

**comprehensive papers presented at the Annual Meeting of the
Touch for Health® Association of America**



5th International Annual Meeting
of the
Touch for Health Association of America

Columbus, Ohio USA

July 5-9, 1995

Touch For Health Association of America

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As the Touch for Health family gathers from all parts of the planet for a week of sharing and renewal.

We share our love and renew our friendships. We share what we are doing with touch healing and learn from others.

We look forward to the next challenge in bringing touch healing to more and more people with ever increasing effectiveness. We renew our pledge to work for the good of all humanity.

The purpose of the Touch For Health® International Journal is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the Journal is a forum to provide up-to-date information on programs, seminars, and activities of the Association and its members. The Journal is published once a year in July.

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PLEASE NOTE

Most of the papers presented in this Journal are not edited by the Touch for Health Association. Some articles may not conform to the policies of the Association.

From the President...

As part of the Touch for Health Association membership dues, and our Annual Meeting, we submit this Journal to you. It is the work of many people dedicating the love, devotion, money and time to ensure this is a great publication. Our Association is made up of some very honorable people, people that are dedicated to Touch for Health and making the world a better place.

We are especially grateful to all the authors, their insights and their willingness to share. Their devotion to healing is what makes Touch for Health pulse with love and life. To really appreciate and get the most of these articles, attending the Annual Meeting is a must. Since Touch for Health is about Touch, being at the Meeting allows one to really learn the glory herein.

We are also indebted to Mr. and Mrs. Barhydt for the hours of devotion spent in formatting and editing this Journal. They have personified the Touch for Health heart of giving. As we grow as an Association, people like the Barhydt's have built the foundation of our success.

This Journal is a small compilation of some of the successes we have attained as an Association. As a member-run organization, each of us build on the accomplishments of the other. In this manner we can achieve far more than one person alone.

This Journal is filled with practical information and includes many hands-on exercises that can be incorporated into any therapeutic relationship or within our familial and personal lives. To receive the full impact of the profundity of the articles contained herein, or of those to come in the future, attending the Annual Meeting is a must. Touch for Health is people touching people, being at the Annual Meeting encourages such healing and answers the questions one might have in reading the articles. This year we have made it very easy for you to contact the author of the articles to ask them any questions you may have. You will find the authors address and phone number at the end of each article.

If you would like to receive any further information on any of the topics, or would like more information on Touch for Health and the programs we offer, please call us at 1-800-466-TFHA, or outside the USA at (310) 457-8342.

May peace, health and enlightenment be yours always...

Robert A. Aboulaché

President, Touch for Health Association of America

Spirit of the Healing Heart

by Robert A. Aboulaché

Great healers, men of divine realization, do not cure by chance but by exact knowledge.
Fully understanding the control of life energy, they project a stimulating current
into the patient that harmonizes his own flow of life energy...

Within the gross vibration of flesh is the fine vibration of the cosmic current,
the life energy, and permeating both flesh and life energy is the most subtle vibration,
that of consciousness.

- Paramahansa Yogananