heritage of handing down knowledge through stories. We should become comfortable with, and heighten our use of, the imagery mind using parables and fables, images and symbols. We can learn meditation techniques to know our own mind and subconscious, or to enhance our visualization skills with focus and imagery. We can consciously and deliberately open ourselves to creativity and our inner awareness by flexing and practising these new ways of communicating and understanding.

3. LEARN TO THINK – How to break free from old thinking patterns, and how to get people to think cooperatively.

The classic way we have been taught, and for which we have been rewarded, is linear thinking –

understanding new information through our old patterns, hanging our new knowledge onto the framework of what is already known – our mindset.

Like rivulets of rain rut in pathways, and puddles establish in one place, the brain is always simplifying, forming patterns from information. After a while it only takes a bit of new information to activate an entire, old brain pattern. This is the pattern recognition and pattern completion process. To make our life easier, the mind automatically corrects and completes the information to select and activate a preset pattern. **The same rutting in of patterns which allows us the ease of automatic response in everyday life, can limit our possibility to make mental leaps.** Creativity can only occur when we force some of the water (information) to flow into new channels and to make new connections.(ref 6).

What we already know

- * How to prevent the self limiting, back brained stress response that nullifies the possibility of new ideas.
- * Basic concepts of Brainstorming and honoring creativity

What we can add

- * Better skills in managing group creative energy and team building.
- * Learn and practise specific thinking strategies to break established mindsets, by deliberately breaking down old patterns of thought, and consciously creating stepping stones to go off in tangential directions.
- * Go beyond Brainstorming. Experience and practice a group thinking strategy that recognizes the variety in thinking styles, solicits every one's participation and harvests group ideas in a safe, respectful manner. This skill transforms and opens the group energy to creative problem solving, rather than the self limitations of an immediate critical process. We can all benefit from a model of thinking that honors that every individual is capable of creativity, not just the born genius, and that creativity does not have to be serendipitous: it can be planned (ref 7).

4. LEARN TO ACHIEVE – Reach new levels of peak performance

What we already know

Our kinesiology work leaves us well trained in this arena. Our techniques to clear the brain/body blocks to accomplishment are leading edge. Our simple, yet profound methods of stress release and mental rehearsal allow us to help people powerfully set and clear for goals. Our muscle testing assures the body and senses are totally aligned to support our mental goals and establish personal priorities.

What we can add:

- * Specific skills training for peak performance – attitude and personal habits
- * Crystallize even further goal setting skills and how to create action plans.
- * Practise ever deeper uses of imagery mind in mental rehearsal.

5. LEARN TO VISION – to creatively project forward into a desired outcome.

What we already know:

- * How to balance the body/brain system: electro-magnetics, polarity, hydration, meridian energy, integration of the whole brain to allow stressless new choice making.
- * Visualization techniques from our stress release work, including infusion and future progression skills from Three in One Concepts to anchor in and preview Success outcomes.

What we can add

- * Imagery and musical keys to master creative visualization and readily access alpha state.
- * The work of Drs. Geraldine Schwartz and Desmond Berghofer on how to more powerfully design our preferred future, and how to translate that vision into action.

PUTTING IT TOGETHER: Learning to Think Smarter, Not Harder.

Combining our kinesiological skills for physically balancing the energy of the brain and senses with these advanced learning and thinking

skills, is an assured way of catapulting our capabilities to the level necessary to create the next stage of our human journey.

I encourage you to read the books I have referred to in this paper, and I invite you to join me as I incorporate these concepts into our specialized kinesiology framework, making them even more powerful with the identification and anchoring tool of muscle checking. More specific learning strategies and facilitation techniques are explored in the book "What's Stopping You?" (ref. 8) and in my new "Creative Mindware – Learning to Think Smarter, Not Harder" workshop.

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Enhanced Learning & Integration,
3584 Rockview Place, West Vancouver, BC,
Canada.
Tel: (604) 922-8811 Fax: (604) 926-1106

Palpation: What Do You Feel When You Touch?

by Bronwyn Punch, M.T.

Though many of us are in the "touch" for health realm, and we do indeed touch, many of us fail to recognize what we are feeling. The purpose of this workshop is to tune in to our sense of touch in order to name what we feel. Our workshop will consist of exercises that question what you have sensed. Our aim is for you to recognize and name your own sensations.

Exercises:

1. (a) Stand behind a partner. Work their shoulders. Notice, feel, sense, know, express.

As babies, we receive and trust the information that comes to us via all 5 senses.

If it smells awful – don't taste it.

If it tastes awful – spit it out.

If it feels awful – move away from it.

After learning all this, we spend the next 20 years or so trying to forget it all. Due to parental pressure, peer pressure, societies' pressure, and the lifestyles we develop, we confuse ourselves. We start to ignore our response to our senses.

We eat what doesn't smell or taste good. We breathe what doesn't smell good. We touch and forget to interpret what we touch. We look at things that don't look good and accept the view. We hear and listen to sounds that might dismay us if we hadn't turned off our hearing.

So, here we are, as adults, not knowing what we feel, most of the time, and unable to express what we feel all of the time!

1. (b) Switch partners. Work these shoulders. Notice, feel, sense, know, express.

What we **feel** is a very important part of our communication, in every aspect of the word, **feel**.

No two people feel the same, not to you, not to themselves. Very few people describe the same feeling the same way; very few people mean the same thing when they describe the same feeling; very few people feel the same feeling when they feel

the same person, or the same part of the same person.

I remember my first months at the Massage College I attended. I thought I had "good hands". After all, I had been working with them in electronics for over 7 years, and in life, for over 30 years.

I found that I could not feel anything in people's muscles. With time and practice, I came to trust the differences I found in people's muscles, but it was still confusing. Each person I worked on felt different, and within each person, their muscles felt different, which confused me.

As classes continued, we were expected to describe these differences. This proved impossible. Differences in temperature were relatively easy, but anything else seemed inconceivable.

Then, one day, we had a new massage instructor. She started our first class by telling us that she never wanted us to describe muscle states by using words like, "crunchy", "gritty", "fluffy" etc. I have been using these words ever since.

- 1 (c) Describe what you feel - as Givers and Receivers.

There are many books available that describe how to palpate joints, ligaments and tendons. (i.e. Hoppenfeld). I have yet to find a book that tells me how to feel, and how to describe what I feel.

2. Describe a pain. Describe a pleasure.

Give it a colour.

Give it a shape.

Give it a depth.

Give it a rating.

Give it a sound.

Give it a taste.

Give it a texture.

3. Rub your hands together. Feel your own energy as you move your hands together away from each other. Feel your partners energy. Describe the feeling.

Be on the Winning Side of Interpersonal Relationships with Structure/Function Traits

by Gale Redfern

Nine areas and steps will help you achieve success in business and any communication. This is done by:

1. Modifying our behaviours and approach
2. Acknowledging the other's needs
3. Focusing on similarities between us

As explained in great depth in *Under the Code* by Gordon Stokes and Daniel Whiteside, a person's physical traits, especially in the face and head, can offer important clues to their behavior and thinking styles. The information in this paper is based on *Under the Code* and many years of personal experience in the business world.

Few people will fit the exact description of each trait, but this outline will give you a guideline as to what a particular person may be like. Learning the combinations and reactions is just one way of how you can move to the winning side of relationship.

1. THINKING STYLE

What to look for:

How slanted is the forehead?

THE DOER: The more *slanted* the doer's forehead, the more direct and fast you need to present details. She or he will respond quickly or move on.

THE ANALYZER: This person needs all the details and doesn't like to be pressured by time. Their forehead is *more vertical* in shape.

2. PERSONAL COMMITMENT

What to look for:

How far apart are their eyes?

THE SOMEDAY PERSON: This person has all the intentions of completing a project and commitments but it is important to be liked. Their eyes are *set far apart*. If you want

their commitment, don't pin them down to a time, give a wide range.

THE FAST PERFECTIONIST: This person expects everyone to live up to their word and do it right the first time. Their eyes are *set close together*. This individual is deadline and priority focused. They will agree to tight deadlines and can usually organize their time well.

3. INVOLVEMENT

What to look for:

Are their eyebrows set high or low?

THE EASY SELL: This individual is the person who will go with consensus decision making in a meeting. They prefer to go with the flow avoid a hassle. Their eyebrows are *very low*.

THE SLOW INTEGRATOR: This person needs time to observe and evaluate a new situation. They prefer a formal structure to 'hide behind'. Their eyebrows are *set extremely high*. This lets more light into their eyes -- light onto the world. They would not do well in a fast changing business environment.

4. CONFIDENCE

What to look for:

Is their face broad or narrow?

THE CHANGE MASTERS: This person loves change and loves new situations. They respond quickly to deadlines and rush projects. Their face is *extremely broad* through the eyes.

THE BOY SCOUT/GIRL GUIDE: They like to be prepared. They require time to get organized and perform. For them, their self-confidence is learned from past experience. Their face is *long and narrow*.

5. SENSITIVITY

What to look for:

Do they have thin or thick skin?

THE REFINED SPIRIT: This person is aware of subtle and minute changes in moods, feelings and environment. Often they are considered to be "super sensitive". They like to be recognized and acknowledged. They have **very thin skin**. In meetings, it is important to listen to them, hear their observations and acknowledge their contribution.

THE FREE SPIRIT: This person is often considered insensitive because they jump in and get things done, not caring for feelings or ownership. This person has **very thick skin**. This person is ideal for taking on unpleasant or urgent tasks.

6. EXPRESSION

What to look for:

Is their upper lip thin or full?

THE SILENT ONE: This person does not express their feelings, expects meetings to run smoothly and quickly. When dealing with this person, get right to the point. This individual has a **very thin upper lip**.

THE TALKER: When meeting with this person, allow plenty of time for social discussions. They will probably be involved in side conversations in presentations and like to share their feelings. This person has a **full/thick upper lip**.

7. INTENSITY OF INVOLVEMENT & ACKNOWLEDGEMENT

What to look for:

Is the lower lip full or thin?

THE CHAMPION: This person will get very involved in projects and topics that are of specific interest to them. However, they need recognition. If you ask them to take on a special project, plan to recognize their contributions throughout. This person has a **very thin lower lip**.

THE CRISIS MASTER: This individual will give of themselves in any situation without any thought of recognition or reward. They don't always realize that others may need

this recognition. In a team environment, be aware of this personality and involvement them. This person has a **very full lower lip**.

8. THE LOOK OF AUTHORITY

What to look for:

Is the jaw narrow or well-defined?

THE ATTENTION GETTER: This person needs to have their personal authority unchallenged. If this happens, they will feel in control and no fear will be felt. If this is not experienced, they will go out of their way to get attention and be acknowledged. This person has a **narrow jaw**.

NOBODY UNDERSTANDS ME!: This person appears confident and is often given projects and tasks on that basis. However, they feel they are not understood and do not respond to pressure well. Communication with this person requires stroking and acknowledgment of achievements and present fears. This person has a **very wide, well-defined jaw**.

9. CONTROLLED FEELINGS

What to look for:

Are the eyebrows straight or curved?

THE AVOIDER: This person will avoid confrontations at almost all costs. They avoid arguments and unpleasant situations. Their beliefs will tell them that people shouldn't express their emotions, especially in a business world. This person would respond to a controlled structured situation, well detailed and organized. This person has **very straight eyebrows**.

THE EXPRESSER: This person will feel boxed in and pressured if they were put in a controlled planned situation or environment. They need to be able to express their feelings and experiences. This person has **very curved eyebrows**.



Don't Be Afraid of Losing that Pain in Your Knee

by Jim Reid

There are many people hobbling around with a "bad knee" that they got from riding a horse, a bicycle, running, or stair stepping etc. Some have an old football injury that they wear like a battle ribbon. Knee injuries, even "old ones", can be fixed using Touch for Health techniques.

Three in One's barometer on the body tells us that knees are "fear of loss." Consequently, the first thing I do in dealing with a knee pain, is to identify the emotion involved which nearly always is fear of loss. Once the emotion is identified, I will do an emotional stress defusion on the issue. If it is necessary, I will do age recession to the time of cause.

Once the emotion is cleared, I strengthen the following muscles: quadriceps, sartorius, gracilis, gastrocnemius, soleus popliteus, and articularis genu. I usually strengthen the quadriceps using origin and insertion. On the others I use the neurolymphatics. The neurolymphatic for articularis genu is the same as popliteus.

I now do a ligament stretch technique from PKP with a Jim Reid twist. I ask the client to give me feedback to what feels G-O-O-O-D. I don't

mean, "that's o.k. or that doesn't hurt." I want what really feels G-O-O-O-D. I will brace on the medial side of the knee while I push gently on the lateral side of the ankle. If I get no positive feedback from that position, I will reverse it and brace on the lateral side of the knee and push gently on the medial side of the ankle. If I still get no positive feedback, I will brace on the patilla and gently lift up on the Achilles tendon. If I still get no positive feedback, I put my forearm behind the client's knee and gently push down on the ankle. Usually one of those four positions or a slight variation on them will get a positive response from the client.

Once I have the position that feels G-O-O-O-D, I have the client do temporal tapping and eye rotations open and closed while I hold the G-O-O-O-D position for three minutes. I then have the client get up and walk around and give me an evaluation of how it feels. Sometime it may be necessary to do this ligament stretch two or three times in different directions. Sometime we may have to do ligament stretch in opposite directions.



Correcting Pain Using Over Energy

by Jim Reid

Some years ago, the sewer in my home backed up. There was sewer water in the bathtub, shower, and most of the sinks. In the Southwest United States, our homes were built with a vent to the sewer that comes out the roof of the house. I could have had a plumber bring his "snake" and clean out the system, but money was tight in those days, and I had a creative idea. I had members of my family hold rags over the drains of all the sinks, showers and tubs in the house while I climbed up on the roof of the house with a garden hose. I pushed the hose down the sewer vent and plugged up the remainder of the vent with a rag. I now had the hose turned on full blast. All of my family members that were blocking drains could feel the pressure grow. Finally, the sewer unblocked as the pressure blew whatever the obstruction was out of the pipes and into the city sewer system.

The real life experience was the inspiration for the following demonstration. I was searching for a new "goody" to teach my Thursday night practice group. My daughter was complaining of a lower back pain. I could have fixed it the traditional way, but for the sake of the class, I

decided to experiment. First I had her put a number on the pain. It was an eight. Then I did a Jim Reid Time of Day balance on her. I then checked the alarm points and discovered that the kidney meridian was still charged. I know that conventional acupuncture says when a meridian is overcharged, one is supposed to draw that energy to an undercharged meridian. However, I thought what if we pretend that the kidney meridian is the vent to the acupuncture meridian system just like that vent on the roof of my house was for the sewer. Would more pressure help or hinder?

I rubbed all the neurolymphatics for all of the muscles on the kidney meridian. I held all of the neurovasculars, and I ran the kidney meridian three times on each side. My daughter got off the table with NO pain. The correction took about half the time that a regular back pain correction would have taken. I retested all of the alarm points and there was no over energy anywhere.

Other members of my class did the same correction on each other with the same results

NO PAIN



Touch for Health, Visualization, and Massage Therapy

by Geraldine Rhoades

Integrating Touch for Health and Massage Therapy in my practice is very, very rewarding. I believe the greatest benefit of this combination is helping the client to "get in touch" with emotions he holds in his body and to accept himself and all his feelings. From there we can balance emotionally by de-charging over energies and charging under energies – shifting from the negative to the positive with love and forgiveness.

Before I enter a therapy room to meet with a client I take a minute to cleanse my body, mind and spirit with the Light of Love by first brushing my hands lightly over my head, face, neck, shoulders, and down my arms. Secondly, I brush lightly over my head, down my arms and the back of my body. Finally, I travel over my head, shoulders and down the front of my body. Each time I say, "I cleanse my body and I cleanse my mind and I cleanse my spirit with the Light of Love." After the cleansing I ask only to be present and of service and I express my gratitude for this blessing unto me.

As I enter the room, I ask my client what she wants to receive from the session. I ask permission to use kinesiology. With consent, I balance her to a strong indicator muscle (refs 1 and 2). Using the muscle I check the goal or purpose of the session by using a positive affirmation. For example, if her goal is being centered and relaxed in the midst of life's challenges and her muscle test indicates yes to this goal, we proceed. Her goal and positive affirmation are one and the same. In another example a client's goal was to balance to feeling better and he muscle tested strong when he stated, "My body is healing continuously. I feel alive, energetic and free from ankle pain." With a little guidance each client will choose an affirmative statement to reinforce their goal.

One particularly strong technique that I use over and over was given to me by Elizabeth Barhydt. She notes that if an indicator muscle will not hold strong to the positive affirmation, it will always respond if the affirmation is preceded by "I can learn ..." For example, guilt is the negative

emotion and forgiveness is the transforming positive one, yet the indicator muscle is weak to statements of forgiveness. It will always test strong to, "I can learn to forgive" or "I can learn I am forgivable". Elizabeth Barhydt found that using this technique allows the indicator muscle to test positive to the affirmation statement without the "I can learn" preface within a very short period of time.

With the purpose for the balance in mind, I check all the alarm points which tell us where there are over energized meridians and stuck emotions. I always balance governing and central first if needed. Then I balance to the twelve meridian alarm points. I check the mid-line alarm points, first asking for priority. For example, when one client showed stomach meridian's alarm point had priority, I asked if it was appropriate to balance emotionally. I named emotions associated with that meridian, and when frustration was the emotion that produced a positive response, it had priority (ref 3). I then asked what the shift would be by saying, "Frustration will transform to _____." Naming positive emotions her indicator muscle responded to balancing frustration with **acceptance**. Hence, she would shift from frustration to acceptance.

I then asked if it was best that I support this shift of stomach meridian by jump-starting neuro-vascular points, by lightly holding neuro-lymphatic, by flushing the meridian, or by simply holding her stress release points. My client's indicator muscle responded positively to flushing the meridian, and I asked for number of times, getting a strong response to three. After the flush we then got an affirmative response to holding her stress release points. Her neck muscles, which relate to the stomach meridian, were hypertonic and painful to her. Her indicator muscle affirmed that she was 100% willing to release frustration and anger held in neck muscles in the present time. While holding her frontal eminence points, I asked my client if she could visualize what frustration looked like in her neck, and then what acceptance looked like.

When that step was complete, I asked if she wanted to take the frustration out of her neck. Her muscle test was affirmative. We checked to see if this was her own frustration rather than someone else's and again got a positive response. As she visualized putting her frustration, which she saw as thick grey goop, in a hole in the ground and covering it with dirt, I spindle celled and activated her neck muscles. Then she used her image of acceptance as white light to visualize filling her neck muscles with brightness. I held her frontal eminence points to assist in this stage, and then I gently massaged her neck stimulating origin and insertion points of the neck muscles.

It is very important that the negative emotions taken out are contained and then transformed as in the example given. Her frustration was put in the ground and covered up, possibly becoming compost. The emotions can be put in a box, tied up and ignited, or shot into space dissipating with the speed. Sometimes negative emotions want to stay in the body. They can still be changed dramatically by bringing in the positive. That is why it is extremely useful to employ specific visualizations of the negative emotion, the positive emotion, and what the result looks like when they come together. Sometimes it helps to ask clients if a color comes to mind.

On occasion I muscle test to find out if it's appropriate to balance emotionally at an earlier age. If the answer is yes, we muscle test to find the best age. While I hold frontal eminence points, I ask the adult client to visualize his younger self – what he is wearing and feeling – and I ask him to, with love and acceptance, communicate with the child and then surround the child in the color or visualization which transforms the negative emotion to the positive.

After all the over energies are balanced, I balance any under energies where needed. I massage for the remainder of the session to reinforce and support the overall balance.

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How's YOUR Laugh Life?

By Carla Rieger

When was the last time you had some really great....laughter? Plato, the ancient Greek philosopher, once said, "*Life was meant to be lived as play*". In Northern European based cultures, most people act as if life was meant to be lived as *work*. The Protestant Work Ethic seems to permeate the systems and traditions of our society. No pain, no gain. Life was meant to be a struggle. Laughing and playing are a waste of time if you are an adult. When we laugh, it is often in rebellion to having worked like a dog all week. Thank God It's Friday! Even in our revelry, there is an underlying feeling of guilt. Dr. R. F. Gumperson once said "*Children have more energy after a hard day of play than they do after a good night's sleep.*" The same could be said about adults.

Laughter is the Best Medicine

For years people have been calling laughter the best medicine. In the last 20 years or so, the medical establishment took it upon themselves to actually prove that theory. Norman Cousins started the whole trend with his book, *Anatomy of an Illness*. He contracted a terminal illness and was told he had only 6 months to live. His chance of recovery was one in 500. He knew in his heart that all the years he spent worrying, getting irritated, and denying himself fun had caused the dis-ease, the imbalance. He was in tremendous pain, so much so that he could not sleep. He noticed that for every 5 minutes of laughter, he had two hours pain free. He watched hours of comedy movies, read humorous books, had friends tell him funny stories. He had a complete remission and went on to live another happy, healthy, and productive 20 years. He credits visualizations, the love of his family, and laughter for his recovery.

Laughter, therefore, can help us regain balance in an *all-work-no-play* kind of society. A daily dose of laughter reduces stress (Staying Tense Regularly Even though you See that it's Stupid). Regular fun helps the immune system, cures depression, revitalizes the body, mind and spirit, and has no unpleasant side effects. Being playful stimulates your creative mind, changes your perspective, enhances rapport with others, and makes you more attractive to other people! Laughing and playing is organic, low-fat, with no pesticides, no preservatives, no artificial ingredients and is 100 percent wholesome. It takes no special training. In fact, babies can laugh within the first few weeks of life. It is free. You don't need to go to a specialist to get laughter



treatment. And contrary to popular thinking, almost anyone can create opportunities to laugh all during the day, alone or with others.

The Laughter Balance

How can this be done? Is there a movement that stimulates the *play centre* of the brain? Can I simply massage the Neuro-Lymphatic points for the *Laughter Meridian*? Of course. The *Playfair* company recommends holding both hands in the air in a gesture of triumph as if you've just finished running a marathon, or perhaps just finished running the vacuum cleaner. While holding this position, you say very loudly and very proudly "I'm Depressed!" This activity can instantly activate the Laughter Brain (located somewhere in the Gestalt Brain, we think). As for the *Laughter Meridian*, it is a bilateral meridian starting at the funny bone, running up the arm to the cheekbone, then on down to the belly, past the urethral sphincter, and out the baby toe. This leads us to more fully understand those who laugh so hard they end up peeing in their pants. The Neuro-Lymphatic points are on either side of the ribs. A quick ten finger massage, and your client will be laughing in seconds.

A *Laughter Balance* often involves some kind of healing of the "Inner Fool". Traumatic experiences from childhood get fused in the system. Parents say "don't tell that joke, people will think you're strange", the teacher says "wipe that smile off your face" or a friend says "if you keep acting like such a goof, you'll never get a date". After a while, a person can become humorously challenged, laughter impaired, or simply....an old stick in the mud.

Healing the Inner Fool

The Fool is a part of our mythic heritage. It is part of every human being's psychological make up. The Fool shows up in many great works of literature, in many oral traditions, and in all the major religions. In the myths and stories of Europe, wise Kings and Queens would not think of ruling without a Court Fool or Jester to express the joy of life and to entertain them and the court. The Court Fool also has a license to say what other people would be hanged for, and to generally provide balance to the kingdom by breaking the rules and thereby allowing an outlet for forbidden insights, behaviors and feelings. The Fool, of course, is making a great resurgence today, as it often does during stressful times in history when society is undergoing tremendous change. Comedy clubs have boomed 85 per cent in the last decade, cartoonists are becoming millionaires, there are more comedy plays, movies, and TV shows than ever before. People want to get in touch with the Fool again, with that playful, irreverent side.

The Law of the Reversed Effect proves the theory of the inner fool. It states that you will not find the inside of something unless there is also an outside, just as you will not find a mountain without a valley, nor a wave without a trough. If that is true, and we believe that we are sane and serious individuals, it must also be true that somewhere deep down inside of all of us is an insane fool dying to come out and play. Now the trick is, to let that fool out to play consciously everyday. Otherwise, the fool may decide to come out and play UNconsciously. Conscious foolery can, therefore, prevent much unneeded embarrassment.

Laughter opportunities can spring up anytime, anywhere. Listening to the suggestions of your inner fool is a great place to start. Try singing "Woolly Bully" with a friend in a parkade. The acoustics are great. While on an elevator, introduce yourself to everyone. If you are alone on the elevator get down and dance to music. Wear a clown nose and wave at people whenever you are stuck in heavy traffic. Bring oversize sun

glasses to a luncheon meeting and have your dining mates wear them throughout the meal. You will get excellent service, and the meeting will remain lively and fun. Wear buttons on your label such as "Yes, I am a movie star" or "All I want is a warm bed, a kind heart, and unlimited power". These are always great conversation starters. When you are going through a tough time imagine what a great story it will make someday.



In a group, or with your family, plan one day or evening a week dedicated to angelic foolery. Head out on the town together dressed in clashing outfits. Leave some change in a pay phone change return. Plug parking meters that have just expired. Go up to a person on the street with a loony and say "I think you just dropped this", then walk away quickly. Collect litter. Blow bubbles on passers by. Sing some rounds while you're at it. You can create a joy gang within your company or organization – a small team of people responsible for creating an upbeat atmosphere by organizing events, contests, and activities that easily help people play and laugh together.

There are hundreds of play inducing activities for every style of person, and for every type of environment. Experimentation and persistence pay off handsomely in this arena. Just remember, as some old wise person once said "We don't stop playing because we are old, we are old because we stop playing". Join the mythical P.L.O. (Play Liberation Organization) today, and help make the world a merrier place.

For more information, contact Carla Rieger
3137 West 29th Avenue, Vancouver, B.C.
CANADA, V6L 1Y5, (604) 737-2381

Linking Human Physiography with Neurolinguistic Programming

by Kerryyn Rowe

Physiognomy is the study of the facial structure. Human Physiography is the study of the complete human structure, and the psycho spiritual correlation of those structures. It addresses the levels of conscious, subconscious, and the body. The key to the work is objective assessment to incur an understanding instead of a judgement. (usually based on reaction).

Neurolinguistic Programming is the study of brain patterns programming behaviour through which we communicate.

Bandler and Grinder formulated the definition as the ability to consciously access appropriate states of response regardless of emotional content.

Functional versus Reactional

The commonality between the two models is: change vs. analysis.

We spend a lot of time analysing situations and ourselves without actually changing anything. NLP and Human Physiography give you the key to an instant change of state and understanding of how to do it.

How to fit the conscious behavioural facial characteristics to the subconscious language patterns.

In other words: Certain trademarks of the face give us the clue to the conscious behavioural patterns and the language that we speak reveals the subconscious.

Human Physiography

A concept developed by Kerryyn Rowe and Robbi Zeck. They wanted to develop the work of structure function and physiognomy to encompass the complete human being as a way of communicating its essence. The real philosophy behind this work is to go beyond the constraints of the physical by understanding them to access the spirit of the person within an instant. To clear the prejudices that hold us from experiencing the beauty of the human.

Prejudice is based on differences and differences are perceived in the subconscious translating into the conscious thus behaviour takes place of truth.

The body reveals its own geography in its structure and particular landmarks resulting from our individual genetic typing and our personal life experiences. The outer proportions of the face and skull and general skeletal structure give a clear indication of the role of the brain function in our behaviour and reactions to life.

The two factors with which we work in human physiography are:

1. The foundation genetic structure
2. How life experiences can alter these structures.

Knowing our own physiography, provides the opportunity to build on the genetic strengths of character we have already. This enables us to create more useful behaviours where there are areas of stress or misunderstanding. The most important thing we all want is to be acknowledged, understood and loved for who we are when we are in our truth. How can we recognise when another human is in their truth? Choice overcomes genetic behaviour.

CHOICE COMES FROM KNOWLEDGE.

CHANGE COMES FROM CHOOSING.

This knowledge puts you in touch with your genetic blueprint, your true and highest self. These insights allow you to see beyond conditional belief systems about whom we should love and how we see ourselves. By understanding your own trademarks, you become responsible in communicating yourself effectively.

To be able to enter someone else's reality and speak to or through their genetic blueprint, speaking without judgment is personally empowering for you and this special person. Use of the trademarks brings the gift of perceived and creatively expressed individuality, bringing more joy and harmony into the world around us.

Looking in the mirror and at other people will become a wonderful adventure, a recognition of who you truly are and the ability to communicate the truth of yourself to others.

Human Physiography divides into 3 parts.

The Conscious – Face Value 1: The Visual Perceptions we have when we look at some ones face. The Trademarks (read structures) we have chosen are consciously communicated behaviours. We know when we are feeling and doing these behaviours. It is not hidden from us, and sometimes we hope it is hidden from others.

The Subconscious – Face Value 2: These are trademarks which have been changed by the experience of life. How our subconscious deals with pain and joy and how and why we look different from when we did before. We combine these aspects with the language pattern modalities based on the NLP model with the trademark behaviours. More emphasis is placed on being able to construct the trademarks together to give us the complete picture. For example we are not just our nose, are we ?

The Body – Bodyography: Focusing on the energy patterns and nutritional needs of the different body types. We explore the psychological structural and genetic factors which create the differences in our physiology. Understand how you communicate externally with your physical body and know your glandular and planetary orientation and needs.

Let us look at the Subconscious aspects where the trademarks come together with the language. Is there a structural correlation between how we look and the language we speak. We believe there is.

Both systems are comparable
One is visual and learned – Face Value 1
The other auditory as a language – NLP

Marrying the two models you have a complete model of understanding.

THE CONSCIOUS

What you see in the face.

THE UNCONSCIOUS

The response or reaction to the trademarks.

The subconscious rearranges our trademarks according to our perceptions of life experiences.

NLP – Joins the unconscious to the conscious to create rapport between the two.

THE PHYSIOLOGY

The body communicates as the message of the mind.

Congruency between Conscious and Subconscious allows the body to convey this connectedness. When the physiology truly communicates the message of the mind the person is completely standing in their own truth and we know it.

Face Value 1 gives us the conscious visual perceptions and behaviours. – Known by us and not always by others

Face Value 2 gives us the subconscious perceptions of life experience and the NLP language. – Known by others and not usually seen by us.

The NLP Language

The language of NLP is broken into four major components:

The Visual – uses language relating to what they see. Process communication in their heads.

The Auditory – uses language relating to what they hear and how those sounds make them feel.

The Kinesthetic – uses language relating to how they feel

The Auditory Digital – uses language relating to what they tell themselves,
and they love the use of language.

Where Do They Connect?

Can I expect a person with very low bushy eyebrows who is a massage therapist to speak in a high voice and speak quickly as a visual would do?

Can I expect a beautifully dressed woman with immaculate makeup on our first meeting to come over and shake my hand and pat me on the back and speak with a deep voice as a kinesthetic would do?

Connecting Them

Examples of Language Channel and
Conscious Trademarks:

Visual words – see, shown, look, bright, dazzle, sunny, clear, dim view, open, dull.

Trademarks – Vertical forehead full frontal eminences high eyebrows large top lip.

Auditory words – sounds, bell, ring, tinkle, sound effects, grated, bang, talk, hear.

Trademarks – fast back forehead, half moon eyebrows, eyes close together.

Kinesthetic words – cool, fuzzy, hot, comfy, grasp, handle, full, feel, jumpy, sense.

Trademarks – low eyebrows, eyelids, systems orientation, full bottom lip, broad face.

Auditory Digital words – consider, evaluate, solution, problem, meaning, objective.

Trademarks – epicanthic fold, eyes close together, convex nose, flat cheekbones.

There are also many of the subconscious trademarks that apply and many specific body physiologies that connect to the language. The language we speak is something we automatically do and why do we? Where is it programmed into our subconscious to speak the language we do? Expect genetically that parents, or at least one will have the same NLP language pattern as their child. Is this connected to the Trademarks? Which comes first in our development ?

The Trademarks we believe dedicate the language we speak. It is the subconscious aspect of ourselves that is corroborated back to the structural trademarks.

We are in the early days of researching this phenomenon and the courses we teach we invite each group to contribute to the list and by correlation we should get an average mean and begin to monitor and prove the correlation.

There are many ways to process this information through experiential techniques we have devised.

The Reason

Why do we want to know all this anyway?

We are not interested in how people look.

We are interested in who they are and to be able to honour their truth as we would like ourselves to be honoured. Any of you who have worked with this system though the Kinesiology of 3 in 1 and have made it a passion know what we mean.

However the more models we learn to stereotype ourselves the more boxed in we become. How your genetic inheritance affects your life may not be to your highest spiritual advantage if you cannot look beyond the lessons we learn in life. You are not your physical, emotional or mental body. You are you. Importantly if other people cannot get past the way you look they will never know you.

Going beyond this work is where we need to be just to be us in our truth connecting though our spirit back into the physical emotional and the mental as a medium to communicate our "humanness."

Our responsibility is to know ourselves and communicate through it to others and facilitate those we can to get to their own truth. Knowing and understanding human physiography can change your pattern of behaviour and change your face. The way you feel can change the way you look.

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You are now 100% responsible for your life!

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For further information Kerry Rowe may be reached at

113 Cape St., Heidelberg, Melbourne,
Victoria, 3084, Australia

phone: (61) (3) 457-6127

FAX: (61) (3) 458-4946

Assessing Digestive Function Using Diagnostic Muscle Testing

by Brian C. Schroeder, D.C.

All of us in the healing arts who are practicing at some level in a healing or health care profession at one time or another have worked with patients who had fairly complex symptomatology going on. Whatever our style of practice, whatever our methodology of diagnoses and/or treatment all of us are trying to achieve one thing with our patient and that is to assist them in healing whatever the problem is that brought them to our offices in the first place. Whether or not we choose to use meridian therapy, bioenergetic balancing, structural balancing or any other form of neural, bioenergetic or physiological technique, there is one process which is necessary for any true healing mechanism to occur. That process is the ability of the body to regenerate itself at the cellular level. One of the characteristics of living organisms is that they are able to regenerate the parts of themselves, i.e. cells. These cells are able not only to regenerate but repair themselves and all true permanent healing involves cellular regeneration.

In order for cellular regeneration to be achieved several criteria have to be fulfilled. While it is true that neurological input, bioenergetic input, blood supply etc. must all be present, one of the true core level things that must be available within the cell for regeneration to take place is nutrition. The cell must have an adequate supply of vitamins, minerals, amino acids, bioflavonoids, oxygen, essential fatty acids, and glucose in order for any cellular replication or regeneration to occur. The only way these nutrients can be present in the cell is if they are present in the appropriate form in the blood stream and the only way they get into the blood stream is via a correctly functioning digestive system. Many practitioners will suggest to their patients that they take this supplement or that herb or this other glandular extract, without ever first assessing whether or not the person's digestive function is adequate to insure that these nutritional therapeutic substances are actually being delivered to the tissues. All of us who practice manual muscle testing or diagnostic muscle testing, which ever term you choose to use, have at our disposal a unique diagnostic tool which allows us to assess with a fairly high level of accuracy and reliability

the digestive function of an individual that has been presented to us. This paper represents an attempt to distill a digestive assessment examination from a number of different techniques and a number of different bodies of knowledge that I have studied over the years, and incorporate all these techniques into one simple examination room protocol, which is easily learnable and accurately reproducible. In assessing the digestive function of an individual the first thing I do in this technique is to look at the abdominal reflexes. These reflexes are based on the work that has been done by Dr. Howard Loomis, a chiropractor who teaches a course in enzyme pathophysiology based on the work of Dr. Edward Howell, relating to food enzymes and digestive enzymes. Dr. Loomis' protocol consists of checking 8 abdominal reflexes which relate to different organ systems and different aspects of digestive function. These reflexes are essentially a deep tendon reflex that has been used for decades to test the integrity of the peripheral nerves. These tests involve sensory and motor pathways integrated from the muscle spindle to the motor cortex and back to muscle. The standard application of the test is usually related to the patellar ligament, whereby the ligament is struck with a reflex hammer to elicit the reflex, and the quadriceps muscle contracts in response. The application of this test determines the level of response of the reflex after the muscle spindle has been stretched and these are noted with simple visual observation. The mechanism behind the deep tendon reflex is more appropriately called the muscle stretch response (MSR). In order to fully understand how deep tendon reflexes and muscle stretch responses can be applied to diagnostic assessment of underlying visceral, i.e. digestive system organs, we need to venture into the field of embryology for just a moment and look at the early development of the nervous system.

At 16 days of fetal age, a transverse section of tissue shows the mesoderm spreading from the primitive streak as the prominent layer between the ectoderm and endoderm. This segregation of embryonic mesoderm signifies the advent of the second phase of gastrulation. At 19 days a thickened plate of ectoderm, the neural plate,

develops along the mid-dorsal line of the embryo and is transformed by invagination into a neural tube. The neural tube detaches from the underlying ectoderm and thickens to develop into the spinal cord and brain. The spinal cord develops from the caudal portion of the neural tube.

During the fourth week the embryo is ready to enter body building, and the following characteristics of all vertebrates make their appearance:

1. A tubular central nervous system.
2. An internal skeleton.
3. The limbs, arranged in two pairs, with the internal skeleton.
4. A mouth, closed by a lower jaw.
5. A pharynx, which differentiates lungs.
6. A ventral heart connecting with a closed system of blood vessels.
7. A caelom, or body cavity, divided into compartments for the heart, lungs, and abdominal organs.

During the fourth week of development all of the above parts make their beginnings. The neural plate folds into a tube which detaches from the general ectoderm and becomes the nervous system. A cord of mesodermal tissue; the notochord, runs axially between the neural tube and gut. It serves as primitive "backbone" and is later surrounded and replaced by the vertebral column. The roof of the ectodermal yolk sac folds into a tubular gut which becomes the digestive tract and respiratory system. The somites are primitive segments which lie along the spinal cord in pairs. They arise when transverse clefts subdivide the thickened mesoderm next to the midplane into block-like masses. Each somite pair gives rise to a muscle mass supplied by a spinal nerve, while each somite pair also collaborates in producing a vertebra. At the level of each pair of somites lie primitive kidney tubules, and also blood vessels arising from the aorta. This whole group of associated mesodermal structures is repeated serially throughout much of the embryo's length. Thus, man develops as a segmented

DIAGNOSTIC FORMULA

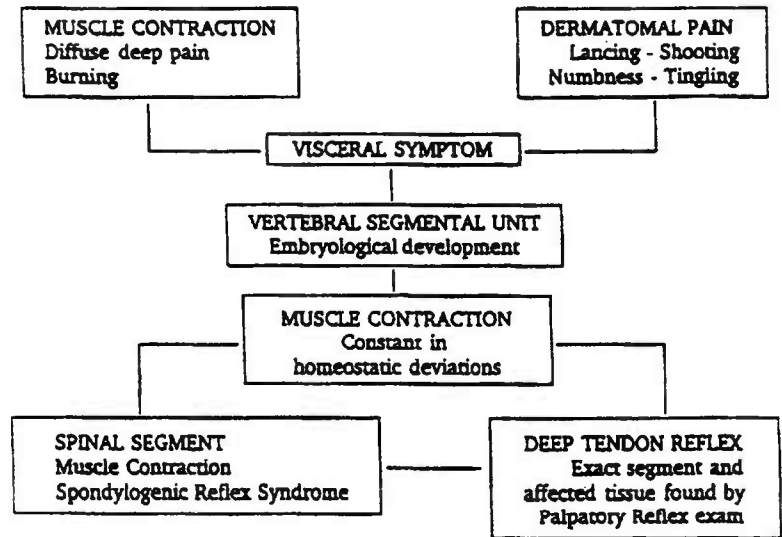


FIGURE 1

organism, each segment having nerve connections with:

1. A specific dermatome (ectoderm)
2. A specific myotome, or group of muscles (mesoderm).
3. A specific visceromere, viscus or part of a viscus (endoderm).

Therefore, an embryologic correlation between pain, muscle contraction, and visceral symptoms exists at each spinal level. It goes without saying that all symptomatic complaints can be categorized as pain, muscle contraction or visceral symptoms (see Figure 1).

In 1898, the noted English physiologist, Head found that changes in viscera were accompanied by changes in cutaneous areas supplied by the same root segment. In 1917 Mackenzie found changes in muscle tone (in groups of muscles) associated with the root supply of the pathologically affected viscera. It comes as no surprise then, in 1990, that pain and visceral dysfunction are always accompanied by muscle contraction. In the 1940's Sherrington first postulated what would become known as Sherrington's Laws:

1. Every posterior spinal nerve root supplies a special region of the skin, although fibers

from adjacent spinal segments may invade such a region.

2. When a muscle receives a nerve impulse to contract, its antagonist receives simultaneously an impulse to relax.

It can be said that pain, visceral symptoms and muscle contraction are experienced as cells are stimulated by their environment. Changes in that environment act as stimuli to the cells. This is true whether the change is in the external environment, such as placing your hand on a hot stove, or if the change is in the internal environment such as the presence of an allergen or a change in the consistency of the extracellular fluid. Regardless of origin, the stimulus excites a sensory response which is carried to the brain in a predictable manner, and a motor response is elicited. The first order neuron carries impulses to the spinal cord from three sources:

1. Points on the external surface of the body.
2. Muscles and joints within its segment.
3. Viscera within the same spinal segment.

Each spinal segment and its ectoderm, mesoderm, endoderm connections being embryologically determined. At the spinal cord the 1st order neuron synapses with the 2nd order neuron in the posterior horn. The 2nd order neuron is the somatic afferent final common pathway. This neuron carries impulses, from all 1st order neurons, through the spinothalamic tract to the thalamus for interpretation of crude sensation and synapses with the 3rd order neuron that conducts impulses to the post-central gyrus of the cerebral cortex. All sensory fibers synapse at the thalamus, therefore, massiveness of sensation and not localized sensation is recorded. The post-central gyrus via the 3rd order neuron is where pain is localized and the appropriate response relayed back to the spinal root segment (see Figure 2).

Now what all of this boils down to is that because of the fact that each segment associated with the somite formation and the embryonic development of the organism contains a dermatome, myotome, and visceromere, that association or relationship is carried forward into adulthood in the organism. This means there is a

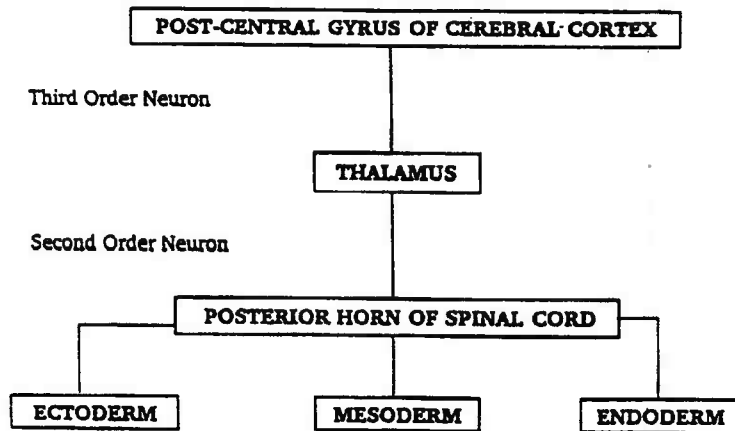


Figure 2

connection between the digestive organ and the muscle and nerve that shared a somite with it in it's embryological development. It is this relationship that allows us to stretch the rectus abdominus in the area adjacent to the pancreas and assess pancreas function, in the area adjacent to the liver/gall bladder and assess their function etc. We assess these abdominal reflexes according to the protocol designed by Loomis. There are eight sites that we check. The first is the epigastrium where we are looking for gastritis, and/or an indication of a hiatal hernia. Next are the reflexes; in the upper left quadrant, lower left quadrant, lower right quadrant and upper right quadrant. The upper left quadrant relates to the pancreas and sugar intolerance, the lower left quadrant relates to the valve of Houston and fiber intolerance, the supra pubic can relate to cystitis, chronic inflammation and pelvic congestion and stagnation. The lower right quadrant relates to the ileocecal valve and protein intolerance and the upper right quadrant relates to the liver and gallbladder and fat intolerance (see Figure 3). The other reflexes are the kidney stress reflex, this reflex is located on the back in the costal phrenic angle, or immediately inferior to where the 12th ribs connect to the spine. The last reflex is the transverse abdominis reflex and this relates to chronic constipation or candidiasis growth and/or diarrhea, and the transverse abdominis reflex is located three finger widths superior to the iliac crest and just slightly anterior to the midcoronal plane of the body. The methods of palpating each of these reflexes involves using the tips of the fingers and exerting a mild to moderate pressure directly inward and slightly cephalad (see Figure 4). The reflex response that is observed for upon

EPIGASTRIUM - Gastritis - Ulceration Acid rebound immediately after meals Heartburn and bloating - Frequent use of antacids	
UPPER RIGHT QUADRANT FAT INTOLERANCE Intolerance of fat and gas producing foods. Fullness and nausea 2 to 3 hours after eating. Acholic stools.	UPPER LEFT QUADRANT SUGAR INTOLERANCE Gas and bloating after eating raw foods. Craving for sweets Diarrhea, weight loss and malassimilation syndromes.
<div>PERIUMBILICAL - Colic - Maintenance Vague, cramping "colicky" indigestion Poorly defined bloating and fullness Maintenance formula for adults</div>	
LOWER RIGHT QUADRANT PROTEIN INTOLERANT Loss of taste for meat Poor appetite Sense of fullness, indigestion, and nausea 1 to 2 hours after eating.	LOWER LEFT QUADRANT FIBER INTOLERANT Intolerance to fibrous foods Hard, dry stool Inability to lose weight Varicose veins, hemorrhoids History of diverticulitis
SUPRAPUBIC - Cystitis - Chronic Inflammation Hyperirritability of P.M.S. Slow morning starter - joint stiffness Low tolerance to exercise	

FIGURE 3.

eliciting a muscle stretch response at each of these reflex points is to observe the A.S.I.S.'s of the patient and see whether or not there is any movement of one A.S.I.S. relative to the other. Any movement of one A.S.I.S. relative to the other is considered to be a positive response to the abdominal palpatory reflex test. An assessment of the components of the digestive system described here utilizing these palpatory abdominal reflexes allows us to determine the patients ability to properly assimilate simple and complex carbohydrates, protein and fat. If one has the ability to do 24 hour urinalysis, this is an excellent laboratory test which can confirm and quantify these findings. The simple interpretation of the palpatory abdominal reflexes described herein is sufficient for our purposes to determine whether or not the patient is able to properly assimilate these broad categories of nutrients.

The next area to be assessed is the various valves of the digestive system. There are five valves with which we concern ourselves in this assessment:

1. The cardiac sphincter of the stomach and its relationship to the presence or absence of hiatal hernia.
2. The pyloric valve of the stomach.
3. The duodenal-jejunal junction valve.
4. The ileocecal valve.
5. The valve of Houston.

The assessment and treatment of all these valves is very extensively covered in the text "Visceral Manipulation" by Jon Pierre Barral and Pierre Mercier. In this text the authors describe several different methods of assessing valve function utilizing osteopathic techniques. Having utilized these techniques as well as cross checking them with therapy localization using applied kinesiology style manual muscle testing, I find I much prefer simply utilizing therapy localization and manual muscle testing. If applied by a skilled practitioner it would appear to be every bit as accurate as the osteopathic techniques utilized by the

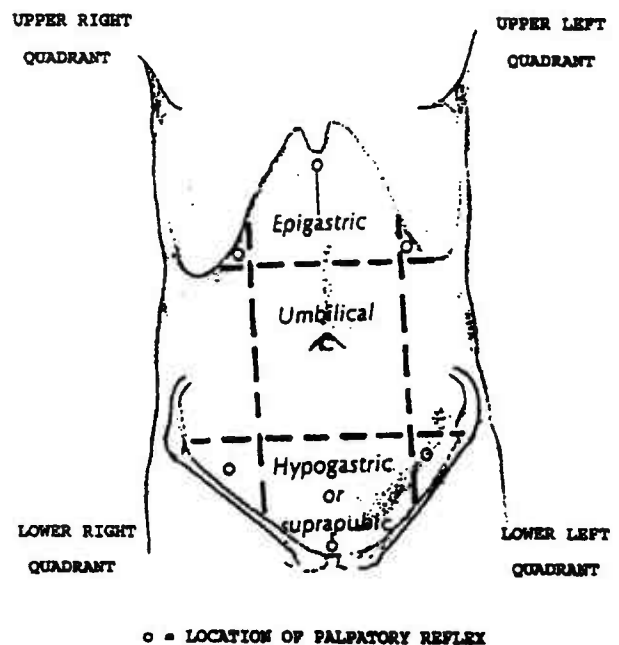


FIGURE 4.

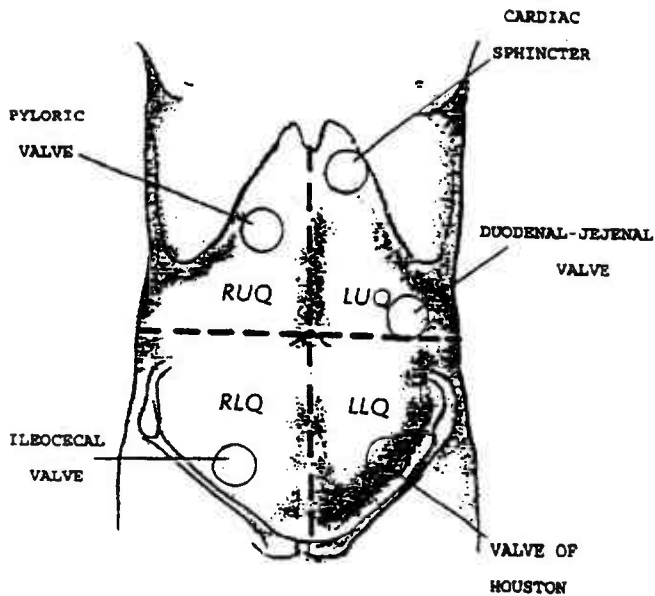


FIGURE 5

authors of the text. The anatomical sites relating to the locations of these valves are indicated in the drawing (Figure 5). Having located a valvular dysfunction, there are a number of different therapeutic options available for restoration of normal function of the valve including visceral manipulation, osteopathic or chiropractic manipulation, acupuncture and others. It is beyond the scope of this paper to go into all possible therapeutic regimes and their applicable protocols.

We will deal strictly with the diagnostic aspect, i.e. location of a malfunctioning valve utilizing therapy localization and manual muscle testing. The technique is extremely simple, utilizing therapy localization, the doctor therapy localizes the area of the valve using either dorsal or palmar surface of the hand. If he elicits a CIMS (change in muscle strength) at the site, the doctor then has the patient therapy localize the site using either an open or closed hand contact. If there is a positive response with the open hand contact that means the valve is stuck in an open position, if there is a positive response with the hand in a closed contact then that means that the valve is stuck in a closed position. The next technique involved is simply doing a diagnostic muscle screen on the various different muscles which have association to visceral organs. These are pectoralis major clavicular for the stomach, latissimus dorsi for the pancreas, quadriceps and abdominals for the small intestine, anterior deltoid for the gall bladder,

pectoralis major sternal for the liver and fascia lata for the large intestine. Once again we will mention that the utilization of these muscles for testing simply establishes whether or not there may be a problem with the function of that particular organ if the muscle associated with it tests weak on screening. The last technique we can use for assessment of digestive function once again is therapy localization of each of the organs mentioned and testing of an intact indicator muscle. If there is a CIMS on any of these tests once again we are given the information that there is some sort of a problem in the organ in question. We can then proceed to do further involved tests, i.e. hair analysis and/or other lab tests or other forms of bioenergetic evaluation, e.g. tongue or pulse diagnosis, reflex points assessment etc. In order to determine what our most appropriate therapeutic protocol should be, sequential therapy localization of the digestive system organs can allow us to investigate the causal chain to determine which is the first link of the chain. If we identify more than one organ as having a potential problem through therapy localization assessment, we can then have the patient sequentially therapy localize the organs in question in pairs and determine which organ has priority in terms of determining the causal chain. This diagnostic regimen as described is what I use as a basic in office screening for digestive system dysfunction when assessing a new patient. If digestive system dysfunction is identified further diagnostic tests are ordered and the patient is placed on some sort of therapeutic regime to normalize digestive function prior to the utilization of another therapeutic nutrient protocol for whatever the presenting complaint may be. Hopefully some or all of this digestive assessment protocol will prove to be of benefit to other healing arts practitioners who utilize diagnostic muscle testing in their practices.

For further information, Dr. Schroeder may be reached at

201 W. Victoria Ave
Thunder Bay, ONT, P7C 1G4

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How to Do Psychological Corrections

by Jimmy Scott, Ph.D.

Abstract

Although the origins of kinesiology are rooted in working on the physical body, in Health Kinesiology the psychological realm is where most energy corrections take place. HK's development of psychological techniques began before 1980. This elaboration took the shape of Psychological Structures, now including some nineteen different forms. We can muscle test while the person thinks about any given topic (we always meridian energy balance a person before any testing). A weakened muscle indicates the person is stressed by that thought. We do not need to know what the person thinks about. We call this Personal Stress Reduction. A variation on this is to utilize a list of common psychological stressors as a check list, testing each in turn. However, in HK we have procedures which allow us to determine what is the most important item (of any type) for the person, even though they may not be consciously aware of the item. We literally build the item, word by word, using the system of structures as a guide. We also use extensive lists of words, each of which has occurred in a correction for someone. This technique is demonstrated.

We also utilize *Life Transformers*© in place of corrections, for corrections, and as an adjunct to corrections. Life Transformers are gemstones which have been specially modified to gently produce balanced energy patterns, mostly of a psychological nature. These are also demonstrated.

Several appendices provide additional details on meridian energy balancing, Personal Stress Reduction (PSR), psychological item structures, and Life Transformers.

The first step when doing any sort of correction, psychological or not, is to meridian energy balance – both the person being tested and the testor. The HK method of accomplishing this is shown in Appendix 1. Unless this is done certain errors may occur which can considerably reduce the effectiveness of the testing process.

In HK various factors are utilized, the psychological factor being but one of them. In effect we ask the body which factor is to be worked with next. If psychological is the answer our next step is to ask which psychological structure is to be used.

Knowing the structure of the item considerably reduces the number of questions required to narrow the range of possible topics from the entire range of human experience to a few specific words. For example, suppose we balance the client and the Psychological Factor comes up as priority. We determine "which structure?" by running down the list and asking "Is it this structure?" about each one in turn until we get a "yes" response. Suppose the structure turns out to be "Common gerund, different topic." We know immediately that the first word of the

item is a gerund (a verb ending with 'ing'). By further questioning, along with our "HK List of Gerunds" which have appeared in items with other people, we can determine in a few seconds that first word. Suppose that gerund happens to be "understanding." Through discussion with the client, further questions, and with our "HK Words List" we can again, in a few moments, usually, determine the topic of understanding. In this case, suppose that topic is "myself". So the complete item is "understanding myself." The correction is accomplished by having the person think these words (of course we always demonstrate that the muscle tests weak to confirm that this item is indeed stressful) while we do the appropriate reflex points. These points are determined exactly the same way as when originally meridian energy balancing the person.

Another way to understand this correction process is to think of balancing the person's meridian energies. Stress the person (with anything, psychological or not), determine how the meridians were disturbed, and then rebalance the person as before, but with the stressor active. Thus we end up with the person being meridian

energy balanced in the face of what before was the stressor and therefore not stressed any more. We then repeat the process with the next item, and so on.

Life Transformers™ are specially modified gemstones. Their natural energies are enhanced and modified to produce energy patterns for specific purposes. For example there are Life Transformers for "Improving Intellectual Functions," "Relating to my children", "Grief," and "Getting Unstuck," among others.

There are several ways to use Life Transformers. The first is simply to wear it, in the proper location. Suppose you were feeling stuck in your life. Muscle testing confirms that you are indeed stressed by thinking of being stuck. Place the Life Transformer for "Getting Unstuck" on the body and retest. You will now test strong. Remove the Life Transformer and you will again test weak! If you wear the Life Transformer over a period of a few weeks or months your energy will change and you will no longer weaken to being stuck in your life, with or without the Life Transformer. You are no longer stressed by the idea of being stuck in your life and now you can begin to make the changes to get your life moving again.

Do you want to speed things up? Then you test to determine which energy circuits are disturbed by thinking of being unstuck. Place the Life Transformer on your body while doing those reflex points (just as in balancing). Now, without the Life Transformer in place, retest the idea that

you are stuck in your life. The muscle will be strong, the stress is gone, and behavioral changes can begin to take place immediately.

Any time a psychological correction is done, the behavioral changes can lag behind the energy changes by as much as a few months. If you do the correction with the Life Transformer and also wear the same Life Transformer, the behavioral changes take place considerably faster.

Health Kinesiology is extraordinarily broad in scope, ranging from allergies and nutrition, body work, electromagnetic corrections within the body, and environmental energies (Geobiology) to dreams, subtle energies, and spirituality. Yet, the Psychological Factor is by far the most used category in our work. Our work in this area is highly developed, and requires some 20 workshop days to cover the basics. However, even though that is such a small time, we do learn how to effectively cope with the incredible range of human psychological experience using deceptively simple HK techniques.

<p>For further information on Health Kinesiology, contact: Jimmy Scott, PhD RR 3, Hastings, Ontario, K0L 1Y0, Canada tel: 705-696-3176 fax: 705-696-3664 email: JSCOTT@FLEMINGC.ON.CA</p>

Appendix I

Balancing the Meridian System

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by Jimmy Scott, Ph.D. & Linda Clark Scott

Health Kinesiology, Inc
RR3, Hastings, ON, Canada K0L 1Y0

Abstract: A method is presented which will always succeed in thoroughly balancing the meridian energies in only a few moments. This is not a shortcut method.

One of the fundamental skills in Kinesiology is balancing the energy in the meridian system. It is surprising, therefore, how often this process is not clearly understood or applied. It is easy to demonstrate that unless the meridian system is energy balanced then one cannot be certain that any other muscle testing is valid. With the meridians energy balanced all muscles are generally strong, all meridian under- and over-energies are gone (even though the level of energy may not be optimum), there is no energy switching or reversal, and several other phenomena disappear. With the HK meridian energy balancing procedure all this is usually achieved in less than one minute. Although HK was a pioneer in asking verbal questions of the body, the process described here relies solely on reflexes. This general procedure was developed by HK in about 1984, with the exception of the Reflex Evaluation Points, which were added about 1991.

It is important to recognize that energy flows not only through the meridians but also out of the meridians through the tissues. Careful analysis has indicated some 18 different components to this energy flow, only eight of which relate directly to the meridians. (This information was first presented to the Annual Meeting, Touch for Health Foundation, 1983.) Any given Kinesi-ology procedure can be analyzed to determine which of these energy components it can affect. To balance the meridians under all possible conditions requires procedures which can affect any of the eight energy components; likewise, to determine that indeed the meridians are balanced requires tests of each of these eight components. The procedures described here do exactly that. Obviously, if a balancing procedure does not affect each energy system component the method may not always adequately balance the person. An example of this is the HK Balancing Tap, which balances about 99% of the time. (Published in Dr. Scott's book, *Cure Your Own Allergies in Minutes*, in 1986.) We have found that using the well known reflexes – NL, NV, EP, Act, Sed – in the proper manner will balance all these energy components in every instance. Furthermore, the entire process only takes a minute or two.

Summary: HK Meridian Energy Balancing

1. Find a Responsive Indicator Muscle

An indicator muscle is one which can "answer" for the entire body. The first thing you need to do is find a muscle that can both lock and unlock. We use the pinch test for this, and typically choose to test an arm muscle.

1. Test the arm "in the clear." The muscle should lock and keep the arm in place.
2. Pinch the spindle cells in the belly of the muscle and test again. The muscle should unlock so you can push the arm down.
3. Unpinch the same spindle cells and test a third time. The muscle should again lock and hold the arm in place.

If you obtain different results from those indicated in these tests, find a different muscle and try again. Most often you will find a cooperative arm-muscle on your first try, but if not just try the same muscle on the other arm, or choose a different muscle to test.

2. What Element Needs Balancing?

The meridian energy system is meant to be changeable, adapting the energy levels within individual meridians to the momentary needs and stresses in the body and mind. In Health Kinesiology we work with the 12 bilateral meridians plus the governing and central vessels, grouping them in seven coupled pairs or "elements." We number the elements from zero through six. Experience has shown that working with the meridians in this order gives the most effective results with the least effort. Incidentally, this process of testing around the navel has a name – circumbilication.

Touch the reflexes for each element in turn, beginning with element zero. Stop and note the first element giving a weak test. This will be the element to balance, so proceed now to Step 3. Remember that you will be touching points to balance the energy in both of the meridians in the element. It is possible that your client is already balanced. In that

case all the elements will test strong and you can jump to Step 5.

3. What Type of Reflex Points Will You Use for Balancing?

In HK we typically facilitate all energy corrections by touch-stimulating one of five different types of energy points. For the initial balancing process, you will most commonly use either Neurolymphatics, Neurovasculars, or Sedation Points. Sometimes you will use Endpoints, and rarely will you use Activation Points for the initial Balancing. How do you know which type to use? Test the Reflex Evaluation Points, the REP's! There are five of these reflexes, one for each of the five types of energy correction points.

Test the REP's. Remember that the REP for Neurovasculars is a single reflex point. All the other REP's are in pairs, and you must simultaneously touch both reflexes in the pair for this test. Stop and note the first reflex that tests weak. This shows you the kind of points you need to touch for this Balancing Process.

4. Balance

To balance you simply touch or "hold" the type of points you noted in step 3 for the pair of meridians (the element) you noted in Step 2 and allow the energy changes to happen. You, or your client, or anyone else may hold the points. How long do you need to hold the points? Until you feel a subtle pulsing, or until you and/or your client sighs or yawns, or until you can feel that you're done, typically a minute or two.

REMEMBER the point-holding protocol. Depending on the number of hands available:

Hold the yang meridian points first on one side, then on the other side. Then hold the yin meridian points on first one side then the other.

OR

Hold all the yang meridian points first, then hold all the yin meridian points (both sides).

OR

Hold all the points at the same time.

UNLESS

You are doing Sedation or Activation points. If so, first follow the guidelines above and complete the Hold First points. Then follow the guidelines and complete the Hold Second points.

To summarize, you use Step 2 to determine which element (two coupled meridians) and Step 3 to determine which type of reflex points, for that element, which will balance the person.

5. Are You Balanced Now?

It's time now to confirm that your client is in fact meridian energy balanced, or to DISCOVER if more balancing needs to be done. (98% of the time, balancing is complete at this point.) As you do these confirmation tests, your client will keep their palm flat on their navel. As you know, there are reflexes around the navel which represent all the meridian energies. (Even element zero has an alternate test point – the navel itself.) When you test with the hand on the navel, you connect into all the meridian system, so you are no longer getting responses from just that one muscle and the single meridian with which it is associated. Now you are able, with every test, to discover if there is an energy disturbance ANYWHERE in the meridian system.

Perform the tests indicated below. If all the tests give the indicated results, you can feel confident that your client is meridian energy balanced and ready to begin to do deeper personal work. If ANY of these tests gives a result opposite to that indicated, then more balancing is needed. Repeat the balancing procedure from Step 2. Only occasionally will this repetition be necessary.

Confirmation Tests

1. Test with the client's palm flat on the navel. ↑

NOTE: Keep the hand on the navel for all of the remaining tests.

2. Have your client say NO and then test ↓
Have your client say YES and then test ↑
3. Pinch the spindle cells of ANY muscle. ↓
Unpinch the spindle cells of that same muscle. ↑
4. Test with the NS pole of a magnet on the belly of any muscle. ↓
Test with the SS pole of a magnet on the belly of any muscle. ↑

If all these tests work as indicated then the person is definitely Meridian Energy Balanced. Notice the tests which result in a strong muscle are done second.

Appendix II

HK List of Common Psychological Stress Items

This is not a comprehensive list! Just a small starter to illustrate typical items

- | | |
|--|---|
| <input type="checkbox"/> HK is easy. | <input type="checkbox"/> I can't deal with defiance. |
| <input type="checkbox"/> HK is difficult. | <input type="checkbox"/> I must empower myself. |
| <input type="checkbox"/> I need comforting. | <input type="checkbox"/> Its OK to have money. |
| <input type="checkbox"/> Learning is fun! | <input type="checkbox"/> I will have the ability to succeed. |
| <input type="checkbox"/> I can't remember anything. | <input type="checkbox"/> I want to be trusted. |
| <input type="checkbox"/> I am always sensitive. | <input type="checkbox"/> The world is not ready for this! |
| <input type="checkbox"/> I am focused and attentive. | <input type="checkbox"/> I can't achieve transformation. |
| <input type="checkbox"/> I am open and receptive. | <input type="checkbox"/> I benefit from everything I do. |
| <input type="checkbox"/> I can't get going. | <input type="checkbox"/> I should not be lazy. |
| <input type="checkbox"/> I need help. | <input type="checkbox"/> I can learn effortlessly and easily. |
| <input type="checkbox"/> I am honored. | <input type="checkbox"/> Other people have more than I do. |
| <input type="checkbox"/> I might be wrong. | <input type="checkbox"/> My emotions are easy to express. |
| <input type="checkbox"/> It is OK not to be perfect. | <input type="checkbox"/> I deserve growth and development. |
| <input type="checkbox"/> Mistakes are bad. | <input type="checkbox"/> I need to be supported. |
| <input type="checkbox"/> I am adventurous. | <input type="checkbox"/> I need to have excitement. |
| <input type="checkbox"/> People are warm. | <input type="checkbox"/> I should not be dependent. |
| <input type="checkbox"/> I am hopeful. | <input type="checkbox"/> People should keep their opinions to themselves. |
| <input type="checkbox"/> I will be hopeful. | <input type="checkbox"/> I can recall details vividly and easily. |
| <input type="checkbox"/> I should be independent. | <input type="checkbox"/> I love myself. |
| <input type="checkbox"/> People are sensitive. | <input type="checkbox"/> I am worthy. |
| <input type="checkbox"/> I am fortunate. | <input type="checkbox"/> I feel victimized. |
| <input type="checkbox"/> People are understanding. | <input type="checkbox"/> I am enthusiastic and eager. |
| <input type="checkbox"/> I deserve totality. | <input type="checkbox"/> I know what I am doing! |
| <input type="checkbox"/> I am healthy. | <input type="checkbox"/> Don't tell me what to do. |
| <input type="checkbox"/> I value people. | <input type="checkbox"/> Fear of the unknown keeps me from learning. |
| <input type="checkbox"/> I should be strong. | <input type="checkbox"/> I feel overwhelmed. |
| <input type="checkbox"/> I trust my inner self. | <input type="checkbox"/> No one understands me. |
| <input type="checkbox"/> This work is weird. | <input type="checkbox"/> I am spontaneous and playful. |
| <input type="checkbox"/> I am changing. | <input type="checkbox"/> I understand complex material. |
| <input type="checkbox"/> I want to have everything. | <input type="checkbox"/> I am grounded and centered. |
| <input type="checkbox"/> I should not be weepy. | <input type="checkbox"/> I can't do it! |
| <input type="checkbox"/> I need recognition. | <input type="checkbox"/> I should do it! |
| <input type="checkbox"/> I am important. | <input type="checkbox"/> I will do it! |
| <input type="checkbox"/> I can't have abundance. | <input type="checkbox"/> Touching is comfortable and easy. |
| <input type="checkbox"/> I need vision. | <input type="checkbox"/> Being touched is comfortable and easy. |
| <input type="checkbox"/> I am loved. | <input type="checkbox"/> Don't touch me! |
| <input type="checkbox"/> I must have happiness. | <input type="checkbox"/> Why me? |

- | | |
|---|--|
| <input type="checkbox"/> Nobody loves me. | <input type="checkbox"/> Closeness. |
| <input type="checkbox"/> Leave me alone. | <input type="checkbox"/> I don't need friends. |
| <input type="checkbox"/> Don't leave me. | <input type="checkbox"/> I need friends. |
| <input type="checkbox"/> I am wonderful! | <input type="checkbox"/> I feel lost. |
| <input type="checkbox"/> I need people. | <input type="checkbox"/> I am creative. |
| <input type="checkbox"/> I need attention. | <input type="checkbox"/> I am smart. |
| <input type="checkbox"/> I want to be acknowledged. | <input type="checkbox"/> I am bored. |
| <input type="checkbox"/> I can't be natural. | <input type="checkbox"/> I feel alive! |
| <input type="checkbox"/> Relax! | <input type="checkbox"/> Authority. |
| <input type="checkbox"/> I am respected. | <input type="checkbox"/> Don't criticize me. |
| <input type="checkbox"/> I am flexible. | <input type="checkbox"/> I am confused. |
| <input type="checkbox"/> I am ordinary. | <input type="checkbox"/> There is no hope. |
| <input type="checkbox"/> I have energy. | <input type="checkbox"/> I am powerful. |
| <input type="checkbox"/> I don't have energy. | <input type="checkbox"/> I am practical. |
| <input type="checkbox"/> I must be organized. | <input type="checkbox"/> Pleasure. |
| <input type="checkbox"/> Believe me! | <input type="checkbox"/> I make decisions easily. |
| <input type="checkbox"/> I must not be foolish. | <input type="checkbox"/> I am essential. |
| <input type="checkbox"/> Don't try to control me. | <input type="checkbox"/> I am needed. |
| <input type="checkbox"/> I feel disconnected. | <input type="checkbox"/> I feel comfortable in any circumstance. |
| <input type="checkbox"/> I feel close. | <input type="checkbox"/> Permission. |
| <input type="checkbox"/> I am pretty / handsome. | <input type="checkbox"/> I feel stressed. |
| <input type="checkbox"/> I am (always) considerate. | <input type="checkbox"/> I am ready. |
| <input type="checkbox"/> I feel defeated. | <input type="checkbox"/> I want to. |
| <input type="checkbox"/> I want to cry. | <input type="checkbox"/> No! |
| <input type="checkbox"/> I am devoted. | <input type="checkbox"/> Yes! |
| <input type="checkbox"/> I am responsible. | <input type="checkbox"/> I am not stubborn. |
| <input type="checkbox"/> I feel responsible. | <input type="checkbox"/> Sharing. |
| <input type="checkbox"/> I don't have time. | <input type="checkbox"/> Worry. |
| <input type="checkbox"/> I need you. | <input type="checkbox"/> I have all the confidence I need. |
| <input type="checkbox"/> Protect me! | <input type="checkbox"/> Listen to me! |
| <input type="checkbox"/> I feel wounded. | <input type="checkbox"/> Be with me. |
| <input type="checkbox"/> I am sensual. | <input type="checkbox"/> Don't blame me. |
| <input type="checkbox"/> I feel angry. | <input type="checkbox"/> I am conscious. |
| <input type="checkbox"/> I am happy. | <input type="checkbox"/> I feel rejected. |
| <input type="checkbox"/> I am sad. | <input type="checkbox"/> I feel satisfied. |
| <input type="checkbox"/> I feel trapped. | <input type="checkbox"/> I love people. |
| <input type="checkbox"/> I am controlled. | <input type="checkbox"/> I want to be appreciated. |
| <input type="checkbox"/> I am feminine / masculine. | <input type="checkbox"/> I am average. |
| <input type="checkbox"/> I forgive you. | <input type="checkbox"/> I have ambition. |
| <input type="checkbox"/> Forgive me! | <input type="checkbox"/> I need affection. |
| <input type="checkbox"/> Be direct! | <input type="checkbox"/> I accept responsibility. |

Appendix III

STRUCTURE OF PSYCHOLOGICAL ITEMS copyright © 1992-1994 25 April 1994		
STRUCTURE	DESCRIPTION	EXAMPLE
By knowing the structure of the psychological item it is easier to construct the item. There are at least 18 different basic structures. Each is listed here, in no special sequence, along with an example.		
I(a). CONCEPT / EXPERIENCE	A pair of items, the first is always the abstract concept ("the dictionary definition"), the second the personal experience.	- (idea of) fear. - (you yourself) being afraid.
I(b). CONCEPT / EXPERIENCE / OTHERS	A triplet of items, like above, but with the third item relating to the experience of any group or individual.	- (idea of) understanding. - (you yourself) understanding. - (any, eg. woman) understanding.
II. BODY PARTS	Simply the name of any given body part or function.	- my heart. - digesting. - toes.
III. NAMES / PEOPLE	The name of a specific person or type of person.	- Mom. - Penelope. - authority figures.
IV. IMPERATIVE	An imperative statement, with usually only the verb and object.	- appreciate me. - enjoy yourself. - rest. - trust me.
V. BEHAVIORAL BAROMETER	Borrowed from "One-Brain". A special pair of related items. The first always begins with "I feel", the second with "I am".	- I feel wounded. - I am needed. or: - I feel unloved. - I am safe.
VI(a). BEING / NOT BEING	A pair of items where the first is "Being" something, the second is "Not being" the same thing.	- Being in love. - Not being in love. or: - Being unable to cope. - Not being unable to cope.
VI(b). BEING / NOT BEING	A double pair of Being /Not being items, where the second pair is an opposite of the first pair.	- Being emotionally close. - Not being emotionally close. - Being emotionally distant. - Not being emotionally distant.
VI(c). BEING / NOT BEING	A triple pair of Being and Not being items, where the second pair is an opposite of the first pair and the third pair is a different opposite.	- Being dependent. - Not being dependent. - Being independent. - Not being independent. - Being free. - Not being free.
VI(d). BEING / NOT BEING / BEING NOT	A triplet of Being and Not Being items, where the second item is an opposite of the first item, as above, and the third item is a different opposite using Being Not.	- Being satisfied. - Not being satisfied. - Being Not satisfied. or: - Being happy with my work. - Not being happy with my work. - Being Not happy with my work.
VII. PHOBIAS & STRONG FEARS	A phobia or strong fear, usually includes several progressively closer steps. (Not all are shown in this example) Phobia corrections ordinarily require more steps than do strong fears.	- Think of a picture of a spider. - Think of a spider in a cage. - Think of a spider in this room. - Think of being near a spider. - Think of holding a spider. - (Actually) holding a spider.

STRUCTURE	DESCRIPTION	EXAMPLE
VIII. MISCELLANEOUS CONCEPTS	Any given concept, usually only a single word.	<ul style="list-style-type: none"> - Peace. - Play. - Power. - Control.
IX. SELF ISSUES	Really applies to a group of items all of	(partial list)
X. EXPERIENTIAL GERUND	Only a single word, a gerund (verb ending with -ing).	<ul style="list-style-type: none"> - existing. - knowing. - assuming.
XI(a). COMMON GERUND DIFFERENT TOPIC	All items in the sub-group begin with the same gerund, but have different topics. The entire group will relate to a particular issue, however.	<ul style="list-style-type: none"> - Accepting my self. - Accepting my shortcomings. - Accepting my strengths. - Accepting my needs. - Accepting my emotions. - Accepting my behavior.
XI(b). DIFFERENT GERUND DIFFERENT TOPIC	Each item in the sub-group begins with a different gerund and each has a different topic. The entire group will relate to a particular issue, however.	<ul style="list-style-type: none"> - Understanding my power. - Accepting the future. - Knowing failure. - Trusting others. - Respecting women.
XI(c). DIFFERENT GERUND COMMON TOPIC	The items in the sub-group all have the same topic, but begin with a different gerund. The entire group obviously relates to a particular issue.	<ul style="list-style-type: none"> - Trusting others. - Accepting others. - Recognizing others. - Honoring others. - Appreciating others.
XII. LINKED OPPOSITES	Each item includes an opposed pair of concepts within the item, linked by the word 'and'. The first word is a goal, the second a blockage.	<ul style="list-style-type: none"> - peaceful and terrified. - loving and dissatisfied. - forgiving and alone. - appreciated and hurt.
XIII. FOCUSED TOPIC	A series of items related to a special topic, in which the various components need individual items.	<ul style="list-style-type: none"> - Attending class. - Studying. - Preparing for an exam. - Taking an exam.
XIV. I (nv's)	These are groups of items with a common topic and different verbs, but all begin with I and use NV points for correction.	<ul style="list-style-type: none"> - I am happy. - I must be happy. - I can be happy. - I cannot be happy. - I need to be happy.
XV. I (others)	Other I items. These will not generally use the NV points.	<ul style="list-style-type: none"> - I graduate. - I now can be successful. - I face danger daily.
XVI. PEOPLE / ME	A pair of items where the first is about other people, either generally or a specific group, and the second is about me.	<ul style="list-style-type: none"> - People needing maturity. - Me needing maturity. or: - Women wanting subordination. - Me wanting subordination.
XVII. SELF SPOKEN WORD VIBRATIONS	A list of, usually single, words which must be said <i>out loud</i> to achieve the correction. It is <i>speaking the sounds to make the vibrations</i> which achieve the correction more than the meaning of the words.	<ul style="list-style-type: none"> - illusion - power - fun - dynamic - neglect - relax
XVIII. SENTENCES	A sentence, which may be a question a statement, or a declaration. A group of items may not be obviously related.	<ul style="list-style-type: none"> - Why do I encumber myself? - I obtain love when I need it. - If despair comes, I won't be there!
XIX. OTHER	Any structure not covered above.	- ????

Appendix IV

Life Transformers™

Every substance has an innate pattern of energies. We, as humans, have energies, too. These energies underlie all of our functioning, whether physical, psychological, or spiritual. As infants, indeed even before we are born, our energies are pushed, shaped, trained, even forced, into patterns which are not "normal" for us. Yet those disturbed energies determine how we relate to our world. As a consequence we are stressed by intimacy or success; our self confidence is undermined and we develop fears; we cannot learn how to cope with our emotions or deal with our sexuality; we get stuck and become depressed. In short, we get "hangups".

Through the techniques of Health Kinesiology™ (HK) those disturbed energy patterns can be corrected rather rapidly and people can experience profound changes in their lives. Not everyone, however, is ready for, or has access to, the HK work. LIFE TRANSFORMERS™ were developed so that everyone, easily and inexpensively, can receive some of the benefits of HK energy balancing.

LIFE TRANSFORMERS™ are made with carefully selected jewelry quality gemstones. Their natural energies are enhanced and modified through a special process so that they now emit energies which gently counteract the negative energy patterns created within our bodies when we are stressed. Since different stressors produce different patterns, a different LIFE TRANSFORMER™ is required for each type of stress. These effects are mild, but as they are worn over extended periods of time they provide considerable cumulative effect. They provide an energy pattern or template for the body to match, which it does, over time, resulting in significant reduction in stress. This reduced stress, in turn, allows us to change our behavior, coping with "the world" in a more relaxed and effective manner.

Currently there are 24 different types, with more being added regularly. Different types of gemstones are used and various Life Transformers are worn on different body locations. Several LTs can be worn simultaneously. They should be washed under cold running water for about a minute every week. An ordinary "programmed crystal" would be erased by this procedure.

- Accepting My Sexuality
- Communicating
- Confidence
- Expressing Myself
- Forgiveness
- Getting Unstuck
- Grief
- Improving Intellectual Functioning
- Improving Memory
- Intimacy
- Overcoming Depression
- Overcoming Fears
- Overcoming Illness
- Overcoming Sadness
- Overcoming Shyness
- Protection from Geopathic Stress
- Psychic Protection
- Relating to My Children
- Relationships
- Smoothing the Emotions
- Success
- Understanding
- Wisdom

Life Transformers may be obtained from the Health Kinesiology office. Write or call for catalog sheet.

The Seven Rays and You

An Aspect of Transformational Kinesiology

by Linda Clark Scott

Abstract

Influencing every aspect of life, the Seven Rays provide an excellent tool for unraveling personal issues in a kinesiology session.

As Kinesiologists we explore the boundary between energy and consciousness. How do beliefs affect the well-being of the physical body? How can we use energy corrections, acu-points, essences, etc., to modify limiting beliefs? Is there a difference between consciousness and energy, or are they simply different aspects of the same phenomenon?

Esoterics and Kinesiology make a beautiful combination. The esoteric concepts provide an excellent framework within which to work. This philosophy offers a detailed understanding of the nature and interconnection of the levels of energy and consciousness that make up a human being. Using Esoterics to analyze a client's issues, we can help them see the connection between their attitudes and emotions and their health and life experiences. So often, identifying underlying beliefs and emotions is the first step in the healing process.

On the other hand, Esoterics by definition are often subtle and beyond our usual perceptual capacities. As we use muscle-testing to analyze personal issues in terms of Esoterics, we learn to recognize various energy patterns by the way they manifest themselves in our clients' lives. This helps us gain a vivid frame of reference from which to understand Esoterics more fully.

Transformational Kinesiology (TK) has been developed by Grethe Fremming and Rolf Hausboel of Copenhagen, and I have been teaching people to use it since 1990. TK is a beautiful combination of kinesiology and Esoteric Psychology, and is built on the concept that every aspect of nature is conscious and evolving to wider consciousness through life-experience. The great strength of TK is its techniques for helping an individual become aware of emotions and limiting beliefs underlying stressful experiences. Very simple energy corrections will often suffice to make change once there is precise conscious understanding and intent to change.

A Brief Description of Esoteric Psychology

The technique we will explore here uses concepts from Seven Ray Psychology to enhance any style of energy work. It is quite a simple process which uses muscle-testing to find a particular Ray quality that is active and important in a given situation. In order to use this tool most effectively, it is important that you have some understanding of Esoteric Psychology, particularly in regards to the Seven Rays and the Constitution of Man.

Humanity is a work-in-progress, an ongoing development of spiritual-physical engineering. One goal of this process is to create a life form through which Spirit, or Life, can be conscious and fully operational on the physical plane. Any form of distress or dis-ease indicates a disturbance in the connection of the Spirit to the living person. Dis-ease is a sign that some blockage in the "lower" bodies is preventing Life from expressing itself fully through the individual.

It has taken aeons to develop to our current level. We now have physical / etheric bodies that function quite successfully without conscious effort. The physical is the tangible part; the etheric is the underlying energy system that powers and organizes the physical. The heart beats, respiration and digestion happen, growth and repair occur automatically. When you intend to walk, your body walks. You have fully programmed it for walking.

At this point in our evolution, most of us are learning to make our emotional and mental bodies as organized and well disciplined as our physical / etheric. Imagine having an emotional body as elegantly under your conscious control as your physical! Imagine having a mental body unaffected by fears and limiting beliefs, fully aware of your Soul-connection and your purpose. It is the goal of each individual to create a

functioning Personality: a balanced physical / emotional / mental being that is fully aware of the Soul's purpose, and willing and able to cooperate with it.

The Seven Rays

Just for the sake of introduction, the Seven Rays can be compared with astrology, a subject at least slightly familiar to most people. Astrology is a study of the qualitative characteristics of the various planetary bodies in our solar system, including the sun, moon, and asteroids, and how they influence humanity. The Seven Rays also qualify life on earth, but they function on a much more vast scale than astrology. In fact Esoteric Astrology interweaves the study of the Rays with astrology, and is a topic way beyond the scope of this paper.

Behind the Seven Rays are the Seven Ray Lords, cosmic beings of vast consciousness. They anchor the Ray energies which work cyclically with all life to influence the course of evolution. Think of the many significant sevens in our world: light as it comes through a prism splits into seven colors; we have seven major chakras and seven principle notes making up our musical scale, seven days of the week, and on and on. Just as light refracts into seven colors in the physical dimension, the cosmic energy that qualifies our entire personal and planetary evolution is divided into the Seven Rays to work within the physical dimension.

Think how it feels to be with someone who drives you nuts. Maybe your Ray 4 love of drama and hyperbole is conflicting with their Ray 5 precise, logical thinking. Maybe your Ray 1 rough-shod will-power is clashing with their Ray 2 desire to treat everyone with care. Studying the Rays is valuable from both a personal and an interpersonal point of view. Each of the Rays has its strengths, and each has its particular tendencies for imbalance. Being alert for these tendencies in yourself and others can help you appreciate and emphasize the strengths and have creative responses to the weaknesses.

If you choose to study your personal Ray make-up, be aware that there are Rays governing your physical, emotional, and mental bodies, as well as Rays governing your Personality and your Soul. Each of us is personally influenced by up to five different Rays. Studying your Ray make-up can be a life-long project.

Each of the Rays has very specific qualities. For effective Kinesiology work, you need not know your Ray make-up or the Ray make-up of your client. However, it is very helpful when using this Seven Ray Balance Process to have a good general understanding of the qualities of the Rays and the context in which they operate.

Ray 1: The Ray of Will and Power

Ray 1 has unshakable, goal-oriented determination. Nothing can stand in Its way. With Its clear, unemotional vision It makes a great leader. It doesn't hesitate to destroy in order to clear the way for something new. On a good day, Ray 1 is a leader with great energy, vision and power. On a bad day, Ray 1 tramples people en route to Its goal, and is the leader who never looks back to see if anyone is keeping up.

Full development of Ray 1 will be the agenda for the next great evolutionary epoch of humanity.

Ray 2: Love and Wisdom

Ray 2 is very sensitive. It has a natural feel for other people, and makes an excellent teacher and counselor. Ray 2 is a keen student, always eager to learn more, to know and to understand. It has the calm and patience to study well. Ray 2 values wisdom, and can have disdain for those who are not gifted mentally. On a bad day, Ray 2 is over-sensitive, fearful, and can't get out of Its studies and into action.

Our solar system is governed by Ray 2 at this time. No matter what other Rays are in play, the basic evolutionary theme at this time is to use all energies and talents with Love and Wisdom. In recent human history, Love is epitomized by the Christ (as distinct from the man Jesus) and Wisdom is embodied by the Buddha.

Ray 3: Creative Intelligence

Ray 1 provides the Concept, Ray 2 Nurtures, and Ray 3 is Action, the creative impulse demonstrated in the myriad forms of life. Ray 3 generates plans, ideas, possibilities. It is a fine philosopher and entrepreneur. If you need brainstorming, call Ray 3, and don't worry if It is busy just now. Ray 3 is always busy. On a bad day, Ray 3 is out-of-touch with

practicalities, critical, and accomplishes very little because It tries to do much too much.

Rays 1, 2 and 3 make up the basic trinity of energies that govern all life. Rays 4 through 7 are essential additional elements in evolution which are especially important in specific cycles.

Ray 4: Harmony through Conflict

Ray 4 perceives both sides of every issue. It is an excellent artist, creating by harmonizing the various combinations of color, sound, and form. It has a flair for dramatic, "colorful" expression. Ray 4 is a natural negotiator because it sees and understands both sides. On a bad day, Ray 4 is moody, unable to move because it can't choose one direction over another, and actually prefers to create the drama of combat and the clash of opposing energies.

Ray 4 is the principle ray governing the human race.

Ray 5: Concrete Knowledge or Science

For new ideas, go to Ray 3; for practical results, go to Ray 5. Ray 5 is practical, precise, and systematic, an excellent researcher, technician, inventor, mechanic. If Ray 5 has a spiritual inclination, It is very likely to excel because of Its capacity for meticulous, systematic development.

On a bad day, Ray 5 is narrow-minded, obsessed with detail, arrogant, critical, and stuck in linear thinking.

Ray 6: Devotion and Idealism

In some ways, Ray 6 is an emotional version of Ray 1. Ray 6 is full of enthusiasm, devotion and idealism. It could be a devoted, religious recluse or an inspiring speaker, volunteer worker or activist. Ray 6 has ideals and loves to express them and inspire others. On a bad day, Ray 6 is the fanatical, jealous and explosive crusader, ready to kill for Its ideals. Whereas Ray 4 can be the dramatic, colorful performer, ready to do anything as long as it is dramatic, Ray 6 is enthusiastic and expressive for the Cause it deeply believes in. The Cause may change from time to time, but Ray 6 only feels whole when It has a Cause.

For the last 2000 years, Ray 6 has been predominant. Religious exclusiveness is a Ray 6 phenomenon, as is deferring to authorities for medical care and education. Ray 6 is now waning and Ray 7 is waxing.

Ray 7: Organization and Ritual

Ray 7 links the inner and outer worlds. It brings ideas into form. It understands the ritual of creation. It is the energy that helps groups coordinate successfully. It is a master of courtesy, rhythm and right timing. It can be a fine administrator, choreographer or ecologist. It is the White Magician, manipulating energies for good, perhaps a kinesiologist! On a bad day, Ray 7 is stuck in form and pattern, an intolerant perfectionist. Ray 7 can also be the Black Magician, manipulating energies for selfish or destructive purposes.

Ray 7 is waxing now, and is helping humanity coordinate more successfully for group work. It will help us bring spiritual ideas more and more fully into form.

For Further Reading on the Seven Rays

Bailey, Alice A., *Treatise on the Seven Rays*, five volumes including:

Esoteric Astrology

Esoteric Healing

The Rays and the Initiations

Burmester, Helen S., *The Seven Rays Made Visual*

Eastcott, Michal, *The Seven Rays of Energy*

For further information on
Transformational Kinesiology,
contact: Linda Clark Scott,
RR 3, Hastings, Ontario, K0L 1Y0, Canada
tel: 705-696-3176 fax: 705-696-3664
email: JSCOTT@FLEMINGC.ON.CA

The TK Seven Ray Balance

1. Beginning the Session:

Get conscious permission to work together.

Do a preparatory energy balance:

Drink water.

With one hand on the navel, massage the K 27's, Gv 27 and Cv 24, and Gv 2.

Do Cook's Hook-up.

Test for permission to continue.

2. Do We Need a Goal or Topic for this Session?

Sometimes it is essential that a specific goal be stated. The Ray Balance will then help pinpoint blocks in regards to that goal. Sometimes the person's system just wants you "dive in" and test the Rays immediately. The body / mind wants to bring up something that the person would not think to address now.

3. Test to Find the Specific Ray Statement that Applies Now.

Use Yes / No testing to find the Ray, and the precise statement within the Ray that has relevance at this time.

4. Discuss and Test to Gain Full Understanding of the Message from the Ray.

How does the Ray Statement relate to your life now? Often there is one particular limiting belief for you to realize. What is the kernel of understanding for you to gain here? Write down key beliefs for re-testing later.

Is this a matter of how you view yourself? Other people? A specific Other?

Is this a physical issue? Emotional? Mental?

Does your current situation have its roots in some earlier situation? If so, what was the situation, who was involved, and how is it relevant to your current situation?

In pinpointing a relevant past situation, you could ask if it was at birth? Before Birth? In this lifetime?

In a previous lifetime? After birth? If a previous lifetime is relevant here, remember you are looking for specific limiting beliefs and emotions, not for "gossip."

You are done when you have the "now-I-get-it" experience and when the system responds "No" to the question: "Is there more information?"

5. Determine the Best Balancing Statement

Test to find the best balancing statement, and then confirm that your client tests weak when saying it. If the issue was about being tolerant of people who think slower than you, the balancing statement could be any of these.

I am tolerant of people who think slowly.

I am no longer intolerant of people who think slowly.

I no longer believe that I am not tolerant of people who think slowly.

6. Do the Energy Balancing with the Statement

Repeat the statement several times, with awareness, while doing eye rotations. For eye rotations, the client touches their frontal eminences (two points on the forehead, halfway between the eyes and the hairline) while moving the eyes in full circles, both clockwise and counterclockwise. Watch their eyes carefully. If they skip or wiggle in any area, have them repeat that area carefully, until they can make the statement and track the eyes smoothly through it.

7. Retest the Balancing Statement

It will now test strong.

8. Check if Any More Needs to be Done with This.

Sometimes another related but more specific statement needs to be corrected. If the Step 5 statement was "I am no longer intolerant of people who think slowly," the next statement might be, "I am no longer intolerant of Billy," (or any other relevant individual). If no more needs to be done, close the session.

The Seven Ray Qualities

Ray One

I am proud of.....
It is my ambition to.....
I have to do everything myself.
Others do not count.
I am the best.
I know best.
I have tenderness.
I am humble.
I have tolerance for.....
I have patience with myself.
I have patience with others.
I isolate myself from others.
I am irritated.

Ray Two

I hide in my books / study.
I feel cold towards others.
Other people do not interest me.
I have contempt for other's intelligence.
I must figure everything out.
I am good enough.
I must rescue other people / the world.
I am full of energy.
I do not know enough.

Ray Three

I have sympathy for myself.
I have sympathy for others.
I accept myself in this situation.
I accept others in this situation.
I have common sense.
I spread myself too thin.
People leave me cold.
I must isolate myself.
Details do not interest me.
Details confuse me.
I only see others' faults.
I acknowledge other people.
I do not have time to listen to others.
I have the energy to do it all.
I do not have time.

Ray Four

I can make a choice.
I am worried about.....

I love / hate disharmony.
I must exaggerate.
I have confidence in myself.
I like to be accurate about.....
I feel unity.
I have the courage to.....
I am peaceful.
I am moody.
My life is full of conflict.

Ray Five

I do not trust what cannot be proven.
I cannot forgive.....
I dislike change.
I know better.
I must prove others wrong.
The world does not interest me.
Only my truth counts.
I feel attacked when.....
Others are wrong / stupid.
It is my right to criticize.
I see the life behind the form.

Ray Six

I cannot trust anyone.
I am afraid of losing.....
I see who is right / wrong.
I am superstitious.
Nothing can stop me.
I look for Truth.
I have the strength to.....
I let go and let God.
Everything must be in order.

Ray Seven

I am wide-minded and tolerant.
Attention to detail / courtesy is essential.
I value planning / protocol.
I am open to new ideas.
I feel proud of.....
I am the one to judge.
Nothing is new to me.
I follow rules blindly.
I cooperate with the Whole.

Neuro-Emotional Technique Using the Sense of Smell

by Mark Shepherd, D.C.

Dr. Scott Walker developed the Neuro-Emotional Technique, deriving it from the Ridler sequences and adjustments on the spine. These adjustments are performed in a specific order, and in sequencing originating from Total Body Modification as developed by Victor Frank.

Dr. Walker put together the neuro-emotional complex, which has similarities to John Upledger's "Somatic Emotional Cyst" as perceived in Craniosacral work. This neuro-emotional complex is a blockage that generally stems from childhood, though it can have its roots in adulthood. The concept is that you were out of balance when an emotion became locked in an organ or a gland. Usually, this emotion invades the spinal nerve supply. Unless it is released, it will continue to affect you forever.

Chronic problems will notify the practitioner of the appropriate use of NET in performing the series of steps to identify the emotion, its time, its organ, before clearing it.

Dr. Walker states that there are only 2 issues: Love & Money. One may trigger the other. Love deals with the past family, parents, siblings, nieces, nephews, uncles aunts, grandparents etc. and present love, with mate, children, in-laws, friends, etc.

Money concerns the financial aspect of your life, the lack or plentitude of money, as well as the peripheral considerations, for instance, the fact that you never had a bike because your parents couldn't afford one.

So the practitioner's job is to identify the issue using muscle testing, locate the emotion, the involved organ, possibly the actual memory from a past age buried in childhood. From that a series of specific, orderly spinal adjustments are performed to relieve the blockage. Energy returns to that organ and you now have a properly functioning self.

For the second part of my presentation, I would like to demonstrate how to use muscle testing to insure that only your specific dietary needs are met. At issue is the sense of smell.

It has been proven that if a substance "smell sweet" to you, it is acceptable to the body. Think how often you defy this very sensible command as given by your body's own intelligence. The word 'sweet' does not refer to sugar, but rather the feeling of sweetness as in the phrase the sweetness of life. Smell is your first active smell allowing you to find the nipple for food at birth. It has the strongest attraction to the brain. A smell can cause you to relive not just remember an incident. It is also the last sense that you will lose as you age. Smelling is survival. Let's learn to use it.

Smell the substance you wish to eat. Muscle test its odour with an intact muscle. (You may test a food, a vitamin, a mineral, a liquid, anything you might wish to consume. If smelling the substance causes a strong muscle to test weak, then that substance should not be eaten at that time.

Allergies DO Have Antidotes

by Dot Singleton

Allergies! Such a nuisance! Nothing to worry about, only sniffles, sneezes, watery eyes, perhaps, at worst, a bad case of eczema.

Get an allergy suppressant. Today a broader definition of allergy calls it the first stage of disease, and new evidence points to more serious consequences such as chronic fatigue, depression, aggression, inappropriate moods and mood swings. Minds as well as bodies are affected. The brain/blood barrier, once thought to protect us against chemical exposures, was not designed to cope with the toxic clouds that now surround us. Carbon monoxide, formaldehyde and many other chemicals upset the delicate balance of the brain. Allergy has become a malady with serious consequences to our society.

Part I – Internal Factors – Finding Hidden Food Allergies

An allergen has been defined as ANYTHING WHICH THE BODY CANNOT ASSIMILATE OR REMOVE. Donald Lepore, founder of the Life Extension Research Foundation in Jersey City, N. J. and author of *The Ultimate Healing System* (ref 1), has used the term "metabolic antagonist." **Often what is mistaken as an infection and then treated with controversial antibiotics is really only an allergic reaction or an inflammation caused by this metabolic antagonist.**

He attributes many allergies to the deficiency of a certain nutrient, or combination of nutrients, necessary for the complete absorption of a particular food. The antidote for an allergic reaction to that food, then, is the administration of the missing nutrients. He placed food into 9 major food blocks (Table 1). He describes the allergic symptoms of each food block, gives the list of foods to be avoided, then the nutritional antidotes to correct each allergy. In my experience these antidotes work within minutes to relieve the distress caused by an allergy. Once you have taken the antidotes and worked the toxin out of your system by staying away from the food which has challenged your system for at least 5 days, the antidote dosage may need to be adjusted. Antidotes are in four categories, VITAMINS,

MINERALS, AMINO ACIDS, and HERBS. Some of the most common are:

1. YEAST – Looking at the yeast allergy will show how valuable this knowledge can be. About 50% of the people who are trying to use yeast as a source of B vitamins are **actually allergic to the yeast!** Nutrients, whose deficiency could cause the yeast allergy, are B1 and B6, the mineral Zinc and the amino acid L-Lysine. To take these in their most natural form, the herbs rich in these are Pau D'Arco, Red Clover and Comfrey. Yeast allergy surfaces for me in the form of Herpes Simplex or fever blisters on my face. You would think that one would benefit most by taking the complete answer, one nutrient from each category; however, I get almost instant results with the amino acid Lysine alone. MT will tell if you need all or just one antidote, specifically which one, and exactly how much.

To check for missing nutrients, Figure 1 shows the acupressure Muscle Response Test points for minerals. The need for Zinc can be confirmed by checking the MRT point for this mineral. To self-test:

1. Make contact with the point of inquiry.
2. Lock this in with the memory cells in the neck by bowing the head. This frees your fingers to MT.
3. Bring the thumb and little finger of one hand together; then attempt to pull them apart with the thumb and first finger of the opposite hand. Weakness shows deficiency.

This self-test can also be used to test other people. It is only a self-test until you touch the other person. (Disconnect your own energy first by running your hand down your Central Meridian). Have the party hold each of the antidotes needed to their navel while testing and then retesting. This is particularly useful if you want to avoid the complications of reversals, blocking, etc. or just to save time.

3 & 4. WHEAT & CORN – The remedies are the same for Wheat and Corn. The symptoms

Figure 1. Food Allergens and Their Neutralizing Nutritional Antidotes

Food	Vitamins	Mineral	Amino Acid	Herb
1. Yeast Series Barley Cherry Millet Potatoes Prunes Raisins Rye Walnuts	Thiamin (B1) Pyridoxine (B6)	Zinc	Lysine (Comfrey)	Pau D'Arco Red Clover Comfrey
2. Rice Series Cinnamon Curry Blueberry Grapes Strawberries Watermelon Wine Pumpkin	Pyridoxine Cyanocobalamin	Manganese	Arginine Proline	Yucca Beet Powder
3. Wheat Feathers Wool Dust Detergents Cat & Dog Dander	Essential Fatty Acids Linoleic acid	Magnesium	Histidine	Black Walnut Kelp Spirulina
4. Corn	Essential Fatty Acids	Magnesium Potassium	Histidine	Black Walnut Kelp Bee Pollen
5. Fat Series Meat Fats Vegetable Milk Fats Cosmetics	Biotin (H) Carnitine (Bt)	Sulfur	Methionine Cysteine Taurine Glutathione Threonine Varnitine	Sarsaparilla Eyebright Fenugreek Dandelion Burdock Fennel Seeds
6. Oatmeal Sesame	Folic Acid Cyanocobalamin Vitamin C	Iron	Citrilline	Yellow Dock
7. Milk Cheese	Vitamin D	Potassium	Aspartic Acid Asparagine	Bee Pollen Alfalfa Hawthorne Berry
8. Citrus	Pantothenic Acid (B5)	Calcium	Serine	Royal Jelly Comfrey
9. Peppers Peaches Pears Plums Nectarines	Niacinamide	Phosphorus	L-Glutamine	Royal Jelly

Excerpted from *The Ultimate Healing System*, © 1988, Daniel Lepore

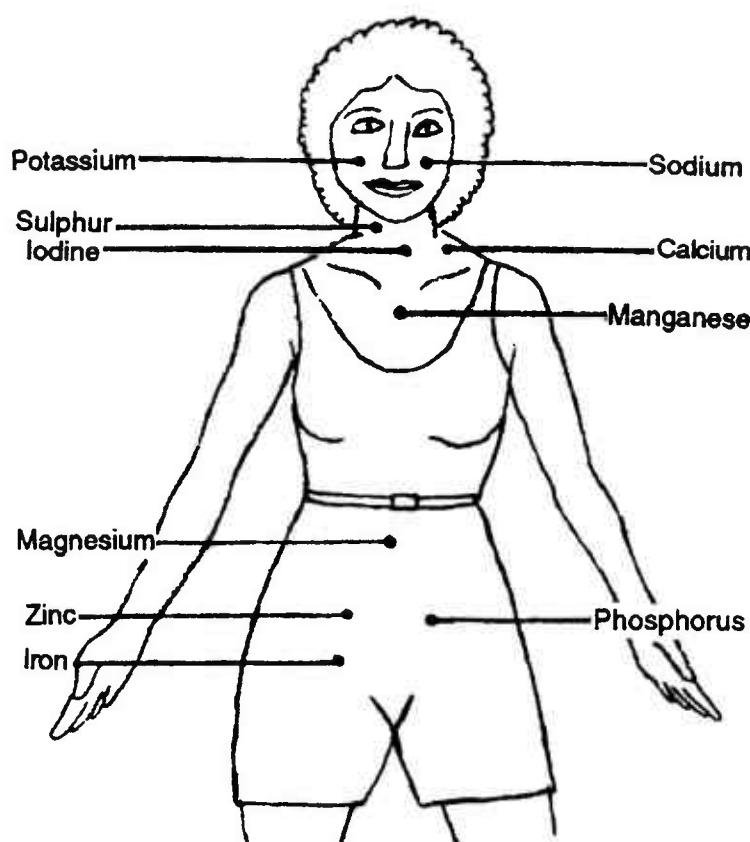


Figure 1. MRT Points for Minerals

are similar as well. In 1992 at the TFH Conference wheat was described as "more toxic than any toxic mineral". The presentation by Clovis Correa from Brazil, "Is Wheat a Heavy Metal?" (ref. 2), reported that in all 171 cases studied the body's priority was the wheat allergy, rather than heavy metals. Here is an answer to this using only needed nutrients.

7. DAIRY – This common allergy is a symptom of a potassium deficiency, a major "hidden" cause of heart attacks. This may explain why some seemingly healthy athletes die right on the basketball court. The point for potassium is located on the right cheek: the point for Sodium (not salt) on the left cheek. Potassium controls transactions on the right side of the body, while Sodium controls those on the left side. A person low on potassium will have ear aches, headaches, most troubles on the right side. A person low in Sodium, more on the left. To check this out, notice when your nose is stuffy which side is more stuffed up. If the right nostril is more closed, Potassium is needed; the left nostril - Sodium. Supply the correct nutrient and the stuffiness clears up.

To sum up, you do not have to give up a relished food forever. If you fall low on a required nutrient and symptoms show, go for the antidote and get back on track. You get the glorious feeling, which we often share in TFH, of being a little more in charge of your own world.

The Need to Balance MRT Points

In order for the nutrients to be better absorbed however, the MRT points must be pH balanced and "put in" electro-magnetically. We have to "turn on the switch." Before this "lighting up" of the MRT point, the nutrient will go right through the system. With balancing, the deficiency is dramatically reduced, sometimes eradicated. In order for the effect to last, it is really necessary to do both: (1) put in the point and then (2) supply the missing nutrient.

How to pH Balance and Put In the Point -

1. Clear self of problems and disconnect self if working on someone else.
2. Make contact with point to be checked and lock in with the neck.
3. Touch the beginnings of the Central and Governing Meridians and lock in with the legs.
4. Lock in the ends of these meridians by rubbing above and below the lips as you bow your head.
5. Rub pH points, ends of the Liver and Kidney Meridians.

This method was taught to me by Karen Dix who now lives in Conowingo, Md. She was our local "strange" person who did seemingly mysterious things that got you better. She has been actively teaching TFH, Brain Gym and Electromagnetic Kinesiology for 12 years. Her book Internal and External pH Balancing will be coming out soon. It is her work that I now wish to bring to your attention.

Part II - External Factors - Environmental Illness or E.I. Syndrome

Many states have put out reports recognizing the problem of indoor air pollution as a problem. N. H. says that a full 50% of ALL illness can be directly attributed to environmental factors! The rise in chemical sensitivity is traced to the proliferation of synthetic chemicals in consumer products, furnishings and construction material, all intensified by the energy conservation move of the 70's to build "tighter" buildings.

As reported in February of 1990 (ref 3), "everyone adapts at some point to environmental irritants, but sensitive people appear to reach a threshold at which the 'total load' of biological and chemical stresses reach a 'saturation point', prompting health disorders." The Chemically Sensitive are like the canary the coal miners took with them to monitor the air supply. While they may show a much quicker reaction than others, the truth is that everyone is affected and the results are cumulative. Who is to say when any one of us may reach our breaking point, especially when you have to throw in emotional stress factors which can make our systems go "tilt" at any time.

The answers which Karen Dix reports involve common, inexpensive household substances which simply alter the pH of the offending pollutants. The petro-chemicals which abound are too alkaline and can be neutralized with an application of vinegar. In 1980 I was suffering from a serious hip pain First I discovered that the mineral Manganese and the other antidotes for the Rice allergy described by Lepore relieved this pain. The arthritic-type aches and pains symptomatic of the Rice Allergy are also caused by exposure to chemicals. It took me several years and many bottles of Manganese later to learn that my need for Manganese was also related to indoor air pollution.

Karen taught me to MT everything in my home for pH. I learned to ask the questions: "What did I touch?" "What did I breathe in or smell?" Sure enough, my mattress and my couch both tested badly. Significantly, the side that hurt was the side most often in contact with these furnishings. In her book Karen explains a method to determine the degree of toxicity of a particular article. Some things are so toxic it is best to get rid of them, but with Karen's help, I managed to salvage most of my furnishings. She brought along her antipollution kit - a spray bottle filled with a vinegar solution (a gal. of white vinegar,

Heinz or Shoprite only, with a capful of organic "mother" vinegar, then diluted 5-1 with water) and a box of baking soda. Cost, maybe \$2! After we sprayed my home, the backache I had suffered from for years was gone.

My attention then turned to my fairly new car. If I had to drive more than two hours, I suffered a sciatic-like pain down the back of my legs, just where they came in contact with the seat. I was gulping down handfuls of Manganese. Cars are especially bad because of the confined space. Vinyl Chloride is what gives a car its "new car smell." (ref 4) Once I had sprayed the soft plastic (which outgases worse than hard plastic) I could make a trip in comfort. My spray bottle of vinegar always goes with me now when I travel. An excellent cleaner, it does not harm anything and just a light spray can solve so many problems. Some motel rooms can make me feel dizzy because of the high level of pollution from cheap furnishings, veneer over particle board, lots of glue, synthetic curtains and rugs, and that all important mattress. Test until you find something that makes you weak. Apply some vinegar and retest.

Baking soda is the answer when the opposite treatment, acid to alkaline, is needed. Even 100% natural fibers may need correcting this way if they have been grown with acidic pesticides or colored with acidic dyes. Baking soda is a good treatment for all our wash, once the synthetics have been vinegared, for we are constantly acidifying everything we touch.

Though there are many more pollution questions needing to be addressed, I have chosen to present the simplest and most affordable solution to a prevalent problem. I hope you find this information as useful in your life as I have in mine.

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Dot Singleton may be contacted at "Do It Yourself" Wellness Center 512 S.E. Lakeshore Dr., Millville NJ 08332

Innovative Methods in the uses and applications of Kinesiology.

By Anny Slegten, Director
Hypnotism Training Institute of Alberta (1989)

Our Goal: To encourage you to tap into innovative ways of using Kinesiology, to help you enhance your skills and widen your horizons.

Warning: this could be fun.

As dedicated Therapists concerned with the well being of our clients, we strive at being as efficient as possible. I quickly realized that, to me, efficiently meant flexibility, flexibility in Therapeutic Methods beyond the boundaries of one modality, which is Hypnotherapy for me. So, I embarked into taking many courses in Rebirthing, Reflexology, N.L.P., Toning (sounds), Touch For Health, One Brain, Edu-K, Depossessions, Past Life, Reiki, Dreams, even Palm Reading, just to name a few.

This exercise made me aware of one major thing: We give different names to methods of understanding and helping people so we can give/take a course that bears that particular name. Life is truly a wonderful journey. After all, since we are made to the image of God, are we not Gods and Goddesses enjoying an earthly experience?

I am a Hypnotherapist. Hypnosis is my main focus. Is Life an affair of Mind over Matter, as many people tend to believe? What about the body and the energy that it generates? Hypnosis makes us understand the psyche, and I came to the realization that the spirit within us needs to reconcile itself with the body that holds it. The body is the temple of the spirit that lives within it. It is usually perceived as the prison, though. It is my experience, incorporating Kinesiology with Hypnotherapy is a very effective way to honour the physical side of our existence on Earth. Since adding Kinesiology to every Hypnotherapy session, as well as a "different" way of using anchoring due to some insight gained at an Edu-K workshop, my clients have been experiencing emotional order and the resulting physical comfort much more rapidly. The time to restore emotional order changed from an average total of 12 hours of hypnotherapy to 6. This, to me, is truly wonderful.

In this workshop, I will be sharing with you two of the methods I use consistently, plus the "different" anchoring. I will first explain when I apply the techniques, why, and what the results are, including what my clients report to me. I will then demonstrate the technique and make you practice and experience it. I do trust that the whole exercise will stir your imagination, unleash your creativity, and bring you as much fun in being a therapist as it does me. I have been in private practice for over 10 years now, and I am still in awe after every session. It is an uplifting and humbling experience.

For example: In 1987 I attended a Touch For Health workshop for the first time. I observed the Instructor doing muscle testing and correction through a surrogate, after putting the surrogate in the Retaining Mode. Since the principle is energy transference, I was certain that when in a very deep trance and after taking the appropriate precautions, one can connect with the psyche of an absent person and do a complete hypnotherapy session through a surrogate. Would it not be wonderful to be able to connect with people in a coma, the unborn child, or a person unable to communicate? The surrogate would communicate what the absent client felt and wanted to express, and the conversation would be recorded on audio tape. This technique has proven very effective in a full range of situations. I am teaching this technique now in a workshop called (what else?)... Uncommon Hypnotherapy. Because we bypass the conscious mind, information on the cause of whatever affects the client comes readily. We access past lives, pre- and peri-natal stuff, psychic interference, inner child, even physical pain and help the person heal and resolve whatever has to be healed and resolved, just like in a "live" hypnotherapy session, and help the client resolve in one surrogate session what would usually take three to four sessions. We have

helped clients in a variety of situations, from a lady requesting the healing of a "leaky bladder" to a teenager experiencing multi-personality and everything in between. What you are able to do with your knowledge is only limited by your imagination. Unleash it. Life is fascinating.

1st Demonstration and Practice: Emotional Stress Release

Hypnotherapy is always Regression Therapy. We go from effect back to cause, being in Present Life or Past Life, verify who's memories and experiences our client is dealing with and proceed with the session.

Very effective in putting the client back together.

At the end of the session, lightly hold the frontal eminences with one hand and the Primary Visual Areas with the other hand.

- Ask the client to review the session and all the insights gained through the session.
- Ask the client to go to the cause of what was affecting him/her and review how it affected him/her from then all the way to now.
- When finished, ask the client to rewind the movie of time from now all the way to the beginning at twice the speed it took to review it.
- Ask the person to review the whole thing and to stop to what she/he perceives is the crucial point in the series of events
- As the client stops at the significant event, instruct him/her to review the issue simultaneously from where she/he stopped back to the beginning and from where s/he stopped all the way to now at the speed you will move your hands from the frontal/occipital holding to the top of the head and back to the frontal/occipital holding.
- Have the client do this complete exercise until you feel a continuous pulse. Take your time and allow your client to go through this at his/her own pace: the results are worth it.
- Then ask your client to imagine a container at their left hand side (I am sitting at my client's right hand side) and remove all the residues, physical and emotional scars as a result of the

issue s/he just reviewed and put it in the container.

- Ask the client "Anything else you wish to put in the container"? Have the client put a lid on the container and close it tight.

There was a lot of energy invested in what is now in the container.

- Ask client in what s/he wants to transform what is in the container.
- Have the client write the instructions on the side of the container and send the container to the sun, "to be consumed and transformed into the new energy (or attitude, or feeling, depending on the client's requests), and once it has been transformed, you will have a new, delightful feeling, and when you have it, let me know..."

Watch your client carefully. As the new feeling is coming to him/her the breathing changes, and then you say "this new feeling, how does it feel"? Repeat the client and add , breathe it in, breathe it in, and impregnate every cell of your body with the (repeat client) feeling. **BREATHE IT IN.** As the client breathes the feeling IN, let go of the client's head.

At that point, I am wrapping up the session repeating the client again. There will be a hand-out called "Anny's Vernacular" so you can use it if you feel it is appropriate. The whole exercise flows well and takes anything from 15 to 30 minutes, depending on the type of session the client has experienced.

Note: Sometimes, once in a trance, the client draws a blank and replies "nothing" to any suggestions. Do, then, the complete exercise, asking the client to go to the beginning of the "nothing" and review the "nothing" from the beginning all the way back to now, etc., have the "nothing's" residues put in the container, and so forth. The results are the same!

2nd Demonstration and Practice: Edu-K Integration.

Very effective when the client experienced a severe conflict within.

At the end of the session, put the client's hands apart (I put my client's hands on the recliner's armrests), and say:

"There is a part of you who wants to have the pleasure of . . . (breathing easily, for example). That part of you, who wants the pleasure of breathing easily, let it come to one of your hands, and when it is there, turn your hand up so I know you are holding it . . ."

When the client signals the "part" has chosen one of the hands, thank the part who wants the pleasure of breathing easily and suggest to the client further saying:

"Deep down, there is part of you who knows how to have the pleasure of breathing easily. That part of you, who knows how to have the pleasure of breathing easily, let it come into the other hand, and when it is there, turn up your hand so I know you are holding it . . ."

When the client signals the other "part" is in the other hand, acknowledge it by saying "Thank you".

Now, addressing the client, you say:

"The part of you who wants to have the pleasure of breathing easily and the part of you who knows how to do it, these two parts, there was a time when they were one. They want to be one again. Feel the attraction! It is like powerful magnets in the palm of your hands. Feel the attraction! These two parts, there was a time when they were one. Let them join again, feel the attraction! They want to come home . . ., let them come home . . ., observe the hands moving towards each other as you repeat the suggestion, and continue: Welcome them home, welcome them home . . . and when your hands are joining, draw the parts into your hearth, welcome them home . . . when the integration is completed, and only then, will you be able to open your eyes . . ., welcome them home, welcome them home"

The client's feedback is always most interesting.

I also use Edu-K Integration when the client does not consciously acknowledge resistance to his/her own request. In that case, the hand "Who Knows How" **moves towards** the other hand while the hand "That Wants To **move away** from the other hand. I ask then the client to open his/her eyes so s/he becomes consciously aware of their inner conflict.

3rd Demonstration and Practice: Anchoring, integrating the two Brains

Basically, anchoring is making an association at a subconscious level. Therefore, it helps a client access a feeling, even when they are hesitating to do so, by merely touching the anchor. It speeds up the sessions, making the client move through unpleasant reviews quickly.

Anchoring the undesirable feelings at the same place on one side of the body, and anchoring the desirable feelings on the same place on the other side of the body deals with the two sides of the brain. And when the time is right, when you collapse the anchors by touching and holding the desirable feelings and then touch the undesirable feelings while holding the desirable feelings, you are facilitating the connections and integration of the two sides of the brain. It is like seeing the two sides of a coin simultaneously. The results: inner peace that comes with self acceptance. For simplicity, I consistently anchor the undesirable feelings on the left knee and the desirable feelings on the right knee. It quickly becomes automatic and I can proceed with the hypnotherapy session without having to think about which side is which. Once you have practised these methods, you will realize how easy they are, by experiencing these methods, you will understand the incredible healing feelings associated with them. It is an uplifting experience.



Anny Slegten practices what she preaches: different therapeutic methods are enhancing each other to the benefit of clients and therapists alike.

Anny is Founder and Director, Canadian Institute of Hypnosis, Kinesiology and Complementary Therapies™.

Developmental Kinesiology

The Motoric Development Across the Body Midline

by Angelika Stiller and Renate Wennekes

As children we enjoyed our body movements. We liked to run, to jump, to feel how fast and how strong we are. We liked to try wonderful new things with our body like balancing on one leg, rolling with roller-skates, walking, closed eyes....

Think of the fun, why not have this as an adult?

We have developed our ideas out of Edu-K. We thank Paul and Gail Dennison for their creative work, that inspired us.

We will first review the normal development of movement as we grow, keyed to age. In the

following descriptions, we use the following abbreviations:

P = procedure, M = meaning

Since many of us missed properly completing one or more of these developmental phases, we have developed a balancing procedure for making up these gaps in our growth. This is presented at the end of the paper after our description of the various developmental stages.

Let us become once again that agile child, fulfilling our potential for development of our motor skills.

Crossing the Body Midline

Turning and coming up with the head,
about 2nd month



Following with the eyes, about 2nd month

- P: To the right and left, up and down, sitting, standing or lying
- M: Stimulation of the neck receptors, which activate the balance system in the inner ear, important for the control of the head, for seeing and hearing.
The basic requirements for the whole further development against gravity.

Thumb into the mouth, about 2nd month



- P: Follow a finger or an object across the BML with and without head movement. It is good to combine with positive points or brain buttons.
- M: First exercise to cross the BML, our eyes initiate each movement. The child learns this in relationship to the mother and other members of the family. So one can say that the ability to follow with the eyes is developed in connection with loved people.
- P: Right/left thumb into the mouth
- M: Reaches the BML with hands; tactile stimulation of the mouth and thumb; connected with smelling and tasting kinesthetic preparation for hand-eye coordination

Weight on forearms, about 3rd month



P: Weight on the forearms with good control of the head.

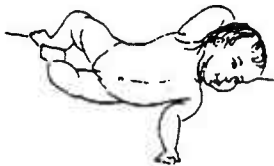
M: Security in the symmetrical position, whole body is stretched but not stiff, control of the head is prerequisite, head in the neck stimulates the neck receptors. Eyes and ears reach a new level of perception; key position for later development.

Raising on one forearm,
grasping with the other hand



M: Ability to abandon the position of security, increasing of the radius of activity; different tasks of both sides of the body!

Turning into prone position and back,
about 6th month (beginning)



P: To both sides with rotation between head, shoulders and body

M: Leaving of the stable balance in prone or supine position; learning of rotation, without rotation, no crawling, holding balance in mobility, head control in mobility.

Lateral resting on the elbows, about 7th month



P: Go into the position and back on stomach

M: Requires an asymmetrical movement rotation is necessary, gravity still has an important influence. Prerequisite to come into a sitting position.

Playing with both hands, about 8th month



P: Clapping/rubbing/ holding one's hands

M: Reaching of the BML, open hand, hand/hand coordination (without visual control, important for a good kinesthetic), preparation of writing other fine motor skills and working with tools

Rocking at the bottom, about 8th month



P: Supported with hands and feet letting go of the feet and play with the feet, letting go of the arms – knees in the arms, releasing the pelvic, rocking

M: Play with the balance, only possible with good rotation and good head control, coordination of occiput and sacrum, foreword and backwards

Sitting up, about 9th month

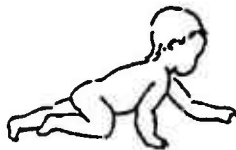
- P: From the lateral resting on the elbows to the lateral sitting to sitting
- M: You need good balance, good head control and good possibilities to support your body, your view and hands are free.

Knee-hand position, about 9th month



- P: Go into the position. Important: head is up and hands are open, rock back and forth and to the left and to the right.
- M: Raising against gravity, needs a good balance of the whole body. It's only supported by hands and lower legs, stimulation of the neck receptors, pressure on hands and knees (kinesthetic stimulation) the child plays with its balance, important preparation for crawling.

Crawling, about 10th month



- P: Head is up, hands open – you lift one arm, one leg(homolateral), crawling (across pattern), crawling across obstacles
- M: Arm and leg movements have to be independent of those of the head and the neck (integration of symmetric tonic neck reflex) integration of all senses: above all a kinesthetic experience, rotation, opposite movement of shoulders and pelvic; they become independent, can leave the room and are very quick, overcoming of the gravity.

Pulling up to standing, about 10th month



- P: Raise yourself up through the one leg stand
- M: Conquering of the vertical position; lifting the whole body against gravity, different task for both sides.

Walking to the side, about 11th month



- P: First walk in place, walk sideways and hold on with both/with one hand.
- M: Shifting of the weight from one leg, on the other; discovering of the space on the sides.

Free walking, begins with the 12th month



P: Walking with arms to the side,
Walking with arms to the front,
With arms hanging down,
Carrying things

M: The child needs the arms for balance learns security in walking and later to stop.

Free standing, about 13th to 15th month



P: Standing with arms to the side
Standing with arms to the front
Standing with arms hanging down
Carrying things

M: First independent holding of the whole body in the vertical position (on the small feet) hands and arms are free. The most difficult position, it needs a very good tonus regulation.

Balancing Procedure

1. Clearing of the muscle circuit, Pace
2. Permission to address this issue.
3. Check the 14 muscles and the ability to cross the body midline with the eyes (following an object left/right, right/left, with the hands (do as if you write) and with the whole body (cross crawl with touching of the knee and rotation in shoulders and pelvic).

Don't correct!

4. Check developmental movements.
Correct the one's that are switched off in priority by doing the movement consciously and feeling your senses. If there are difficulties, balance the movement with what you know.
5. Recheck of the switched off TFH muscles and the ability to cross the body midline
6. Walk and notice, if you feel differences.



For further information, Angelika Stillers and Renate Wennekes can be reached at:

Astrup 31
49434 Neuenkirchen, Germany

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Motoric Development across the Body Midline (part 1)

BML	EARS	BALANCE	EYES	HANDS	MOVEMENT BACK	MOVEMENT STOMACH	MOVING ALONG
1		RULED BY GRAVITY, NO BALANCE	UP TO BML WITH HEAD MOVEMENT (EYES ARE NOT COORDINATED)	(COME INTO MOUTH BY ACCIDENT)	ENBLOC-MOVEMENT (NO ROTATION)	SHORT LIFTING OF THE HEAD TO FREE THE BREATHING	REFLEX ACTIONS WITH THE WHOLE BODY WITHOUT MOBILITY
2	TURNES TO THE SOURCE OF THE NOISE	LESS GRAVITY HEAD IS ADJUSTED IN ALL POSITIONS STILL UNSTEADY	UP TO BML WITH HEAD MOVEMENT & ACROSS IT (ATNR IS SHOWN LATER)	THUMBS INTO MOUTH	BEGINNING ROTATION ASYMETRIC POSITION		POWERFUL KICKING
3	LOCALIZES DIFFERENT DIRECTIONS FROM WHERE THE NOISE COMES		WITH HEAD MOVEMENT MORE THAN 180°	REACH THE BML. COME TOGETHER IN THE MIDDLE OF THE CHEST	ROTATION IS BETTER. HEAD IS IN THE - MIDLINE SOMETIMES ASYMETRIC POSITION	LIFTING OF THE HEAD TO 45°, PUTS WEIGHT ON THE FOREARM NOT STABLE (ELBOW UNDER SHOULDERS)	
4		HEAD IS ADJUSTED IN ALL POSITIONS GOOD CONTROL OF THE HEAD	EYE MOVEMENTS ARE COORDINATED NO SQUINTING	GRASPS WITH BOTH HANDS. LOOKS AT THE HANDS. TAKES HANDS AND OBJECTS INTO THE MOUTH	TURNES TO THE SIDE. LIFTS THE HEAD SYMMETRIC POSITION	LIFTING OF THE HEAD TO 90° PUTTING WEIGHT ON THE FOREARMS MORE STABLE	
5		BALANCE IN PRONE POSITION		GRASPS TOYS ON THE SAME SIDE, BUT ONLY WITH ONE HAND. GIVES TOY FROM ONE HAND INTO THE OTHER	ROLLS SOMETIMES INTO PRONE POSITION MAKES A BRIDGE IN LIFTING THE BOTTOM	STABILITY IN IN PUTTING WEIGHT ON THE FOREARMS ABILITY TO PUT WEIGHT ON ONE ARM AND GRASP THINGS WITH THE OTHER HAND. TURNES TO THE BACK SWIMMING MOVEMENTS	
6	DISTINGUISHES BETWEEN QUALITIES		GOOD HAND-EYE COORDINATION	TAKES TOYS IN BOTH HANDS (THE OPPOSITION OF THUMBS STARTS	TURNES INTO PRONE POSITION AND BACK. FEET INTO MOUTH	CAN MAKE UP FOR LOOSING BALANCE	
7		CONTINUOUS IMPROVEMENT OF BALANCE	GOOD HAND-EYE COORDINATION	HOLDS THINGS IN EACH HAND KNOCKS OBJECTS TOGETHER		GOOD LIFTING OF THE HEAD SHIFTS WEIGHT AND PULLS LEGS UNDER THE STOMACH	PRESSES HIMSELF BACKWARDS ROLLS TO OBJECTS. TURNES AROUND HIMSELF IN PRONE POSITION

Motoric Development across the Body Midline (part 2)

BML	EARS	BALANCE	EYES	HANDS	MOVEMENT BACK	MOVEMENT STOMACH	MOVING ALONG
8			HOLDS THINGS IN EACH HAND. LOOKS AT THINGS ALTERNATELY	KNOCKS TWO THINGS TOGETHER (GRASPS WITH THE THUMB)	DOESN'T LIE ON BACK ANYMORE		CREEPS BACKWARDS
9			DISTINGUISHED ACTIVITIES WITH THE FINGERS	LETTING GO ON PURPOSE AND THROW- AWAY (GRASPS WITH THUMB AND BENT INDEX FINGER)		FROM PRONE POSITION OVER THE SIDE TO SITTING	CREEPS THROUGH THE ROOM. STANDS FOUR- FOOTED WITH SHIFTING OF THE WEIGHT
10			LETTING GO ON PURPOSE	TAKES REAL EFFORT TO REACH GOAL DOESN'T MEASURE THE MOVEMENT		ACTIVE LIFT- ING TO STAND- ING. STAND- ING WITH SUPPORT	CREEPS ON HANDS AND FEET. PACE MOVEMENTS ON THE PLACE
11				CARRIES OBJECTS AROUND. THROWS THINGS WITH PASSION. SCRIBBLES SPONTANEOUSLY WITH DOSED MOVEMENT			WALKS ALONG FURNITURE WALKS ON HANDS AND FEET (LIKE BEARS) CHANGES ACTIVE IN EACH POSITION
12				BECOMES HANDY			PUSHES FURNITURE
13- 15						STANDING FREE AND SECURE. LIKES TO KNEE	STANDS UP WITH THE HELP OF THE BEARS STAND. CAN BEND DOWN AND ERECT.
18							WALKS SECURE RUNS STOPS WALKS BACK- WARDS. CLIMBS ALOT BENDS DOWN TO LIFT THINGS UP

Introduction to Structure/Function

How to better understand yourself and other people

by Gordon Stokes

The Basic Principles of Structure/Function

Structure/Function is *behavioral genetics*, meaning that our innate genetic makeup, our DNA, determines our basic patterns of behavior in this life. Because it is so exact and its implications so revealing, we incorporate Structure/Function into all our trainings. Thanks to Robert L Whiteside, it is statistically validated. Statistical validation, however, merely attests to the truth that it **works** – and it *has worked* in one form or another throughout all recorded history and in all known cultures.

To us, there is **no** other skill as *immediate* or effective if you want to recognize and understand your own individual unique-ness and the individual unique-ness of every other human being. Together with the Behavioral Barometer, Structure/Function forms the spine of our Three In One Concepts insight. Take a look at its basic principles. They constitute a clear point of departure from current psychological beliefs.

**From the moment of conception, our
genetic DNA determines our instinctive
individuality**

* * *

**Differences of comparative cell
proportion within individual structure
indicates instinctive differences in human
behavior**

* * *

**More cells indicate more of a given
behavioral function while fewer cells
indicate less of the same function**

* * *

**Genetic DNA determines most of our
response to life, our belief system
influences and modifies or inhibits the
rest**

* * *

**Choice can always supersede structure
and/or life experience**

Psychology has taken giant strides toward mapping general trends of behavior. Its emphasis is on general categories of motivation. It compares the individual with expected "norms" of social interaction. In contrast, Structure/Function is specific. Its emphasis is on the genetics of individually only to that person's own unique structure.

How accurate is Structure/Function in evaluating instinctive individual response? The traits you'll study in UNDER THE CODE are all validated at the 1% level – meaning that what we say about the traits could not happen by chance 1 out of 100 times. Or to put it another way, what we say about a Structure/Function trait's physical indicator and the behavior it out-pictures is at least 99% accurate. (Robert L Whiteside and his staff conducted this study which tested a truly random sample population of 1,060 adults.) You can rely on Structure/Function's information. Be assured: it's accurate and it works!

We'll all unique in our genetic structures and in our experience of life. Just as no one else has exactly the same finger-prints or shape of ear as you do, no one else has exactly the same response to life. (You don't expect a dachshund to act like an Irish Wolfhound, you or a gazelle to respond to life the way a tiger does, do you?)

Still, Type A and C people believe their behavior is the only correct behavior, and their perception the only "right" way to perceive. When they're confronted by their opposite number's natural behavior – which is *different* than theirs – they take it as a personal affront **intended** to hurt their feelings.

What's the alternative to this self-destructive and relationship-destroying line of thought?

The Conscious CHOICE to accept and respect (even "honor"!) another's instinctive behavior. Structure/Function (S/F) is a "given" after all; there's no guarantee that someone will ever change to suit another's belief of what constitutes correct or incorrect behavior. And the best way

any of us can do when conflict comes on-line is to make the CHOICE of *ACCEPTANCE*.

People truly **are** their traits. Either you accept your own structure for the function it represents – or you don't. If you don't, you're in real trouble with yourself. And either you accept others' structures for the functions those structures out-picture – or you don't. And if you don't, you're in real trouble with **them**.

It's really stupid to believe that anyone else in the world has the same life-experience as you have had. Other people experience life on their own terms, not yours. You have your own behavioral patterns, they have theirs. You respond to life in one way, their way may be *different*. It's DNA-determined, after all. You are who you are, they are who they are.

In exactly the same way and for the exact same reasons, it's almost impossible to accurately convey your experience of life to someone else. Oh sure, you can "talk about it." But so what? Only you have lived your life. Nobody except you has exactly the same DNA-determined behavior, or (therefore) feels as you feel.

The real purpose for knowing Structure/Function is two-fold:

1. To know and accept yourself as you really are, not as what you want to believe you are.
2. To know and accept the innate behavior of others, without taking that behavior personally.

With *ACCEPTANCE* comes freedom. And acceptance comes only through CHOICE.

It's true – and it is – that we humans respond to life in a consistent, instinctive way as determined by our genetic programming, then

we'd better acknowledge this fact. Only when we accept our true individual nature can we fulfill its promise.

If you deny that you **can** know yourself, you're at the mercy of every self-appointed "authority" around you – not to mention religious, "credentialed" or elected officials. To **KNOW** yourself is the first step toward taking charge of your response to life and gives you the confidence to manifest what you want to manifest in this world.

The "A/B/C" Evaluation – Is this "Typing People?"

Why the terminology of "Type A/B/C?" This is the least *judgmental* way to describe differences of cell proportion on a given trait. Please remember:

"**Type A**" describes an *extreme Absence* of cells out-picturing trait's function.

"**Type B**" describes a *Balanced* cell proportion with neither Type A or C extreme obvious.

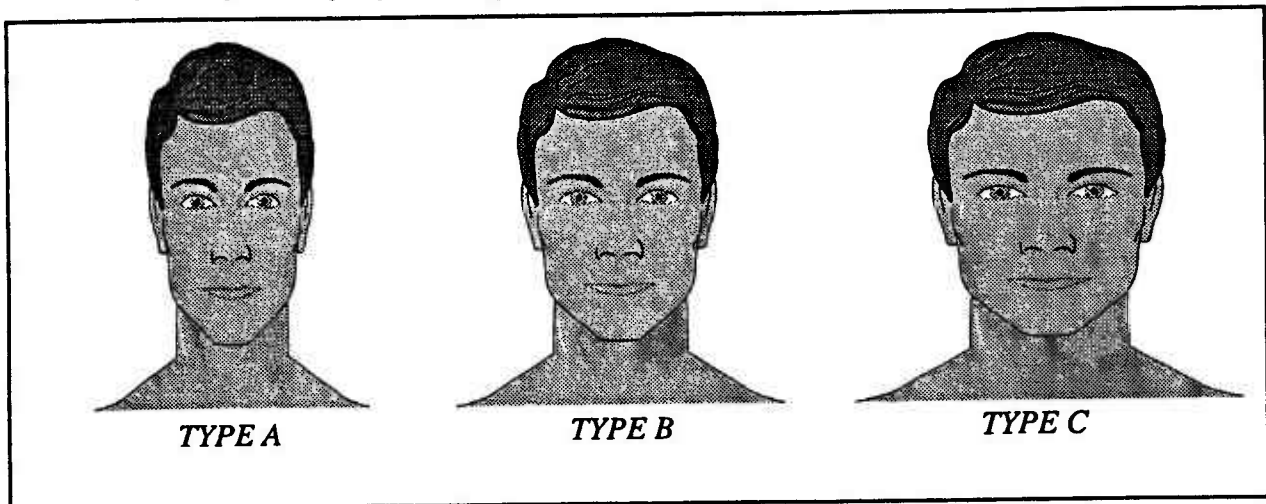
"**Type C**" means the trait out-pictures itself with *more* cells; in fact, a true Type C cell proportion is *extreme*.

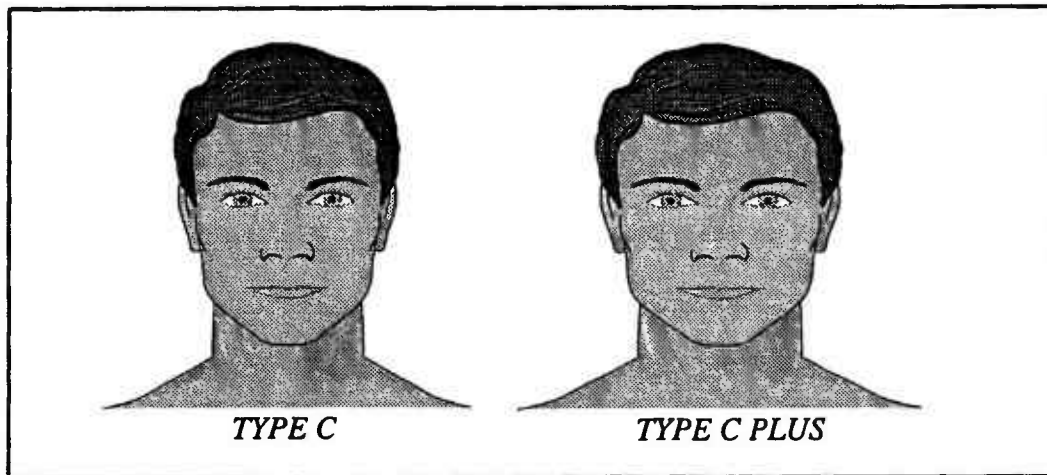
And at this point, many people ask: "*Is Structure/Function a way of 'TYPING' people by their physical appearance?*" The answer is a strong, enthusiastic and heart-felt "NO!"

We are all type A/B/C – It depends on the relationship

And how is that possible? Easily . . .

You may be Type this-or-that physically – and the information you'll learn certainly does apply to you *in general*. But Structure/Function (S/F) is never general. It is *always specific*.





So you're basically Type B on some S/F trait. You can see that in your photographs; you can see it in the mirror. You can recognize B-behavior in your life. BUT . . . what happens when you relate with a Type A of the same trait structure? You become an "instant Type C" *in that relationship*. The Type A person sees you as "guilty of Type C behavior" – even if you don't feel or act anything like a true Type C, you're a Type C in *that* relationship.

Change the relationship, change the trait *function* . . . In another relationship, you find yourself dealing with a Type C person. Does Type C believe you operate as a Type B in that Trait's behavior? Certainly not! *To Type C, you're now behaving as if you were Type A.*

You could be "more of" Type C structure than 98% of the population on a given trait. This means that 98 people out of a hundred are Type A people to your type C. You feel that way toward them and they react that way toward you. Yet when you meet a person who's at the **99th or 100th** percentile, your "98 percentile position"

makes you a Type A. You feel more Type A and you react like Type A *in that specific relationship*.

"No excuses!" We all have experienced being Type A,B,C.

Because we've all been through every trait position due to our changing relationships, any time we **want to** we can *understand* and attune to any other person's point of view, needs, fears, desires and *instinctive* nature. Actually we have no valid excuse for not doing so once we accept the truth of Structure/Function.

Learning to Evaluate Yourself: Photographs

The most effective way to learn your own Structure/Function is to look at yourself, and the easiest approach is to look at your photographs – from your baby-self to a good current photograph in a head-on frontal view, and a good, clear right and left profile. (If you don't have all three poses immediately available, have them taken NOW before you complete your UNDER THE CODE training!)

Under the Code's S/F Trait Reference

1 - The Thinking Trait Area

Summation . . . Thinking style

PHYSICAL INDICATOR (see top next page):

Profile: the angle of the forehead from eye socket (on Pupillary Line) to the forward projection of Frontal eminences.

Type A - extreme "fast-back" forehead

Type B - moderate backward angle, neither extreme obvious.

Type C - "vertical forehead:" may project even forward of vertical (baby forehead).



Type A - Out-focused



Type B - Both



Type C - In-focused

**Summation . . . Multiplicity of ideas -
Reciprocal to focused energy**

PHYSICAL INDICATOR (see below):

Profile: On pupillary Line (PL), establish a point midway between the turn of the forehead and VAL, then a point (also on PL) the same distance behind VAL. Actually touch/hold these points and compare which brain area is higher – frontal or parietal.

Type A: Parietal area *extremely* high compared to frontal.

Type B: "neither extreme obvious", level at both points.

Type C: Frontal area *extremely* high compared to parietal.

TYPE A REMINDER

(Focused Energy Type C):

Barometer: "WILLING to be

responsible for immediate action."
Reacts instantly and forcefully in the moment with no emphasis on thoughtful reflection.

TYPE B REMINDER:

It's up to you to adapt to Type A or C's style as appropriate to the relationship of situation unless you're willing to have Type a condemn you for being a Type C – or Type C condemn you for being a Type A.

TYPE C REMINDER:

Barometer: "ASSURED through mental exploration." When allowed to do so, feels complete ASSURANCE/WILLING/ONENESS. When not allowed to do so, or when pressured take immediate action, feels absolute ANGER/FEAR OF LOSS/SEPARATION. (All traits with a Barometric Major Heading word in their oneliners have MAJOR importance and special impact!)



Type A - Out-focused



Type C - In-focused

TYPE C REMINDER:

Barometer: "WILLING to be Answerable for immediate action." WILLING/Answer-able goes with ASSURANCE/Bold and ONENESS/at peace – which is what you feel when you can take immediate, Answer-able action. Or *when you can't*: ANGER/Fuming erupts along FEAR OF LOSS/disappointed and SEPARATION: Loveless/Unlove-able. (Major heading/ Major Trait/ MAJOR impact! FOCUSED ENERGY and MULTIPLICITY OF IDEAS people feel direct opposition from each other; it's a "natural enemy" position.)

Type C's Self-Talk: "When something needs to be done, it needs to be done right NOW! this instant I set a short-term goal, I take full responsibility and exert all my energies to achieving it! Immediately is not soon enough. It's obvious what has to be done and nothing else matters. Questions have to be answered NOW! The people involved have to get moving NOW! When they don't, I can hardly suppress my rage! Can't they see there's only this priority to deal with right now? Are they really so blind, or are they just stupid?"

A word of advice: When it's time to think, stop and think! Quit butting your head against the brick wall. If others put pressure on you

TO think, they're probably right. Blind effort is not thinking. Realize that your intensity may be too hot, too forceful, too domineering to produce the *co-operation* you want? Take a deep breath, relax and *consider* how much resistance you create with your demands for immediate action.

With Multiplicity Type C: Be WILLING to consider their needs and priorities as well as your own. Maintaining a good relationship may be worth more in the long run than immediate goal-getting. Lighten up! Cool off! THINK!

3 -The Feeling/Emotion Trait Area

Summation . . . Self-Confidence

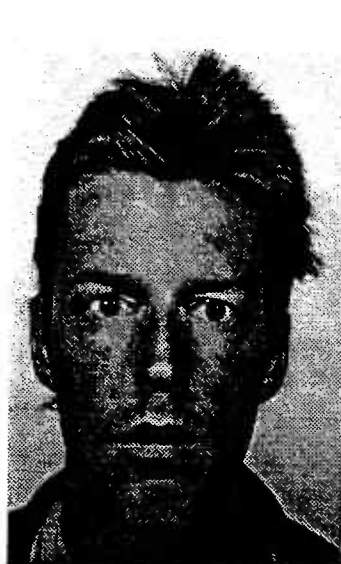
PHYSICAL INDICATOR (see below)

Facial width through ZFS compared to facial height from chin to turn of forehead.

Type A: facial width 1/3 (or less) of facial length.

Type B: facial width approximates 1/2 of facial length.

Type C: facial width almost 2/3 (or more) of facial length.



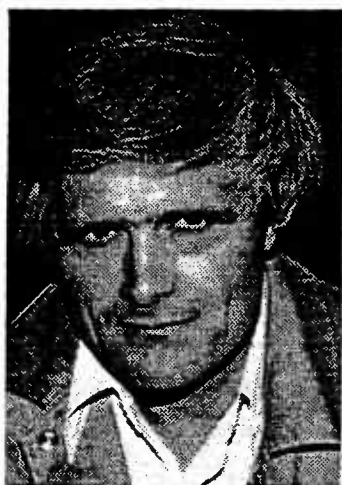
Type A - In-focused



Type B - Both



Type C - Out-focused



Type A - Out-focused



Type B - Both



Type C - In-Focused

Summation . . . Emotional selectivity

PHYSICAL INDICATOR (see above):

Distance between underside of eyebrow and height of eye aperture compared on PL (pupillary Line)

Type A: less than 1/2 eye aperture height.

Type B: distance equals one eye aperture's height.

Type C: underside of eyebrow set higher than 1 & 1/2 of eye aperture

TYPE A REMINDER:

Barometer: "Optimistic in the moment" and therefore feels Admirable and in balance until the situation sours, then shifts to feeling Questioned and Put-upon which results in unmovable, inflexible "Rigid" (Primarily a male structure.)

Summation . . . Reserved style

PHYSICAL INDICATOR (see below):

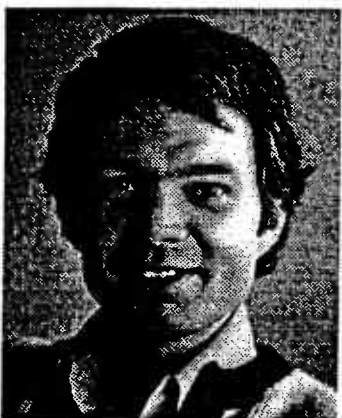
Type C: straight, horizontal underside of the eyebrow which extends over the full width of the eye apertures and even across the glabella. The longer the straight, horizontal line, the more type C behavior you'll observe in operation.

Type A Reminder:

There is no Type A, only one of the other three styles on-line. Unless that's EXPANSIVE style, it's not an issue in UNDER THE CODE.

Type B Reminder:

Straight, horizontal line of eyebrow extends over 1/2 the eye aperture. A "sort of" factor. 50% of Type C's reserved control behavior - and 50% more of some other style. Under



Type B



Type C - In-focused



Type C - In-focused

stress, Type C people are likely to accuse you of EXPANSIVE STYLE's "exaggeration" and try to exert extra heavy-handed control upon you.

Type C Reminder:

Barometer: "*EQUAL* through determination, design and desire" – therefore at CHOICE and with INTEREST alive and well. Or: if blocked or defeated in manifesting and maintaining that desire and design, goes into total RESENTMENT, GRIEF AND GUILT and NO CHOICE. Here's another Major heading trait, one which really does characterize a personality. (Primarily a male structure.)

Summation . . . Expansive Style

PHYSICAL INDICATOR (see below):

Outward arching eyebrow – the highest point of the arch being beyond the pupil of the eye. The more obvious the high arch, the more Type C behavior.

TYPE A REMINDER:

There is no real Type A position, instead you're looking at more of one of the three other styles. Most often, it's going to be reserved style.

TYPE B REMINDER:

A "B" position here is only a "sort of" factor. However, under stress, RESERVED STYLE people will write you off as being Expansive Style, while Expansive Style people will certainly accuse you of Reserved Style's "crimes of control" and, being dramatic, they will thoroughly condemn you for such behavior.

TYPE C REMINDER:

Barometer: "*At peace when expressing emotion*" (any emotion prompted by Body, Mind or Spirit). Also Bold/Answer-able when emotional expression is allowed. When it isn't Fuming, Disappointed, Loveless/Un-love-able.



Type B



Type C - Out-focused



Type C - Out-focused

For further information contact:

Three In One Concepts
2001 West Magnolia Boulevard, Suite A
Burbank CA 91506

phone: 818-841-4786 FAX: 818-841-0007

The Health Hazards of Anger

by Wayne W. Topping, Ph.D., L.M.T.

Abstract

Anger, hostility, and aggression are six times more predictive of those who will develop heart disease than cholesterol, blood pressure, or smoking. Are you at risk? We'll discuss the physiology of anger and appropriate and inappropriate ways of handling anger.

Over the past decade or so, we in the western world have been concentrating on dietary factors (such as reducing the amount of cholesterol, fat, and meat in the diet, and increasing vegetables, fruits, complex carbohydrates and foods rich in beta carotene, vitamins C & E and other antioxidant factors) in order to prevent cancer, and heart disease. Now we are beginning to see research papers in medical journals showing a correlation between specific emotions and the incidence of cancer and coronary heart disease. In 1993 the New Zealand Medical Journal; (ref. 1) published research showing that anger, hostility, aggression, hopelessness, helplessness, and depression are six times more predictive of those who will develop cancer and coronary heart disease. In an earlier paper, *The Psychology of Cancer Prevention* (ref. 2) I described research linking helplessness, hopelessness, and despair to cancer. In this paper, we'll examine some of the evidence linking anger, hostility, and aggression to cancer and coronary heart disease.

Anger and Cancer

Dr. Bernie Siegel has described cancer as "the disease of nice people." Why are they nice? Because you usually don't see them expressing unpleasant emotions such as anger. Do such nice people not feel angry and anxious, or do they deliberately suppress such feelings? While working at King's College Hospital in London, psychiatrist Steven Greer (ref. 3) found that close to 50% of cancer patients he studied were extreme suppressors of anger. Only 15% of a control group suppressed their anger.

Dr. Lawrence LeShan (ref. 4) found that the cancer patients seen during his research (over 500) all seemed to have more emotional energy than they had ways of expressing it. Their emotions were "bottled-up": they were unable to give vent to their feelings, to let other people know when they felt hurt, angry, or hostile. They

had difficulty in showing anger or aggression in defense of themselves. They did have aggressive feelings, often quite strong ones, but they were unable to verbalize them.

Anger and hostility are even more strongly correlated with heart disease.

Anger and Heart Disease

In 1974, two San Francisco cardiologists, Meyer Friedman and Ray Rosenman, published the book *Type A Behavior and Your Heart* (ref. 5) where they showed that Type A's had an increased risk of developing coronary heart disease. Type A's were described as ambitious, driven, goal-orientated, always taking on a lot of work, pushing against deadlines, worrying about satisfying both supervisors and those working beneath them, eating too fast, drinking too much, not sleeping enough, and easily stirred to anger by even trivial annoyances.

Since 1974, there have been over 2000 papers on various aspects of Type A behavior published in scientific and medical journals, but not all have confirmed Friedman and Rosenman's results. More recent research focusing on various aspects of Type A behavior has identified hostility as the "toxic core" of Type A behavior.

One of the primary researchers exploring hostility and its relationship to coronary heart disease is Redford Williams, M.D. (ref. 6). He and his colleagues describe a hostile person this way:

1. **Cynical:** a generally negative view of humankind, depicting others as unworthy, deceptive and selfish.
2. **Emotionally negative:** negative emotions in association with social relationships; admissions of anger, impatience and loathing when dealing with others.

3. **Aggressive:** a tendency to use anger and aggression as a response to problems or to endorse these behaviors as reasonable and justified.

Williams estimates that about 20% of the population has levels of hostility high enough to be dangerously unhealthy, another 20% has very low levels, with the rest of the population falling somewhere in between.

How Anger Affects the Body

In a stressful situation, the body is readied for the fight/flight response. If we take the "fight" response we will experience anger and aggression, there will be a large increase in noradrenaline, small increases in adrenaline and testosterone, and little or no change in cortisol levels. Excessive levels of noradrenaline can lead to heart and circulatory diseases, as noradrenaline's most potent action is to constrict blood vessels. During the first stage of the stress cycle – the alarm stage – blood vessel constriction increases the blood pressure, so the heart must work harder to overcome the high pressure in order to circulate the blood. At the same time, noradrenaline steps up the heart rate, further increasing the heart's workload. A higher workload requires that more oxygen and glucose be delivered to the heart muscle (myocardium) via the coronary arteries. However, for people with atherosclerosis or plaque build-up in the arteries, insufficient blood may move through the coronary arteries to reach the heart muscle to support its workload. This may result in pain across the chest known as angina pectoris, or there may be a heart attack where part of the myocardium dies.

The oxygen-starved myocardium may also send the heart into ventricular fibrillation (chaotic rapid contractions of the main pumping chambers of the heart) rendering the heart useless as a pump. Under these circumstances, the circulation stops and the person dies unless the fibrillation is quickly corrected by using a cardiac defibrillator. According to one study, about 20% of those who suffered sudden cardiac arrest (ventricular fibrillation), had experienced acute psychological stresses in the preceding 24 hours. Research also indicates that anger is a common pre-death emotion (ref. 7).

Noradrenaline probably also adversely affects the heart in a least five other ways. Excessive noradrenaline can probably cause rupture of the

plaque, leading to a sudden blockage of the coronary artery. The newly exposed material of the plaque creates a surface on which a blood clot can form. Clot formation is also encouraged by noradrenaline. This can cut off blood supply to the myocardium, if not already achieved by plaque rupture, resulting in a heart attack.

Heart attacks can also occur in the absence of significant coronary artery disease. High levels of noradrenaline can cause muscular spasm of the coronary arteries which close up, thereby reducing or stopping blood flow to the heart muscle.

Excessive levels of noradrenaline and adrenaline are also known to damage the heart muscle cells directly, reducing the contractile ability of the heart. Excessive levels of these two hormones can also directly trigger abnormal electrical activity in the heart, resulting in abnormal rhythms which may cause fatal ventricular fibrillation.

Appropriate Ways to Handle Anger

1. Suppressed anger is known to be common for many people with cancer, rheumatoid arthritis and migraines and is a likely cause of high blood pressure (90 - 95% of which has an unknown cause according to medical researchers). Therefore, it would seem to be healthy to begin to express anger appropriately.
2. Some people from Christian backgrounds think it is wrong to be angry. Instead, the bible says: "Be angry and sin not...." Apparently it is possible to express anger without violating someone else's rights or your own (by suppressing or repressing it). The same verse (Ephesians 4:26) advises us not to let the sun go down upon our wrath, i.e. we are to use the anger to move us to some appropriate action rather than stew on it or suppress it.
3. When you are in an anger-provoking situation avoid a hostile response by asking yourself the following questions:
 - Is the matter worth my continued attention.
 - Am I justified?
 - Do I have an effective response?

4. When you become aware of your own hostile attitudes or thoughts, practice stopping them.
5. If you can't change an anger-arousing situation, distract yourself by focusing on something else; call a friend, be by yourself, take a walk, or read a novel.
6. If your anger is deep or chronic, write down a list of all the people you remember being angry at – currently and in the past. Identify why you are angry with each person. Look for one or two common denominators. Rejection? Disappointment? Feeling used? Look for the payoff in staying angry. Work through this.
7. Research by James Pennebaker (ref. 8) of Southern Methodist University has shown that writing for at least 20 minutes for four successive days about a particularly stressful situation will cause the emotions to come to the surface. Research shows T-cell levels to be elevated for up to 3 - 4 months after this exercise showing its obvious value to your immune system.
8. Victims are stuck. They usually have much anger that they weren't allowed to express, or didn't feel safe to express and they are often allowing people to misuse them. They feel powerless. Learning to express anger at the mistreatment or person, directly to the person, if appropriate, will help stop people from doing things to you that you don't like and begin to move you from victim status.
9. Angry at someone? Write them an appropriate letter then throw it away or burn it.
10. Develop the three qualities of "hardiness" – control, commitment, and challenge – so that you are better able to handle stress, becoming more proactive, and less reactive (ref. 9).
11. Learn to forgive. When an injustice is done to you, no matter how wrong, it can't be changed. Staying angry about it only harms you.
12. Decide to make fun of yourself for getting so worked up over something trivial and unreasonable. Lighten up!

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Biokinetic Exercises: Another Tool To Make Your Work More Effective

by Wayne W. Topping, Ph.D., L.M.T.

Abstract

For clients with chronic problems biokinetic exercises are an additional tool to help maintain balance. These passive exercises are effective for eliminating hypotonicity or hypertonicity in muscles, tendons, ligaments, and fascia.

Biokinetic exercises have been used for many years as part of biokinesiology's wholistic approach to balancing the body. Over 180 of these exercises are described in *Be Your Own Chiropractor Through Biokinetic Exercises* by the Biokinesiology Institute. However, the basic principles are simple enough to be described here. Once understood, you'll have an additional physical technique to supplement your Touch for Health skills.

Biokinetic exercises are passive exercises that use position-releasing to balance kinetic tissues that are either too weak (hypotonic) or too tense (hypertonic). The aim of each exercise is to shorten the distance between the origin and the insertion of the muscle, tendon or ligament. External pressure or gravity is used to hold the position rather than working the tissue. This allows the tissue to relax fully and return to balance.

In some cases it may be wise to have a friend hold you in the relevant position. Don't strain! Don't do the exercise if it creates pain! Relax into the position, breathing deeply, and come out of it slowly. Then repeat the exercise for the other side of the body.

The positions are held for different lengths of time depending upon the nature of the tissue: thirty seconds for muscles, one minute for tendons, two minutes for ligaments and five minutes for fascias.

How to Know Whether You Have the Optimum Position

1. If you are **by yourself**, remember that in the correct position there should be minimal soreness in the tissue.

2. If you are working **with a client or friend**, circuit localize the tissue while he or she puts the tissue into a shortened form.
 - a) A previously **weak** tissue should now test overstressed, i.e. it will muscle test strong until you run your hand up the central or governing meridian whereupon it will unlock. If the position is not even close to being correct, the tissue will test as being weak. If the position is close, but not the optimum position, it will test as being strong.
 - b) A previously **overstressed** tissue should test weak in the desired position, strong when close, and overstressed if not even close.

How To Use Biokinetic Exercises

1. Find a sore muscle and attempt to find a position of contraction that will release the tension. Hold.
2. Identify the weak tissue and locate it in the index at the front of the *Be Your Own Chiropractor Through Biokinetic Exercises* book. Turn to the relevant page and read off a description for that particular biokinetic exercise.
3. If you cannot name the particular tissue that is sore or painful, identify a muscle on the charts on page 19 or 20 of *Be Your Own Chiropractor Through Biokinetic Exercise* that appears to be in a similar position. Locate that muscle in the index, then elsewhere in the book because the described biokinetic exercise may be close enough to be effective for your particular imbalance.

4. Remember that in Touch for Health and the Specialized Kinesiology, we usually test a muscle from its contracted position. What we need to do is duplicate this positioning, or take it further away from the contraction-to-extension direction without actively using the particular muscle.

Two Biokinetic Exercises to Illustrate the Procedure

1. Psoas

Structural Symptoms: Difficulty in standing upright. Low backache. Lower back mal-alignment. Hip pains. Desire to curl up when in bed.

Exercise: Lie on your back, pulling your left knee up towards your right breast with both hands. Rest while breathing deeply.

2. Rhomboid Major

Structural Symptoms: Sore upper back and shoulders. Shoulders hunched forward.

Exercise:

1) Get on your hands and knees and place your hands about three or four feet apart (depending upon your size) and straight out from your shoulders keeping arms straight.

2) Try to sag down in the area between your shoulder blades. This causes a winging back of your shoulder blades and a compression of them towards your spine. Rest in this position breathing deeply.

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Going Where You Want To Be Depends on Where You Are

by Alice Vieira, PhD
Clinical Psychologist
Professional Kinesiologist Practitioner

Loss is loss. Change is loss.

Death, divorce, job loss or other dramatic changes in status are demonstrable losses. Change of any sort is the result of the loss of previous behaviors and cognitive states. Changing parts of ourselves may be more life altering and at least as painful as a more tangible loss.

In numerous articles, lectures and books on the stages of dying, Elisabeth Kubler-Ross has recognized five stages on the continuum of processing loss. Denial, anger, bargaining, depression and acceptance are the milestones. Her description has helped millions of individuals become aware of the process of letting go; not only of life itself, but of anything that must leave or change.

Expanding on Kubler-Ross, Gary Emery, in his book, *Own Your Own Life*, has identified sub-parts of these stages. Within denial there is first non-awareness and disbelief. Part of bargaining is our avoidance of the anxiety caused from feeling out of control.

For a model of the loss involved with the stages of change, we can use Gordon Stokes and Daniel Whiteside's (Three In One Concepts) "Behavioral Barometer". The stages of growth start with the individual in a place of "no choice" and move toward a place of acceptance and choice. Their chart describes the relationship of the three elements of emotions at different levels of awareness: cellular or non-verbal, unconscious and conscious.

The Behavioral Barometer also illustrates the process of change and emotions that an individual suffers to reach awareness. First, there is an automatic, inevitable switch to a defensive posture of negative thoughts, feelings and behavior when a more positive choice is too unfamiliar or unattainable. Once the defensive switch is pulled, the individual can be halted in the process of change.

Hovering between Emery's sub-stages of non-awareness and disbelief is this defensive period. If we take cover under the domination of defensiveness, non-awareness returns as the operative condition.

However, if we can recognize our defensive reaction and deal with the emotions that are covered by the defensive stance then, most often, anger will emerge. Unfortunately, anger is commonly labeled as unacceptable and its manifestations as hurtful, bad or unseemly. Because society mostly loathes anger (especially in women) and certainly does not reward it in most situations, anger is an emotion that is frequently denied or at least avoided.

Unexpressed anger results in depression.

Depression can also result when we refuse to release something or separate from a lost person or object. Closure with a person or event is essential to break through depression.

Depression can also result when we do not set boundaries or allow our boundaries to be easily disregarded.

To avoid the pain of depression or the anxiety of taking action to process a loss effectively, we choose to return to unawareness. In M. Scott Peck's book, *Further Along The Road Less Travelled*, Peck emphasizes the unfortunate fact that most people die in the state of denial, not allowing themselves to express or deal with anger.

Change is one of the losses that require this painful breakthrough past defensiveness into anger.

**WHAT ARE THE REQUIREMENTS OF
CHANGE AND THE SIGNS OF
READINESS?**

WHAT DOES CHANGE COST?

HOW CAN WE FACILITATE AND EFFECT CHANGE IN OTHERS?

In *On Becoming A Person* (1961), the renowned psychotherapist Carl Rogers recognized a process of change that we, as individuals, go through as we move from "fixity to changingness," from "rigid structure to flow," and from "stasis to process." The remainder of this paper follows Rogers' seven stages.

First Stage: We are rigid and react reflexively to almost all situations. We see no alternative choices or options to consider. We continue to act as we have always acted without benefitting from experience. It's "my way or the highway." Superseding the intentions or needs of everyone else we see everything as "me or mine." We are righteous and highly defensive.

We seem remote, even to our own personal experiences. We assume no responsibility for our problems and see no need to change. If a problem cannot be denied, it is blamed on someone else.

Feelings are neither recognized nor sought; if encountered they are denied and avoided. We have no awareness nor introspection. Close relationships and communication are perceived as dangerous, "ridiculous", or a waste of time; therefore, feelings are avoided.

Television's classic character, Archie Bunker, personifies the first stage.

M. Scott Peck's corresponding first stage on his lowest level of spiritual awareness is called the Chaotic/Antisocial stage. These are his "people of the lie." They are spiritually absent, unprincipled and totally self-serving.

HOW IS THE CHANGE AFFECTED SO THAT WE EMERGE FROM STAGE ONE?

There is at least one widely-accepted psychological test and analysis (the Minnesota Multiphasic Personality Inventory or MMPI) that mounts the odds against the possibility of a change in stage one. The MMPI describes these individuals as having rigid personalities and finds that there is little likelihood that they would benefit from any type of intervention. It further states that people with rigidity in their personalities would not be likely to seek help, and should they be forced to attend any sessions that might be geared

toward changing them that they would be unlikely to return.

HOW IS THIS INTRANSIGENCE OVERCOME ?

It seems to happen when we "feel received." This feeling of being "received" is tantamount to feeling valued, safe and understood. In some way, the therapist demonstrates empathy. In *On Becoming a Person*, Rogers states:

"We seem to know very little about how to provide the experience of being received for the person in the first stage, but it is occasionally achieved in play or group therapy where the person can be exposed to a receiving climate, without himself having to take any initiative, for a long enough time to experience himself **as received.**" (p.133)

Second stage: When we can tolerate the idea that there may be a reason for someone else's behavior that does not have to do directly with us and/or we have some slight bit of recognition that we might have some responsibility for what happens to us, then we are in stage two. We no longer have to demand that what we think is absolute. In this stage, feelings are handled in a remote, unowned way so that they are external, not personal. For example, "The symptom was -- it was -- just being very depressed." An individual in stage two would not say, "I feel depressed."

Peck's second stage of spiritual growth is Formal/Institutional. At this stage, we link the genesis and attachment of feelings and behaviors to another institution. This might be family, community, school, church, society, the military, even prison. God is seen as external; as a punitive "rules" enforcer akin to Orwell's Big Brother.

We are locked in the second stage when being "model members of the institutions" with which we identify. We function well because we strictly adhere to rules, roles, guidelines at any level. We are in a place of no choice.

If we feel received by a church, military, prison, or an entity as large as "society," then we diligently learn and follow the rules. For example, model prisoners who have been paroled are often back in their cells within a short time. They are labeled "institutional men" because they cannot effectively function without the comprehensive structure of prison. Charles Manson has been

identified as an institutional man because he functions very well inside prison. Should Manson return to the general society, he would probably be just as dangerous as when he orchestrated and committed the slaughtering of several people in the seventies.

HOW DO WE GET FROM STAGE ONE AND TWO TO STAGE THREE?

The primary motivator is a state of misery or at least extreme discomfort. Otherwise the maxim, "If it isn't broken, don't fix it" prevails. Complicating the transition is that, if we remain in the survival mode of stage one and two, we do not know we have choices. Survival banks on reflexive, fixed and rigid belief systems.

However, no matter how inflexible we may be, there are certain fundamental things in life that are valued as worthwhile and normal. It is very hard to tolerate the substantial absence of feeling good about ourselves, feeling lovable, having friends, keeping a job, being productive, feeling safe, having a place where we feel accepted and enjoy a sense of belonging.

Should the absence of any of these fundamental states cause significant discomfort, we might possibly seek more information about ourselves. Without these conditions, there is little hope for us to emerge from non-awareness.

WHAT IS THE IMPORTANCE OF AWARENESS OR INTROSPECTION?

Awareness frees us to make new choices in relationships, judgements, actions, statements, values, goals, and beliefs. If we become aware, then our true nature can emerge and be modeled by new choices.

WHAT IS TRUE NATURE?

True nature is frequently misunderstood relative to the ability to change. The story of the frog and the scorpion illustrates the morbid consequences of non-awareness and the inability to change.

The scorpion asks the frog to take him across the river. The frog declines saying he fears that the scorpion will bite him. The scorpion promises not to bite the frog so the frog agrees to the journey. Half way across the river the scorpion bites the frog, causing them both to drown. As

they are going down the frog asks the scorpion why he bit him. The scorpion answered, "It is my nature."

Only separation from our primary attachments, good or bad, can answer the question about true nature. Our ability to remain at least somewhat non-defensive allows us to separate from the first and second stages.

To change, we must move beyond rationalizing, "That's just the way I am," or "I'm only human," or "Let's not talk about it." These defensive stances are not part of anyone's true nature. They are manifestations of a basic survival instinct to keep us safe from what we perceive as danger, attack or loss of love or death.

There is a portion of the population that will always remain in stage one and two. They never read a paper as you are reading now, nor attend conferences to learn new things. They lead limited and unquestioned existences. With their own children and themselves, they repeat the mistakes that their parents made.

However, once a flicker of awareness is seen, the first sign of movement to stage three is disbelief or denial. **WHY?** The state of disbelief depends on the ability to perceive that something is finally within one's awareness. To be defensive requires an acknowledgement that there is something threatening in the environment. The defense mechanism of denial takes emotional energy. So do anger and depression. These are signs of our growth!

The key here is relating one thing to another, just as we did when we were children.

The approach at this stage is for us to have someone help us explore our denial, defense and disbelief. We have to feel safe enough to ask the question, "It wasn't my fault, was it?" Then the process is off and running. If the question is never asked and the statement remains, "It wasn't my fault," then we will not get beyond stage one and two.

WHAT PROVIDES THE RIGHT QUESTION?

From my personal life, I offer a true story about one of my friends. He had always been a very defensive person. He is quick to "protect himself" from the slightest hint of criticism. He sees criticism where the evidence shows none and

anticipates criticism when none is forthcoming. I asked my friend to listen to an audio tape of Deepak Chopra discussing defensiveness from his book, *Magical Mind, Magical Body*. In it, Dr. Chopra says,

"Rationalizations are just excuses for the things that happen to us. It is a change of perception that is necessary.... Most people spend their entire life defending that they are correct. So the moment you stop trying to do that you are approaching defenselessness. Defenselessness is actually the key to invincibility. When you let down all your defenses, there is nothing to attack. It is true that applies to ourselves also – that we don't judge ourselves, we don't try to defend a point of view to ourselves. I'm reminded of a statement Mr. Gorbachev made a few years ago to President Reagan. He said, "We're going to do something terrible to you, we are going to deprive you of an enemy". When you let down all your defenses nobody can attack you because there is nothing to attack. That, really, is ultimate power. Ultimate power does not allow the birth of an enemy and the mechanics of that is simple, effective defenselessness."

After we heard this my friend said, "I won't be defensive anymore. I will be dominated and gouged." He was as surprised as I was that this statement came out of his mouth. In listening to Dr. Chopra he somehow was ready to hear something he had not heard before and his belief system "snuck out." He was able to move from stage 1-2 to stage 3 in that moment.

Stage Three: This stage will emerge only if we continue to feel "received." Otherwise, defensiveness will reappear and stop progress. Returning to stage one or two, survival mode will replace the new introspection.

We need to relax at this stage and feel good that "someone understands" or "at least I am doing something about this." Then we can be engaged to begin the process.

In this stage, we can select persons from our family and reflect on how we might have qualities similar to theirs. "I'm just like my mother on this issue." or "That is something my Uncle Jim would say," would be appropriate. We begin to

see relatedness and have it take on some meaning. Contradictions are recognized. "That's just what I hate about my mother and that's what I do with my own children!"

Affecting personal choices is still outside the recognized options – outside awareness.

A man named Quincy had come to me for psychotherapy because he had lost all feelings for his wife. He moved out from their home and, because of limited finances, moved into his parents' home where he had not lived for 20 years. During group therapy Quincy realized that his philosophy was contrary to the philosophies of every other group member. He recognized that he was being antagonistic to a loved one whom he knew loved him.

As Quincy continued to live with his parents on a daily basis, he began to see that he had "become his father" and that he had married a woman much like his mother. Because he had the group experience, he was able to consider rejecting the philosophies or beliefs of his parents. This recognition was the springboard to his growth process. The recognition made it possible for him to move to stage

Peck's third stage is called the Skeptic/Individual. He calls the individuals in this stage "truth-seekers."

Stage Four: This stage is the beginning of change because we are finally ready to change. There is an awareness that we are responsible for our own problems and can actively do something to help ourselves. We seek psychotherapy or take part in educational conferences such as Touch For Health. We read self-help books and materials such as this journal.

A connection is made between who we are today and who we were made to be within our family of origin. In stage four we recognize that we have not separated from our parents' viewpoints or removed ourselves from the legacy of family dysfunction. With the ability to reflect on these issues and see how they caused a lack of trust in relationships, the possibility exists, perhaps for the first time, for a trusting relationship.

We now know that the world of possibilities is larger; we want to seek new options and be "at choice," finally mastering our own reality. There

is desire to explore our purpose for being here and hope that we can maximize our potential.

Peck's final stage of spiritual growth is Mystical/ Community. He profoundly refers to this state "as a beginning."

Stage Five: Rogers (p.140) says, "Feelings are very close to being fully experienced. They 'bubble up,' and 'seep through,' in spite of the fear and distrust which we feel at experiencing them with fullness and immediacy."

We begin to accept the quality of our feelings and believe we matter to ourselves and to others. We feel we belong and feel accepted in our expressions and behavior. In this stage it begins to be important to have the "real me" be known, and some degree of spontaneity becomes normal. Introspection is more frequent. Looking into why behavior is the way it is becomes possible. Choice becomes an option for the first time. Rogers states:

"This phase is several hundred psychological miles from the first stage described. Here many aspects of the client are in flow, as against the rigidity of the first stage. He is very much closer to his organic being, which is always in process. He is much closer to being in the flow of his feelings. His constructions of experience are decidedly loosened and repeatedly being tested against referents and evidence within the without. Experience is much more highly differentiated, and thus internal communication, already flowing, can be much more exact" (p. 143).

This is the stage when self-help books are the most useful, when psychotherapy is most beneficial, and when change, through the new information, is fruitful. This is the stage where not only do we attend conferences but we use the information we learn at the conference.

Stage Six: It is at this stage that the previously-held belief systems no longer hold us captive. The present is allowed to be experienced as the present without the baggage of the past. This stage is a further enhancement of stage five. Once this stage has been reached it is unlikely that we will ever return to any of the previous stages. It is the stage in which we have reached separation from the past and have individuated – have become our own person. We are no longer stuck. Feelings flow because of a certainty that our feelings are

valuable to ourselves and to others. We immediately relate to our experiences and naturally flow in a process of where that experience could lead. "The incongruence between experience and awareness is vividly experienced as it disappears into congruence" (Rogers, p.148). Defense mechanisms are of minimal concern. Our scanner of our childhood, the one we erected in order to survive, has no serviceable purpose. Freed from a constant survival mode, we are ready to experience life at its fullest.

Stage Seven: The highlight of this stage is the ultimate trust in our own process. Trust, autonomy, initiative, sense of individuation and capacity for intimacy is established. Close, healthy personal relationships are a vital part of our lives.

Stephen Covey (in *Seven Habits of Highly Effective People*) describes an interdependency: a way of being in which we are not dependent on others, not independent of others but connected in such a way that we value others' presence in our lives, realizing what they offer can only enhance our own lives.

Life is rich in each experience and modified by each new experience.

"Internal communication is clear, with feelings and symbols well-matched, and fresh terms for new feelings. There is the experiencing of effective choice of new ways of being" (Rogers, p.154).

WHY ARE THESE STAGES IMPORTANT TO YOU AS A PROFESSIONAL?

Being aware of these stages can help us locate where our clients are and where our efforts will be most beneficial. The client is able to take in different things at different stages. If we match what we offer to where the client is along the continuum, then we build trust that is integral to the change process. We are able to offer "age-appropriate" counsel or intervention; neither moving the client too quickly or letting opportunities go by.

In the excitement of showing Touch For Health to someone new, we can now find out even more critical information. A muscle test after the pretest will enable you to see which stage of growth is evidenced on the particular goal or issue.

Summary

Here is a quick list that will guide you to the most effective intervention strategy.

Stage 1: We are wasting our time!

Stage 2: Our job is to help the other person feel received.

Stage 3: This person is open to suggestions.

Stage 4: This person is ready and open to change.

Stages 5-7: We are there to encourage the sense of "oneness."

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The Callahan Techniques™

A Good Way to Spread the Word about the Power of Touch for Health Procedures

by Phillip W. Warren B.A., PhC, A.P.O.E.C., Cert. Edu-K

Abstract

The Callahan Techniques™ and the Topping's Defusing Stuck Emotions approaches to meridian tapping for specific phobias, compulsions, stuck emotions and addictions are simple and fast with results that are powerful, reliable and immediate. They provide a useful way to convince others that Touch For Health and other energy based procedures are effective and do not rely on your belief in them to work. A complete description of my "do it yourself" approach is provided.

Psychologist Dr. Roger J. Callahan developed the procedures, which are described and demonstrated in his books and in his videos, from the traditions of applied kinesiology and Chinese meridian tapping. The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques are the simplest and fastest "Psychological Garbage Disposal" methods I am aware of. They work reliably (90% success rate or better for specific and delimited phobias, compulsions and traumas) and they work fast. However, many people will be reluctant to use them due to interference from their Belief System (abbreviated as B. S.). This is true of many approaches in the Touch For Health synthesis which use the energy system of the bodymind and one frustrating result in using The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques is that, since they work so fast and are so unusual to most people, those who receive the benefit from them seek to provide "explanations" which better fit their B. S. (Belief Systems. Gazzaniga refers to this as the role of the "Left Brain Interpreter" or LBI). This means that you need to emphasize to your beneficiaries that this simple but powerful technique involves the application of a different model of how the human bodymind functions, a model that underlies all the Touch For Health synthesis kinesiology.

You must also stress that many issues which are more complex can be addressed effectively using the Touch For Health kinesiology. The Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques as described in this paper work best with specific, delimited stuck emotions which are present when the person just thinks about the issue. If the problems are

intertwined with many aspects of the person's life then more sophisticated techniques are needed. In such cases, I go into my In Depth Kinesiotically Facilitated Goal Balance™, a combination of techniques from Three In One Concepts and Advanced Edu-K. However, this limitation does not subtract from the power of the meridian tapping defusions since the help the person receives can rapidly and effectively resolve problems that may have plagued them for years, causing considerable misery.

The energy model of human bodymind functioning which underlies the power of Touch For Health kinesiology is gaining wider acceptance now. Some major organizations researching this general approach (called Energy Medicine, Vibrational Medicine and such) are The Fetzer Institute, Institute of Noetic Sciences (IONS), International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), and the World Research Foundation.

My Experience Using these Meridian Tapping Techniques

These meridian tapping techniques, while unusual to the general public, are very effective and very quick. Most take 5 to 15 minutes including the theoretical explanation for those who want it. I have used it with my grandson (age 9) and adult students, friends, strangers, and colleagues. I've done it in a dentist's office (eliminated my grandson's serious needle phobia and helped reduce the fear of a patient waiting), in the hall at Kwantlen College where I teach, in a library, in my home and office, in a auditorium after a lecture (reducing a student's spider phobia). No one has to believe in the technique to

make it work. They just have to do it. The results, in my experience, are dramatic and fast and easy to do if you follow the directions that I provide in this paper.

I have used this technique with clients with 100% success in eliminating or reducing to almost zero exam anxiety, phobias about public speaking, spiders, dentists, needles, bridges, flying, crowds, and illness as well as eliminating the post traumatic effects of a suicide of a friend, a family death, a rape by a school counselor and so on. In addition I've helped one adult get rid of chocolate "addiction" and helped another reduce nicotine addiction (most addictions are more complicated since they involve more aspects of the persons life and thus require more extensive treatment and follow-up.)

I have taught the technique to my introductory psychology classes and some students now use it to help themselves and others (friends and family) with various problems and issues that are amenable to this approach.

A Very Brief Theoretical Explanation for the Callahan Techniques™

The assumptions behind the technique can be summarized as follows:

1. Psychological Problems have as their immediate cause "**Perturbations**" (**disturbances**) of the **energy/information fields** (thought fields) in the individual. Candace Pert, the pioneering researcher in the discovery of neuropeptides, talks of neuropeptide action in the body as energy and information (instructional) exchanges on the cellular level. Watch Bill Moyers' interview of her in the segment of the Healing and the Mind series titled The Mind/Body Connection (Moyers, 1993).
2. These Energy/Information fields historically come from traumatic or life threatening events in the history of the species. They are transferred from one generation to the next by Morphogenic Fields (Sheldrake, 1983, 1989).
3. These inherited Energy/Information Fields are the basis for the inherited potential vulnerabilities to various psychological problems. If the field has no perturbations in it, there will be very little if any psychological problems. There will just be energy and information.

4. Energy/Information Fields containing Perturbations manifest themselves in individuals as Psychological Problems of various types.

5. Perturbations are fused to the Energy/Information Fields and The Callahan Techniques™ address the Perturbations of the field by defusing them; taking them out of the field and leaving the Energy/Information Field as just data with out the disturbing emotion.

6. This defusing process is a common element in many of the emotional/attitudinal balances used in the kinesiological approach to psychophysical problems.

To clarify what the techniques do, I illustrate with this visual model (Figure 1). The person comes with some specific "stuck emotion" (a stuck emotion is one that the person experiences in inappropriate or inconvenient ways They know the emotions are a problem but they can't seem to get rid of them). The person gets in touch with the emotion/feeling state ("tunes in") **This is a very important step and must be done in order for the techniques described to work.** Think of it in terms of doing a spell/grammar checking of a document using your word processing program. Unless the file is in active memory, your program can not work on it. Unless the Energy/Information field is in active memory in your "Biocomputer", the Callahan Techniques™ and Topping's Defusing Stuck Emotions techniques can not work on "disposing of your garbage."

Figure 1 illustrates the process. The person has this inherited emotional/attitudinal reaction tendency represented by their Energy/Information Field. Unfortunately for the person the field is full of "perturbations" (disturbances) represented by the black splotches. The more perturbations that are in the field the greater the problem for the individual. (Fig. 1a) The application of the procedures gradually eliminates these "perturbations" (Figs. 1b, 1c, 1d) until the field is clear leaving only Energy/Information (Fig 1.e). **Note: The goal is to remove the perturbation or disturbance, not the information or memory.** This is an important point since removing the memory/information of a rape, for example, leaves the person vulnerable to a repeat of the traumatic circumstances. The goal is to provide the individual with choice and "un-perturbed" information so that they may act rationally whenever a similar situation arises.

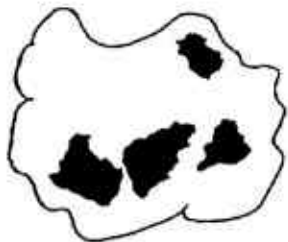


Figure 1-a

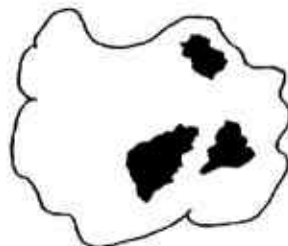


Figure 1-b

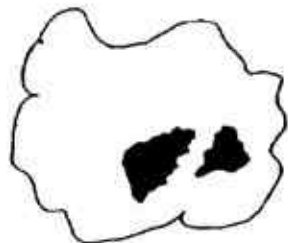


Figure 1-c

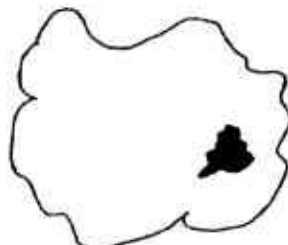


Figure 1-d

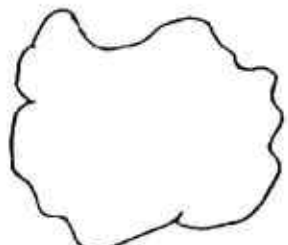


Figure 1-e

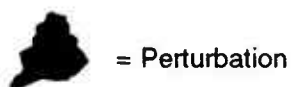


Figure 1. Individual's Energy/Information Field

Figure 1: An example of an energy/information field (such as snakes) that begins as full of perturbations represented by the black "splotches" at "a" (e.g., a snake phobia condition). Through the application of The Callahan Technique™ and Topping's Defusing Stuck Emotions technique these splotches are removed ("b", "c" and "d") until all that remains is energy/information at "e". Now the person can feel and act appropriately to snakes and be neither irrationally fearful (i.e. phobic) or foolhardy.

Do not allow your person to be misled by the simplicity and speed with which these techniques work. They **are** effective and fast and, contrary to most psychotherapeutic assumptions. **You do not have to smell, examine, classify, and sort your garbage before you can dispose of it.** These bioenergy based procedures remove the distress residue that was being held in the bodymind system and leave the information. The knowledge about that which was producing the continued distress in life remains but without the emotional discomfort. The person is now in a position of CHOICE about their response rather than being thrown constantly into reflexive knee jerk no-choice states of being. They are no longer FORCED to avoid by fear or FORCED to indulge by compulsion and are thus FREE TO CHOOSE.

Examples of the power of The Callahan Techniques™ are shown in the 30 minute videos *Why Do I Eat When I'm Not Hungry?*, *Hope With Reason*, *Eliminate Your Fear of Public Speaking*, and audio cassettes such as *The Callahan Techniques™: Telephone Therapy*. The 60 minute instructional video, *The Five Minute Phobia Cure: How to Do It*, also provides many examples of their power. Callahan did all of these while on TV talk shows, before a live audience with unselected people. I know of no traditional psychotherapist who would rise to this challenge, let alone meet it!

Psychological Reversal, Self-Sabotage, and Other Nasty Things

Callahan (1991, p. 221) defines Psychological Reversal (PR) as "A state or condition that prevents natural healing and blocks otherwise effective treatments from working. Usually it is accompanied by negative attitudes and self-sabotage that leads to self-defeating behavior... Psychological reversal is usually confined to a particular area of one's life but may occur in any area...Chronic problems usually have an element

of psychological reversal. Psychological Reversal is almost always present in addiction problems." Walther (1988, p. 396) writes "Most practicing physicians can recognize psychologically reversed individuals in their practices. These are often the individuals who respond poorly to treatment; when there is some improvement in a condition, they will dwell on the negative aspects. Even when the improvement is pointed out, they will immediately change the subject back to the negative aspects."

"...Dr. Robert Blaich, who specializes in treating world-class athletes, has helped his patients improve performance by treating them for psychological reversal...The real differences in performance among most world-class athletes are due to psychological factors. One of the consequences of psychological reversal is that it affects the neurological organization, which in turn affects timing, coordination, and concentration...In one study conducted by Dr. Blaich, reading speed and comprehension were improved in an experimental group of people being treated for reversal. The Callahan Techniques improved reading speed and comprehension in a group of professionals much better than more time-consuming procedures requiring specialized training to perform." (Callahan, 1991, p. 53)

Psychological Reversal is manifested in a reversal of the electromagnetic polarity of the body, sometimes of specific areas or organs and other times in general reversal of the whole bodymind system causing most of the major areas of a person's life to "Not Work." Callahan calls this "Massive Psychological Reversal". This is most likely related to the concept of "Self-Defeating Personality Disorder" with it's 8 defining traits. (Callahan, 1991, pp. 54-56)

These are people who:

1. Choose people or situations that lead to their disappointment, failure, or mistreatment even when better options are clearly available to them.
2. Reject or render ineffective the attempts of others to help them.
3. Following a positive personal event, respond with depression, guilt, or behaviour that brings about pain.
4. Incite angry or rejecting responses from others and then feel hurt, defeated, or humiliated.

5. Turn down opportunities for pleasure and are reluctant to acknowledge enjoying themselves despite having adequate social skills and the capacity for pleasure.

6. Fail to accomplish tasks crucial for their personal objective despite demonstrated ability to do so.

7. Are bored with or uninterested in people who consistently treat them well.

8. Engage in excessive self-sacrifice that is unsolicited and discouraged by the intended recipients of the sacrifice.

The reversal of specific areas of life and the bodymind system is demonstrated in the pioneering research by Louis Langman (reprinted in Burr, 1973, pp. 151-172) He found "In 75 patients with known cancer of the female generative tract, **98.7% showed the cervix to be consistently electro-negative to the ventral abdominal wall.** In 353 patients suffering from **non-malignant** conditions, 289 (81.9%) showed the cervix to be positive with respect to the abdomen." (Burr, 1973, p. 153. See also Eeman, 1947/1987; Nordenstrom, 1986; and Patten and Patten, 1988) More recently, Becker's research (1990, chapter 2) shows that the origins of healing and regeneration involve the proper polarity at the site of healing. This research demonstrates that this is not a trivial phenomena but a common source of much human misery. Callahan's development of simple corrections is a major contribution toward the alleviation of this misery.

Thus **I strongly recommend** that you use Callahan's reversal corrections quite often since I found myself in reversal many times when "things weren't just right or a little bit screwy." I would reverse letters or numbers or misread directions or turn the wrong way and similar events. Any time you are confronted by a stressful situation (e.g., exams, interviews, emotional encounters, or substances that cause you unwanted reactions etc.) you should use the reversal correction

Saying affirmations is a very popular activity in self help circles. The general idea of substituting positive self talk for negative is excellent, but one criticism of the approach is that people slip into denial of the bad. "If you aren't troubled by what's happening then you don't realize just how bad the situation is" is a common complaint about the "positive thinkers" by us

"realists". The problem is maintaining "Self-acceptance" which Callahan defines as "Acknowledging one's shortcomings without denigrating oneself for having them." (p. 222).

A very valuable refinement of saying affirmations is the way Callahan phrases his Psychological Reversal correction affirmation: "I accept my self EVEN THOUGH I have this problem". If you are in a state of Psychological Reversal, these "Positive Lies" to your self (as I call them) will not be accepted by your system since it only can believe the "Negative Lies." Thus, you need to use the reversal correction as you say your affirmations and include the "even though" part so that you counteract the negative with the positive. The point is to acknowledge (not deny) the problem or issue and accept yourself anyway, warts and all!

I also recommend that you increase the power of the corrections by increasing the power of your affirmation such as: "I deeply and pro-

foundly love, honour and cherish myself on every level even though I am/have-this-problem _____ (state the exact nature of the phobia, obsession, emotion or addiction)." For example: "I deeply and profoundly love, honour and cherish myself on every level even though I am afraid of heights/addicted to chocolate/obsessed with hand washing/can't get him/her out of my mind." Use tapping on both hands also and rub the recurring reversal spot often. This can be done almost any where without being noticed by others. If someone comments on it, you can explain what your doing if you like and invite them to begin the process of healing or just tell them it's a nervous habit or itch and go "bug off!!"

This concludes the "Sermon" on this technology. Now all you have to do is to **use it**, which brings us to the next section of this paper:

Application and How to Do It Section

These formats were developed by Phillip W. Warren using the models learned from Dr. Wayne Topping and Dr. Roger Callahan.

Part I: The Callahan Techniques™ to Overcome Phobias, Addictions, Obsessive Behaviors, and Traumas

The outline below will help and guide you to use the method for yourself whenever needed.

Preparation:

"Tuning in" to the Information/Thought Field about the issue with it's Perturbations. This is a very important step and must be done in order for the techniques described to work.

Step 1. Focus on object of phobia, obsessive behavior, trauma situation, significant loss, grief reaction or object you are craving (cigarette, food, chocolate etc.). Make this experience real to yourself to maximize the amount of correction you will receive.

Step 2. Quantify the fear, anxiety, upset or craving on a scale of 1 to 10, with 10 being worst or greatest. Make sure that you remain focused when applying the procedures.

Balancing and Corrections

Note: I STRONGLY recommend that you start with the psychological reversal correction, Step 6a, to enhance your success rate when working with this system.

Phobias, Addictions, Compulsions, Obsessions: For most use the order: Step 3, i, ii, & iii and then the 9 Gamut treatments in Step 4 and then back to Step 3, i, ii, & iii. Spider phobias start with ii and then go to i and iii.

(NOTE: Since more of life is typically involved, most addictions require follow up with continuing balancing as stress induces the desire to engage in problem behaviour).

Traumas and Post Traumatic Stress Disorders: (war, rape, child abuse, significant losses, etc.): Most use the order: Step 3, iv & iii and then the 9 Gamut treatments and then back to Step 3, iv and iii.

Step 3. Primary Corrections: With the tips of the index finger and the middle finger, tap solidly but not painfully and notice any changes in the amount of discomfort of the symptoms. Use the order of tapping points given above depending on the type of issue you're addressing. Always stay in touch with the

issue your dealing with while doing these procedures. (see Figs. 2 & 3 for tapping locations):

- i. Eye Taps: tap 6 or 7 times on the edge of the bone just beneath the eyes (Fig. 2).
- ii. Under Arm Taps: tap 6 or 7 times under the arm at a spot about even with the nipple and about 4 inches below the armpit (left and/or right) (Fig. 3).
- iii. Collar Bone Taps: tap 6 or 7 times at a spot located by starting from the top center of the collar bone and moving down about 1 inch and over (right and/or left) about 1 inch (Fig. 3).
- iv. Eye Brow Taps: tap up to 5 times the beginning of the eyebrow, above the bridge of the nose (Fig. 2).

IF from using the above primary corrections, the urge or stress rating has decreased, but not down to a rating of 1, go to Steps 4 and 5.

IF notice no change, go to Psychological Reversal correction in Step 6.

Step 4. Gamut Spot Correction: Continue to stay in touch with the symptoms of the phobia, anxiety, trauma or craving and tap the gamut spot, between little and ring finger while following each of the 9 steps listed below: (see Fig. 4 for tapping location)

- (a) Eyes open (externalized attention)
- (b) Eyes closed (internalized attention)
- (c) Eyes open – point eyes down and slightly to left
- (d) Eyes open – point eyes down and slightly to right
- (e) Eyes open – rotate eyes in a circle
- (f) Eyes open – rotate eyes in a circle (opposite direction)
- (g) Eyes open – hum any tune you want (right hemisphere)
- (h) Eyes open – counting out loud (left hemisphere)
- (i) Eyes open – hum again.

Step 5. Return to Primary Correction (Step 3 above) and continue tapping until the level of intensity reaches a rating of 1.

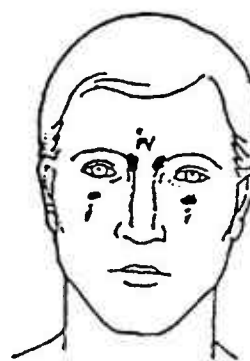


Figure 2

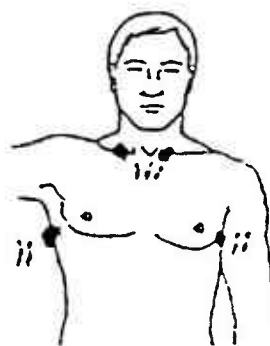


Figure 3



Figure 4

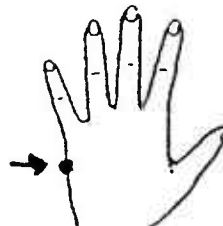


Figure 5

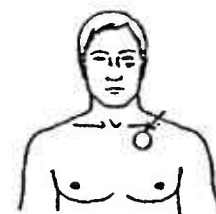


Figure 6

If you experience no significant reduction in the level of distress then this probably means a reversal is operating which prevents you from benefiting from the corrections. You thus need to go to Step 6 (Corrections for Psychological Reversal) before proceeding with the primary or gamut corrections.

Step 6. Corrections for Psychological Reversal. (see Figs. 5 & 6 for tapping and rubbing locations)

- a. Simple Reversal which prevents you from going to a 1 because your system can't accept help: Tap the Reversal Point on the side of the hand (Fig. 5) while saying 3 times "I accept my self even though I have this problem/fear/reaction/etc."

- b. Mini-Reversal which kicks in during procedure step 3 above and keeps you at a level higher than 1: Tap the Reversal Point on the side of the hand (Fig. 5) while saying 3 times "I accept my self even though I STILL have SOME of this problem/fear/reaction/etc."
- c. Recurring Psychological Reversal (when you keep reversing immediately): RUB the psychological reversal SPOT (upper left collarbone/chest Fig. 6). While rubbing say 3 times "I accept myself, even though I have this problem/fear/reaction/etc."

Step 7. Return to Primary Correction (Step 3) and continue until the level of intensity reaches 1.

Note that you may experience reversal again and so will need to return to the Corrections for Psychological Reversal section (Step 6) more than once to totally rid your bodymind energy field of this set of perturbations. As suggested before **I recommend that you start with the psychological reversal correction Step 6a or 6c to enhance your success rate.**

Part II: Topping's Procedures for Defusing "Stuck" Emotions

Sometimes some of our primary emotions become "stuck" creating psychological states that limit us, putting us in a position of NO CHOICE. This may create much distress for us and those we interact with.

The instructions in Part I for "Overcoming phobias, addictions, obsessive behaviours, traumas, grief and anxiety" gave you specific points to use with the tapping treatment. Part II provides you with a complementary "do-it-yourself" format for the additional tapping points for other emotions. You use the same basic process but tune into the other troubling emotional states.

The steps are the same as before:

Step 1. Focus and tune in on the emotion and/or situation causing the emotion which you wish to "unstick"

Step 2. Quantify the degree of the emotion from 1 (= none) to 10 (= extreme).

Step 3. Primary corrections for the "stuck" emotions (all points are located on both sides of the body) :

"Stuck" Emotion	Symptoms	Tapping Points: By-the-Numbers. See the accompanying figures (alternate between these two points, tapping one for a few times and then the other). All finger and toe tapping points are located on the nail growth in the corners.
Fear	Fears, Phobias, Obsessions, Compulsions	i: Under eyes (i from Fig. 2) or 2nd toe, little toe side (Fig. 8) ii: Under arm (ii from Fig. 3) or big toe outside (Fig. 8)
Anger	Temper, Rage, Hostility	1: Index finger, thumb side (Fig. 7) 2: Inside of thumb (Fig. 7)
Joy	Embarrassment, Turning red, Wetting pants	3: See "eye brow" points (iv from Fig. 2) on prior sheet or outside of little toe (Fig. 8) 4: On collar bone about two inches from center (fig 8) or inside of little toe (Fig. 8)
Sympathy	Mournfulness, Crying uncontrollably, Unwanted crying, Excessive, uncontrolled or unwanted feelings of sorrow for every unfortunate animal or person.	5: At the corner of the eyes on the temple (Fig. 10) or fourth toe, little toe side (Fig. 8) 6: Under breast toward center (Fig 9) or inside big toe (Fig. 8)
Grief	Grief, Guilt, and Loneliness, ending in Depression.	7: Ring finger, little finger side (Fig. 7) 8: Middle finger, thumb side (Fig. 7) 9: Little finger, outside (Fig. 7) 10: Little finger, inside (Fig. 7)

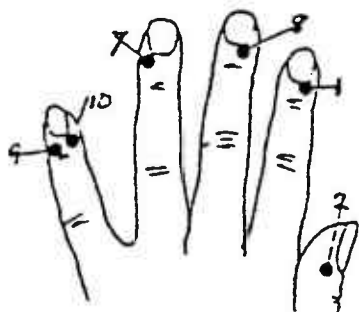


Figure 7

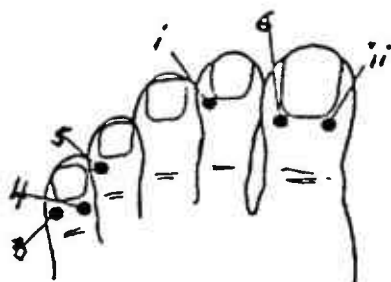


Figure 8

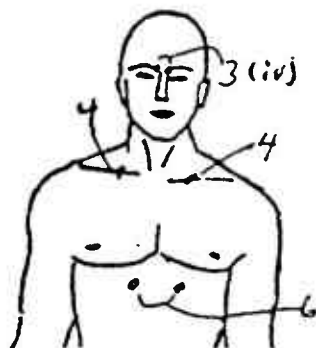


Figure 9



Figure 10

After Step 3, if decrease in emotion level, but not to level of 1, go to Steps 4 & 5 of Part I.

After Step 3, if notice no decrease in emotion level, go to reversal correction, Step 6 of Part I.

Conclusion

You now have both some theory about the importance and significance of this technology and the practical how-to-do-it instructions. Your assignment, should you choose to accept it, is to

DO IT !!!

The Callahan Techniques™ Resources

All are available from Dr. Roger J. Callahan, Director, The National Center for the Rapid Treatment of Anxiety, 45350 Vista Santa Rose, Indian Wells, CA 92210. 800-359-CURE or 619-345-9216

Print Sources

(1983) with K. Levine *It Can Happen To You: The Practical Guide to Romantic Love*, New American Library

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(?date) *The Rapid Treatment of Panic, Agoraphobia, and Anxiety*,

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(1985/1990) *How Executives Can Overcome Their Fear of Speaking in Public and Other Phobias*, (Original title: *The Five Minute Phobia Cure*), Enterprise Publishing, inc.

(1991) *Why Do I Eat When I'm Not Hungry?*, Doubleday/Avon.

(1992) *Special Report No. 1: An Introduction to Theory*.

(1993) *Eliminate Your Fear of Public Speaking*.

AV Sources: Video Tapes VHS

Case Studies and Examples:

(?date) *Stop Smoking TV Show*, 30 minute infomercial.

(1989) *Hope With Reason*, 30 minute.

(1991) *Why Do I Eat When I'm Not Hungry?*, 30 minute.

(1993) *Fear of Public Speaking*, 30 minute

Instructional Treatment Tapes:

(?date) *Stop Smoking Now!*.

(?date) *Treat Yourself for Anxiety and Phobias*.

(?date) *Love Pain and Grief*, (workshop demonstrating PTSD treatment technique) 90 minute.

(?date) *Test Yourself* (learn how to determine if you are reversed).

(1992) *The Five Minute Phobia Cure: How To Do It*, 60 minute.

(1993) *Love Pain: Help For Sufferers*,

AV Sources: Audio Tapes/Cassettes

Case Studies and Examples:

- (1989) Panic Attacks Treated by Telephone, 30 minutes.
- (1989) The Callahan Techniques: Telephone Therapy, 60 minutes.
- (1989) Appetite Control Examples, 30 minutes.
- (?date) How Does It Work?.
- (?date) Stop Smoking Now!.
- (?date) Hope With Reason.
- (?date) Earthquake Fears.
- (?date) Child Abuse Examples.
- (?date) Patient Cures Doctor.
- (1991) 1991 Radio and TV Shows. (?date) Inner Child, 30 minutes.
- (1993) Energy Effects of Substances, 60 minutes.
- (1993) Callahan Techniques Radio Shows, 60 minutes.
- (1993) Minnesota Radio Show, 30 minutes.

Treatment Tapes:

- (?date) Treatment of Phobias and Anxieties.
- (?date) Treatment for the Nervous Flyer.
- (?date) Treatment for Love Loss, Trauma and Grief.
- (?date) Overcoming Intimidation.
- (?date) Weight Loss (includes booklet).
- (1986) Pain Control, 11 minutes.
- (?date) Eliminate Your Addictive Urge.

Organizations Sponsoring Research and Information Clearing Houses

- The Fetzer Institute, 9292 West KL Ave., Kalamazoo, MI 49009-9398
- Institute of Noetic Sciences (IONS), 475 Gate Five Road, Suite 300, PO Box 909, Sausalito, CA 94966-0909
- International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) 356 Goldco Circle, Golden, CO 80403
- World Research Foundation 15300 Ventura Blvd., Suite 405, Sherman Oaks, CA 91403

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To help you get started, I am including a sample Meridian Tapping Record for use with your clients and yourself.

I am also including a "crib sheet" mini version of these procedures. My clients usually laminate the half page and carry it with them for a quick reminder and reference.

MERIDIAN TAPPING RECORD

Name: _____

Date: _____

Pre-session assessment

Briefly describe the nature of your problem (be specific & tune into your physical & mental symptoms. The more symptoms you identify & experience now, the more you will be relieved of them after the correction):

Emotion(s) related to problem: _____

When you think about this problem, rate the degree of distress you feel now from 1 to 10 (1 = no distress and

10 = very high level of distress): _____. Record the start time: _____

Post session assessment

Record the end time: _____. Record how much time elapsed between start and end: _____

Rate the degree of distress you now feel when you think about the problem using the above 1 to 10 scale: _____

Please comment on how you feel now as compared to previously. List the specific mental and physical signs that you will look for to decide how effective the treatment is in "real life encounters." What will you be able to do and how will you do it differently? What can you look for that will indicate a "cure" of your presenting problem(s)?:

PORTABLE BRIEF FORMAT ©1994 Phillip W. Warren

I. CALLAHAN TECHNIQUES™

Step 1. Focus and Tune In

Step 2. Quantify: 1 to 10

Do step 6.a. or 6.c.

Step 3: Primary Corrections for:

Phobias/Addictions/Compulsions/Obsessions: *Must* use the order: i, ii, & iii. Spider phobias use ii, i, iii & Step 4.

Traumas and Post Traumatic Stress Disorders: *Must* use the order: iv & iii & Step 4.

i. Eye Taps:

ii. Under Arm Taps:

iii. Collar Bone Taps:

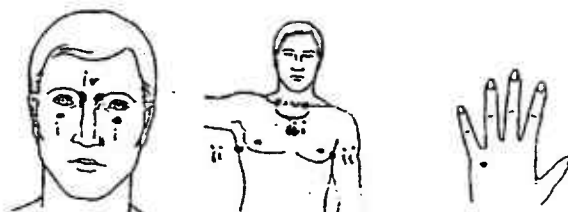
iv. Eye Brow Taps:

(a) Decreased rating but not '1', go to steps #4 and #5.

(b) Notice no change: go to reversal correction step #6.

Step 4. Gamut Spot Correction: stay in touch

- (a) Eyes closed
- (b) Eyes open
- (c) Eyes open—point eyes down to one side
- (d) Eyes open—point eyes down to other side
- (e) Eyes open—rotate eyes in a circle
- (f) Eyes open—rotate eyes in opposite direction
- (g) Eyes open—hum
- (h) Eyes open—counting out loud
- (i) Eyes open—hum again.



Step 5. Return to step #3

Step 6. Corrections for Psychological Reversal.

- a. Simple Reversal: Tap the Reversal Point side of hand while saying "I accept my self even though I have this problem"
- b. Mini-Reversal: Tap the Reversal Point saying "I accept my self even though I STILL have SOME of this problem."
- c. Recurring Psychological Reversal: RUB the psychological reversal SPOT while saying "I accept myself, even though I have this problem."



Step 7. Return to Primary Correction (Step # 3) and continue until the level of intensity reaches 1.

II. STUCK EMOTION RELEASE

The steps are the same as before:

Step 1. Focus and tune in.

Step 2. Quantify: 1 to 10

Do step 6.a. or 6.c.

Step 3. Primary corrections for the "stuck" emotions (all points are located on both sides of the body):

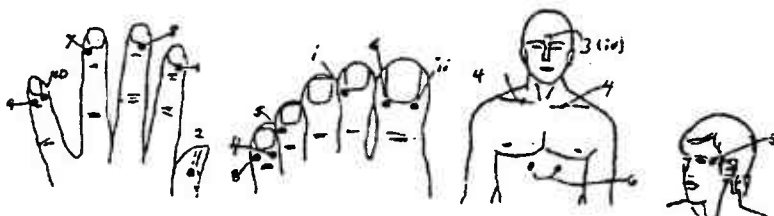
"Stuck" Emotion	Symptoms	Tapping Points: By-the-Numbers. See the accompanying figures (alternate between these two points, tapping one for a few times and then the other). All finger and toe tapping points are located on the nail growth in the corners.	
Fear	Fears, Phobias, Obsessions, Compulsions	i: Under eyes <u>or</u> 2nd toe, little toe side ii: Under arm <u>or</u> big toe outside	
Anger	Temper, Rage, Hostility	1: Index finger, thumb side 2: Inside of thumb	
Joy	Embarrassment, Turning red, Wetting pants	3: See "eye brow" points iv <u>or</u> outside of little toe 4: On collar bone about two inches from center <u>or</u> inside of little toe	
Sympathy	Mournfulness, Crying uncontrollably, Unwanted crying, Excessive, uncontrolled or unwanted feelings of sorrow for every unfortunate animal or person.	5: At the corner of the eyes on the temple <u>or</u> fourth toe, little toe side 6: Under breast toward center <u>or</u> inside big toe	
Grief	Grief, Guilt, and Loneliness, ending in Depression.	7: Ring finger, little finger side 8: Middle finger, thumb side	9: Little finger, outside 10: Little finger, inside

(a) Decrease in emotion but not one, go to Steps #4 & 5.

(b) Notice no decrease, go to reversal correction Step #6

Step 4. Gamut Spot correction.

Step 5. Return to Primary Correction



Ear Candling

What Is It? What Can It Do? How Is It Done?

by Greg Webb

Ear candling is a process which has been around for hundreds of years, but has primarily, been either forgotten or replaced by the wonders of modern medical science. According to some sources, it originated with the Egyptians who used reeds. The Chinese as well as the Greeks also used this method for treating problems with the ears. Fortunately, with the tremendous resurgence in popularity in alternative medicine modalities such as herbology, iridology, naturopathy, massage, to name a few. Ear Candling has also experienced a rediscovery as a very helpful treatment technique for many health problems related to the ear and sinus area of the body.

A. Okay, but still you want to know what ear candling is!

The basis of the technique involves the use of a candle which looks very much like a large hollow straw about 10" long and 1/2" in diameter. It has a hollow cotton structure which is tapered on one end, is coated in wax leaving the top and bottom open. The person lies on their side with the tapered end resting gently, but snugly, in the ear canal. The top end of the candle is lit by a second person, as it slowly burns down, the heat created by the candle burning (since hot air rises) creates a very slight warm swirling current of air and a slight, relative vacuum. This pulls from the ear canal excess ear wax, toxins, remnants of past infections and candida yeast accumulations. It also seems to have a beneficial local clearing effect upon the lymphatic system. One of the wonderful things about the ear candling process is that with a bit of basic training and instruction, it can be done at home. Obviously, you should still consult your physician with matters of medical importance, however in this age where so many of us are taking an active role in maintaining our own health and becoming less reliant upon the medical system, ear candling provides a marvellous tool for us to have at our disposal.

B. Is the ear candling procedure one which you can perform on yourself?

NO! I highly advise against it. You are using an open flame, to do this on yourself, would only be inviting accidents. As well, an important part of the process, is to ensure that the candle is properly seated in the ear canal. This is very difficult to do by yourself.

C. What will you notice from having your ears candled?

This is something which varies from person to person depending upon what their individual ailment or curiosity is with the process. Some of the more common things that are noticed by clients without any specific problems are; a much more open feeling in the sinuses, air comes more freely through the breathing cavities, the central part of their head feels lighter and less congested, "a nice clear feeling" is what many people have described the feeling to be. It is also quite common for this "clearer" feeling to extend down the sides of the throat where the lymphatic ducts travel from. Sounds very pleasant doesn't it? Most would agree.

D. How many candles are done in a treatment?

The standard treatment I do on most adults is 2 candles in a row per ear. The first one gets things loosened up and flowing, the second makes more of a noticeable difference. If at the end of the second candle there is a large volume of wax or powder I encourage the person to continue candling at that time. For regular maintenance, 1 candle periodically (weekly or monthly) dependant upon individual needs is sufficient.

For preteens I suggest starting with just one candle per ear and see what the effect is. Get feedback from the child as to how it feels, and aim for a balanced feel from ear to ear. If in doubt consult your physician or a doctor who is familiar with ear candling. Ear candling is a very non-

invasive procedure, I have not heard of anyone being harmed by it when done properly.

For infants (under 6 years) it seems most practitioners like to start with 1/2 of a candle per ear. This process has helped relieve the pressure from ear infections for many people, a problem which seems to be very common in some children.

E. Testimonials from clients and practitioners!

Examples of people who have tried ear candling "just to see if it would help" are:

A woman from Calgary in her mid thirties had been bothered by very clogged achy sinuses for a number of years. When she would catch a cold she would be laid up in bed for several days and could count on being quite under the weather for up to 2 or 3 weeks. Her husband, whom I had trained to do ear candling about a month prior to her starting to catch her next cold, laid her down and treated each ear with 3 candles each 2 days in a row. This time, she completely recovered from her cold symptoms in 3 days and her sinuses, which were always achy and clogged, had cleared and were free of pressure for the first time in years. They continued the candling on a periodic basis every few weeks or so, for maintenance and were quite happy with the results.

One lady who attended a workshop had been bothered with ringing in the ear which had been fitted with a drainage tube. The one candle which we did in that ear helped with the ringing.

Many people have found them helpful in relieving the pressure from ear infections. An ear candling practitioner who was interviewed in the *Newsletter of Advanced Natural Therapies* had experience with her own grandchildren in regards to relief of ear infections. Her grandson, when he was about 1 1/2 yrs. old, had one ear drum burst with pressure from infectious fluid in his inner ear. The doctor immediately put him on medication to fight the infection. The next day his other ear was bothering him. A male nurse who lived next to the family, brought over his scope and found out that the other ear was just about ready to burst as well. They candled the ear that had already burst and was oozing infectious material and the other ear that was ready to burst. The candling pulled wax and infectious material from both ears. Three days later they took the boy back to the doctor who couldn't believe it. He said, "Your boy will not have any scar

whatsoever on that ear." The boy was four years old at the time of the interview and there had not been any problems since.

Another situation involved a phone call she received from a doctor from Pasadena, California. "He had gone to an orthopaedic convention where one doctor had a ten year old girl that they wanted to do ear surgery on. But because of her ear condition, they were afraid to do it. She had fluid in both ears so severe they had no idea how they could help her. This man had 10 doctors verify her condition, then they candled this girls ears, and it pulled the fluid from her inner ears."

There have also been many people with hearing difficulties that have benefited from ear candling. A client of mine who also attended a workshop is involved in doing a lot of instruction work with groups of people. She was finding it difficult to hear clearly what was being said when someone was talking on the other side of the room, the ear candling helped with her ability to hear more clearly.

Another elderly woman from Calgary who had her ears candled by a practitioner whom I had instructed found that after a few candling treatments, which removed large accumulations of ear wax, that she no longer required her recently purchased \$900 hearing aids in order to hear well.

A lady in her forties who had been unable to hear out of her one ear for many years had her ears candled several times over a 4 mo. period. Her ability to hear out of that ear at first showed no sign of improvement, then for a short time seemed to get worse. Soon she started to get little bursts of sound coming through on the bad side, with further treatment she is now at the point where she feels her hearing is equally balanced between both ears. In all she had 11 candles done on the bad ear over several months, slightly fewer on the good ear.

One of the more unusual case histories involved an elderly woman who was bothered with swelling "sub-cutaneous edema" in her facial, cranial, and neck area. Her doctors were at a complete loss, nothing seemed to be helping her, yet you could press on her skull and feel a sponginess to her skin. Ear candling helped to lessen the swelling.

So, you can see, ear candling has many applications. It has been of great benefit to a number of people and has been of no benefit to a number of others, except for the pleasant feeling.

Use your own good judgement, and listen to your body!

It is a very non-invasive technique, such that you would really have to use your imagination to harm someone with it. But please, for any concerns you have with health problems please seek the advice of a medical professional.

Having no control over the use or inability to use this procedure, neither the author or suppliers of the product claim any liability for any loss, damage, or expense whatsoever.

F. What is commonly found inside the candle, and is it all from the ear?

Wax and powdery material is what is most commonly found in the candles after treatment. One practitioner also feels that there are tiny globules of fat as well, but without laboratory analysis it is very much based upon visual estimation. Some of the wax, approximately 1/3 tsp. is from the candle itself. Slightly less, about 1/4 tsp. of the powder is from the candle as well. This seems to be quite consistent if you take a candle, plug the bottom end, let it burn down to about 2 1/2" long, trimming the wick on a regular basis. (wick: burnt remains of the hollow cotton structure, approx. 1/2" in diameter). Therefore, it seems only logical, that anything more than this would not be from the candle, but would have been drawn from the ear instead.

With a bit of experience, you can visually determine the difference between candle wax and ear wax by both colour and volume. Most often, the ear wax is very slightly darker in colour.

The powdery material is either powdered candle wax, and tiny bits of ash from the cotton structure of the candle, or candida yeast. Powdery material is most frequently seen in abundance in clients who have problems with excess amounts of candida yeast in their bodies. The candida problem may or may not be displaying symptoms readily associated with candida, but if you are getting large amounts of powdery material in your candles, then chances are that is what you are extracting. Some candling practitioners with whom I keep in regular contact have found that patients from whom they get large wax plugs also start to have large amounts of candida material being removed once the large wax accumulations have been taken care of.

G. What supplies are required for ear candling?

This is the easy part. You will need; a lighter or matches, scissors, tin foil, wet paper towel, 2 paper or styrofoam plates, Q-tips and hydrogen peroxide. Oh yes, ear candles as well. Everything except for the ear candles most people already have at home.

In one of the disposable plates, cut a small cross, or puncture a small hole with a pen about 1/3 of the way between the centre and the edge of the plate. This makes it easier to put the plate in a self supporting position. Using the tapered end of the candle, twist the candle through the plate so that the plate holds the candle shaft in place. Remove candle and wrap this plate with tinfoil for heat and fire resistance. You will want to have enough of the tapered end sticking out the bottom to fit easily into the persons ear canal. With the second plate, cut a " V " shaped notch in it about 3" wide tapering to the middle. This plate is slid into place to catch the burnt wick of the candle when it is trimmed off with the scissors. Wrap this plate in tinfoil as well for insulation and fire protection purposes as the ash (wick) is very hot. The ash is then dropped into the bowl of water. At the end of the candling treatment, strain the water from the bowl, and put the remaining burnt pieces of wick in the garbage. They retain a fairly solid structure even when burnt, which may cause problems with some septic systems if flushed down the toilet.

Take 2 or 3 sheets of paper towel fold them over so that it is the size of one sheet, wet it with water so that it is equally damp all over but not dripping. This is draped over the candle to extinguish the flame.

The Q-tips and hydrogen peroxide are to clean the ear canal area after the process. Sometimes there are small bits of wax, powder, or even smoke residue in the ear canal.

H. Ear Candling Instructions

1. **Client positioning:** Have the person lie on their side with their head horizontal and their nose pointed slightly downward. This makes the angle of the ear opening perpendicular to the horizon, and makes it much easier for the candle to stand without continuous manual support.
2. **Positioning of the candle:** Insert the candle through the plate about 1 1/2" and do a pre-fit on the person to see how much length

needs to protrude in order to fit in their ear properly, also rotate the plate until you find a position that it will balance itself in. This saves either of you from getting stiff muscles from holding the candle in place. Each person and each ear has its own profile sometimes a few coins on the plate are necessary to balance it, other times I've placed a folded up towel between their head and the bottom of the plate.

3. **Inserting the candle:** Warm the tapered tip of the candle very slightly with a lighter. Warm wax conforms more easily to contours than cold wax. Touch the tip of the candle on the tragus "little piece of cartilage at the front of the ear opening". The skin here has a normal temperature sensitivity to it whereas the inside of the ear canal is very temperature sensitive. Insert the tip of the candle into the persons ear, remember to have the plate in the same position as you determined in the pre-fit. Have the person give you feed back or assistance for the right feel to the fit. It should feel similar to when you put the tip of your index finger in your ear as if to block out a loud noise, as if it is well seated, not just butted up against the ear canal structure. Tugging slightly back on the ear, or tugging slightly just forward of the ear canal can help to facilitate a proper fit.
4. **Lighting the candle:** One practitioner likes to sing "Happy Birthday" at this time. The first inch or so of the candle burning down will generally indicate whether the candle is properly seated and drawing upward as it should. If it is not properly seated you will notice a trail of smoke coming from the bottom of the candle indicating no upward draw. Try reangling the candle, tugging lightly forward of, or back on the ear, work with the clients feed back as to what feels right. If this is not successful, simply drape the damp paper towels over the flame to extinguish it and start over.
5. **Trimming the candle:** In the 15 minutes (approx.) that it takes for the candle to burn down, it is essential to keep the wick of the candle trimmed, so that the top remains open. The wick, if not trimmed, will fold over, blocking the upward flow of air which is the mechanical aspect of the candling process. The wick should be trimmed when it reaches 1"- 2" long, cutting it about half way between the base of the flame and the top of the wick is

a good rule of thumb. Slide the plate with the V-notch facing you around the candle in a position so that it will catch the wick when you trim it with the scissors. Remember, most scissors will push the wick away from you when cutting. In case the wick goes flying off the catcher plate and on to the plate holding the candle don't panic just use the point of one of the blades of your scissors to scoop it up and place it in the bowl of water. Allow the candle to burn down to about 1 1/2" above the plate, this leaves room for you to grasp it with your fingers, as well allows enough distance from the bottom tip of the candle that you shouldn't have to worry about any of the wax inside of the candle getting so warm that it will leak back into the ear.(Highly unpleasant experience!)

6. **Removing the candle and extinguishing the flame:** Give the wick one last trim to make the snuffing out process easier. Then slide your hand under the plate, remove the candle from the persons ear, plate and all before draping the wet paper towel over the flame leaving it in place for at least 30 seconds. Less smoke this way. Remove the ear candle from the plate and allow it to cool before unwrapping it or cutting it open.
7. **Repeat steps 1 - 6 for further candles:** See, I told you with a bit of instruction you could do it!
8. **Precautions and add ons:** Because of the cotton structure around which the candle is formed, as the candle burns, there is a certain amount of smoke involved in the process. Doing your ear candling treatments in a well ventilated room makes for a much more pleasant environment.

When opening up the ear candle to analyze the contents, the use of rubber gloves, a professional quality skin barrier cream, or if nothing else a real good scrubbing of your hands afterward is highly recommended. The reason for this being that your are drawing material from someone elses body, which may very likely contain bacteria or viruses for which your body has not developed antibodies for. Or, have the client unwrap the candle themselves, then have them wash their hands.

The person is most likely going to be quite surprised by the volume of material inside the candle. Please remind them that some of that is from the candle itself, approximately 1/3

tsp. of the wax and a 1/4 tsp. of the powder as a rule.

Remember to clear the ear canal with a Q-tip when done.

I. Other Information I have picked up along the way

For people who have very hard impacted wax in their ears there are a number of glycerine softeners available at drug stores in drop form which they can put in their ears for a few days before the candling treatment. Some people prefer garlic oil, some prefer olive oil, tea tree oil, essential oils of many varieties, some prefer not to put anything in their ears. One lady who attended a candling workshop who was a very talented and knowledgeable herbalist suggested that tea tree oil would be of benefit because of its strong anti-bacterial properties. Another source suggested garlic oil for people who are bothered with candida, as it would allow for a greater amount of candida to be withdrawn with less candles. This is entirely your clients decision in what they feel most comfortable with. Please respect your clients belief systems.

For people who are bothered by ringing in the ears, candling has been helpful in some cases and not in others. However, the herb Ginkgo Biloba has a track record of being very helpful with tinnitus. Ginkgo Biloba serves to relax the arterial walls enabling increased blood flow, especially in the cranial area, resulting in increased mental alertness, because of oxygen and nutrients being made more easily available to the brain. In this same fashion it has been helpful with many conditions of the ears, eyes, nose, throat, and brain. Not to be considered the miracle cure-all of the milenium, but certainly helpful. Ginger as a herb also posses similar beneficial effects upon circulation, but to a slightly lesser extent.

If you happen to have a 276 hz. tuning fork at your disposal, you can perform what is known as the Weber Test. Strike the tuning fork and place it dead centre on the top of the head, if the person can hear the tuning fork more clearly through one ear than the other, then the ear in which the tuning fork was louder is the more impacted of the two.

What? No tuning fork? Well then you can easily perform the "Greg Webb" sniff and listen test, as a before and after assessment for a difference in your client. Before you begin the candling procedure, have your client plug one nostril and inhale deeply, paying particular

attention to the way the breath feels as it enters the nasal cavity, and the ease or lack thereof in breathing through each nostril individually. Have them repeat this after the candling treatment has been completed on one ear and again at the end of the session. I've yet to have a client that wasn't pleased at the difference in how much easier their breathing was. The listen part involves simply counting the numbers 1 - 5 softly in a monotone voice in each ear, this gives the person a before and after reference as to any change in hearing ability.

Another lady who is very gifted in healing and the metaphysical realms, channelling etc. claims that on her, it has made a difference in the clarity of received messages and is helping to develop another chakra energy centre between the physical and psychic energy realms. Myself I do not possess any such talents, (none that I know about yet), so I can't really comment in any fashion other than to say, "What ever works for you, use it to the best potential that you possibly can." She also feels that the ear candling process, in many ways, serves to facilitate and enhance development of expanded awareness.

Yes, ear candling has been done on animals. I would leave this to the veterinarians, however since it would most likely be a lot safer if the animal was not conscious for the process. Visions of swirling claws, hooves and teeth come to mind otherwise.

J. Summary

My hope in writing this is to help spread a bit of knowledge around about ear candling. It is a pleasant thing to have done, and with a bit of basic guidance can be done by most people. There have probably been many variances in the technique as it has been performed by, and on different people. Some, no doubt different than what I have described. There are many difficult ways to do the ear candling process. What I want to see is people being able to do this the easier way, without any difficulties, to have a bit of guidance, and a source which people can refer to, to learn how to help themselves and others through the benefits of ear candling. So go forth with love and care and contact me if you have any questions. Information and supplies available.

Greg Webb

3035-26 St. S.W. Calgary, Alberta T3E 2B6
(403) 242-7647

Chronic Fatigue Syndrome: There is Hope!

by Terry Willard Ph.D.

Abstract

Chronic Fatigue Syndrome (CFS) is a major health concern costing our society millions of people-hours and billions of dollars annually. CFS affects some of the most productive people in our society. The average person takes 2 - 5 years to recover. Approximately 50% can not work for much of that interval. The rest suffer a severely lowered level of productivity, with many absentee days. Approximately 30% have extended periods where they are unable to carry on ordinary domestic duties. In this article we will discuss the target population, the six phases of the syndrome, a hypothesis of its cause(s), stress factors associated with CFS, along with a treatment protocol.

I feel that by adopting a herbal, nutrient and counselling approach for the CFS sufferer, the recovery period can be reduced to one-fifth the average with increased energy and thus more productivity.

Syndrome, What Syndrome?

Is there any relief for the sufferers of a mysterious syndrome which knocks healthy people down in the prime of life? The present medical treatment — three to five years of rest — is hardly an acceptable solution. Chronic Fatigue Syndrome (a group of symptoms) is highlighted by bone-deep fatigue, poor memory, miserable sleep patterns and fluctuating emotional states. Natural remedies may offer something positive in a situation where the medical community can't even agree on a name for the syndrome. We will call it Chronic Fatigue Syndrome (CFS) for the moment.

One interesting thing about this CFS is its apparent selectivity. Some accounts suggest that 60 - 80% of the people who have this problem are busy career women, 30 - 50 years old, in the prime of health. There are blue collar workers and men suffering from CF syndrome, but at this point, most of the reported cases still are found among successful women. They are commonly semi-workaholics (usually by necessity) with frequent deadlines, or some other stress-inducing aspect to their work. These people are usually involved in a fitness program such as aerobic exercise. They also seem to have above-average sensitivity but keep that sensitivity private and under internal control. Often this person also has a "Type A" personality. Women in high stress jobs don't seem to have heart attacks like men, but they do seem to get compromised immune systems. Scientific research of the last decade has shown

conclusively that the female immune system operates quite differently than the male.

From a holistic point of view, this disease attacks the very core of a person's vital energy system and many patients actually use similar analogies. They will describe CFS as an entity that sucks all the energy out of them. They feel as if they were dead and just performing the barest of mechanical functions necessary to be considered alive. Some patients have to stay in bed for three days if they undertake the "extravagance" of going to see a movie. Others find it a real effort to brush their teeth. Researchers do know that once CFS gets out of hand it is very hard to reverse.

CFS can be summed up as a **psychoneuroimmunologic** disorder, meaning it has aspects affecting the following three areas:

Psychology — affecting emotions and thinking of the patient.

Neurology — chemically affecting the brain itself.

Immunology — affecting the body's immune system.

A Hypothesis

No firm conclusion about the nature of CFS can be made at this early stage of scientific and intuitive investigation. Observation of CFS patients over the last four — six years, however, provides enough data to offer an initial hypothesis.

It seems that the people afflicted with this problem first get themselves in a 'wound up' state as a result of stress. They internalize the stress and the internalization seems to overactivate the body systems — a generalized hyperactivity. The person rapidly "wears out" and moves on to a 'hypoactive state' of exhaustion. In some people, especially women, this leads to a weakened immune system. Opportunistic organisms take advantage of reduced resistance to attack the body.

Such attacks cause more stress on the system and creates a negative feedback loop that makes the overall problem much worse. It seems that the continuing internal stress sets up a vibrational message, similar to a radio signal, that confuses the internal communication system of the body. One major result is an upset in sleeping patterns. Often if the sleeping problems can be overcome, the other symptoms are reduced considerably.

In a devitalized state, CFS patients can't do much but rest. Unfortunately most rest only physically. The same "tunnel vision" they brought to their physical activity now shifts to the emotional and mental realms, continuing the cycle of devitalization. They are still over working, but this time on an emotional and mental level. This concentrates the stress levels on the limbic system, most particularly the pituitary, furthering the problem in a seemingly endless cycle.

One of the best therapies for these people (and often the hardest thing for them to do) is to literally become a couch potato, to sit in front of the T.V. or read a mundane novel. Strangely enough, though most of the population is too sedentary and doesn't exercise enough, for these people it is the opposite. The key is to reduce the internal pace and well as the external.

When CFS patients start to gain their energy and want to exercise, we suggest exercise like stretching, yoga, tai chi, or perhaps using light weights, but certainly nothing that is aerobic in nature. Nothing that increases pulse rate or breathing greatly. In a vitalized state aerobic exercise gives energy, in a devitalized state it drains energy.

The most important thing to do is rest: physically, emotionally and mentally. To revitalize the body and spread the concentration of energy throughout the being. The diffusion of energy is something the body will do naturally.

Unfortunately, the CFS patient often wants to "help it along". 'You don't get anything in life without hard work', could be a motto for CFS sufferers. It just doesn't fit here. The opposite is the case. You can't push a river. Nature takes its own course.

In this case, the best way to help is to leave well enough alone. Botanical products, however, have been shown to speed up the revitalization process. Besides the herbal therapy that follows, one has to consider if there is a candida infection, as 60% of the CFS patients seem to also need a program which handles candida.

Treatment For Chronic Fatigue Syndrome

The core of a program can be satisfied with the following six supplements:

1. Vitamin/Herbal Formula (2 tablets - 3 times daily) consisting of Echinacea, Ginger, Beta-carotene, B6, Vitamin C, Zinc.
2. Energy/Stress Tonic (8 tablets - 3 times daily). Shih Chuan Ta Pu Wan
3. Reishi Plus (2 capsules - 3 times daily) consisting of Reishi, Reishi mycelium, Skullcap.
4. Chlorella (5 tablets - 3 times daily)
5. CFS Formula - Echinacea, Astragalus, Licorice, Reishi, Skullcap and Barberry.
6. Essential Fatty Acids (2 capsules - 3 times daily) Evening Primrose Oil, Flaxseed Oil and Borage Oil.

The actions of each of these supplements can be briefly summarized as follows:

1. Vitamin/Herbal Formula (2 tablets - 3 times daily)

Echinacea

This plant is known for its anti-inflammatory activity, to accelerate wound healing, treat viral infections, stimulate the immune system and has been found useful in urology, gynecology, internal medicine and dermatology.

Echinacea sp. possess antibiotic activity, have a cortisone-like activity, inhibit hyaluronidase enzyme activity and activate macrophages.

The immuno-stimulatory action is credited to echinacea's inulin content. Besides the antitumour

lipid component of echinacea, echinacin has been found to have antiviral activity. *E. purpurea* root extract has been shown to have interferon-like activity.

Skullcap

Used heavily at the turn of the century for a similar disease Neurasthenia, skullcap has a relaxing effect on the nervous system. It is excellent for insomnia and muscle spasms. Skullcap also has anti-inflammatory activity, specifically working on neuro-muscular problem often associated with CFS.

Beta Carotene

Although Beta carotene is also called pro-vitamin A, its usefulness extends far beyond its pro-vitamin A function. It has all of the benefits of vitamin A with much less risk of toxicity (reached at twenty-five times the dosage listed above).

Beta carotene's anti-oxidant qualities are many times more potent than vitamin A or E. Beta carotene intake has been shown to greatly reduce the rate of cancer involving epithelial cells. Beta carotene has been shown to increase maximal life-span potential. Beta carotene has been shown to be one of the most active substances for regulating the immune system.

Pyridoxine (B6)

Depression is a real problem in this syndrome, with significantly lower pyridoxine in these depressed individuals. It is well known that low pyridoxine can lead to psychological problems. This seems to be even more significant in women who take oral contraceptives.

B6 deficiency inhibits cell-mediated immune function as well as humeral responsiveness to a variety of test antigens. Studies suggest the deficiency results in a reduction in number and function of both T and B lymphocytes, reduced delayed hypersensitivity responses, reduced thymic epithelial cell function, decreased secretion of immunoglobulins, reduced phagocytic activity of neutrophils and greatly diminished response to antigenic challenge, in patients with pyridoxine deficiencies.

Vitamin C

Vitamin C is necessary for proper function of the immune system. We can basically say that vitamin C is the factor that pulls back the hammer on the gun of the immune system. It interacts in many of the biochemical pathways reviewed in

this report and seems to increase the function of the zinc against herpes type viruses. We suggest that additional Vitamin C (5-10gm) be consumed along with this program.

Zinc

Zinc has been shown to be a significant immune system modulator. While excessive amounts (150 mg. twice daily) have been shown to depress the immune system, deficiency will also depress the immune system. The deficiency produces lowered thymic hormone activity, host defense mechanism, including T cell response and chemotaxis of neutrophils.

2. Energy/Stress Tonic

(8 tablets - 3 times daily)

This formula (Shih Chuan Ta Pu Wan) is derived from a classical Chinese formula used for stress and fatigue. The ten ingredients are designed to reduce fatigue, ease stress, well improve energy. Several of the ingredients are well known to enhance the immune system, reduce insomnia and revitalize the body. These herbs work at the fundamental level of 'tuning up' the endocrine system in a tonic way.

3. Reishi/LEM plus

(2 capsules - 3 times daily)

By aiding in deeper sleep patterns and relaxing the nervous system, this formula both help relax the taker, while energizes them. Some of the active ingredient have strong immune modulating functions.

Reishi

Reishi also known as Ling Zhi in China, it has been consider number one of the higher herbs since 56 B.C. (Shen Nug Tsao Ching). It has been used for nourishing, supplementing, toning, removing toxins, dispersing accumulation and is indicated for fatigue, allergies, neurasthenia, nervousness, dizziness, insomnia, chronic hepatitis, nephritis, bronchial asthma, pneumonia, stomach disease, coronary heart disease, angina, cancer and for enhancing longevity

The effect of Reishi on the nervous system has been shown to have a calming effect, aiding in insomnia, paranoia, and working as a nervous expectorant. As an anti-oxidant, Reishi has been shown to scavenge hydroxyl radicals in blood plasma and is probably one of the reasons for the traditional claims that it is the most potent longevity herb.

LEM

A special extract of Shiitake Mycelium (*Lenitinus edodes*) has been shown to have hyperoxygenator activity. This provides it with a very strong antiviral function. It is also a well-documented support for the immune system. Using LEM on several patient has provided us with much more encouraging results than straight Shiitake.

Ginger

Ginger is a diffuse stimulant, aiding in keeping circulation going. One of the problems with CFS is that of stagnancy.

This quality lowers muscular pain, while rejuvenating the body. Ginger has been shown to be anti-microbial against a large range of bacteria, viruses and fungi.

4. Chlorella,

5 tablets - 3 times daily

It has been shown that the hot extract of chlorella stimulates the production of interferon. The substance responsible for this is known as chlorellan which resides in the chemical group of very large branched polysaccharides. This group has been receiving great attention lately for their interferon stimulating qualities. This substance stimulated macrophage activity, thus functioning as an immune stimulant. There are many other papers that have been written on the immuno-stimulatory effect of chlorella.

Chlorella was first found to be very effective against viruses in a lipid coat in 1967. Its anti-viral factors were shown to stimulate both B and T cells. Chlorella has been shown to be specific for EBC and CMV.

5. CPS Formula

Astragalus (Milk Vetch) is an Oriental herb that has been used for centuries to build energy in the system. Its Chinese name translates as "Yellow Qi (energy)," meaning that it builds energy while working as a mild antibiotic. The specific area of influence of this herb is the lungs and spleen. Its energy building qualities have been indicated by increasing body weight and

prolonging swimming time in mice. By feeding mice milk vetch, their glycogen (energy) supplies in the liver were protected from the environmental toxicity of carbon tetrachloride. Milk Vetch has been shown to have cardiogenic effect by significantly lowering blood pressure in dogs, cats and rabbits by dilating blood vessels. It also increases the contraction of normal hearts, having a more dramatic effect in hearts exhausted by fatigue or poisons. In vitro studies have shown this herb to have antimicrobial effect against *Shigella dysenteriae*, *Streptococcus haemolyticus*, *Diplococcus pneumonia* and *Staphylococcus aureus*. As a diuretic it has been shown to increase urine flow and to treat kidney and bladder infections.

Licorice

Licorice is the most used herb in China. It has traditionally been used to promote energy (qi), remove toxins, moisten lungs, control colds, calm down spastic muscle and as the great antidote. Licorice have very distinct effect on the endocrine system, especially the adrenal gland, being shown to regulate both the duration and manufacture of the bodies' own cortisone. It also has been shown to stimulate hormone production from the pituitary. One of the components has significant aldosterone-like effects, decreasing urine output, sodium output, while increasing potassium output. Licorice has been effective in treating Addison's disease. Two of the major chemical in licorice have been shown to induce interferon. This of course stops the binding mechanism of most viruses and blocks the transcription of viral DNA. We will also get an increase in killer cell associated with this process. Licorice has been shown to directly inhibit many viruses' growth including the members of the herpes family. Current reports have verified licorices' anti-viral properties, being most effective against lymphocyte viruses, including HIV. Licorice is also very beneficial in stopping immuno-suppression. The detoxifying effect of this herb has been shown to reduce dramatically the effect of toxic bacteria (diphtherin, tetanin), poisonous food, drugs, and toxin of metabolic products. The list of pharmaceutically and clinically tested applications is long and impressive including diabetes, PMS, inflammatory diseases, pulmonary tuberculosis, asthma, allergies, ulcers,

atherosclerosis, lowering bilirubins, anti-neoplastic, and antispasmodic.

Barberry

Barberry has a wide spectrum anti-microbial action on bacteria, virus and especially fungi. It is also immuno-modulating, stimulating to the heart and cleansing to the liver.

6. Essential Fatty Acids Omega-3,-6,-9, 2 capsules – 3 times daily

In the latter stages of CFS, especially Encephalomyelitis (ME) form, the body starts to have a deficiency of essential fatty acids (EFA). This is most dramatically seen in the brain. The EFAs are here to assure adequate supply so there will be little problem of brain shrinkage due to lack of oils. The above blend of omega 3 and omega 6 fatty acids will insure adequate oils to stop or reverse this process. Essential fatty acids are templates for biomembranes and precursors for prosta-glandins, necessary to reduce inflammation. We can not synthesize EFA and must obtain them from our diet.



Terry Willard Ph.D. works out of his two clinics in Calgary and Vancouver Canada. He is also director of Wild Rose College of Natural Healing, in those two locations. He is the author of *Helping Yourself with Natural Remedies*, *Textbook of Modern Herbology*, *The Wild Rose Scientific Herbal*, *Textbook of Advanced Herbology*, and *Reishi: Herb of Spiritual Potency and Medical Wonder*. His latest book, *Edible and Medicinal Plant of the Rocky Mountains*, has become a West Coast best seller.

Dr. Willard is the President of the Canadian Association of Herbal Practitioners and was appointed to the Canadian Expert Advisory Committee on Herbs and Botanical Preparations since 1985.

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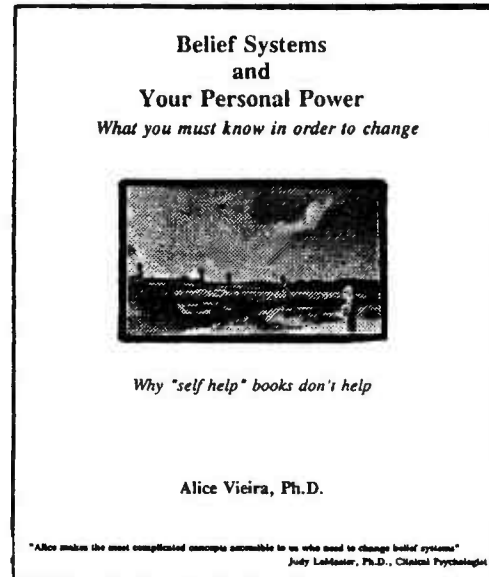
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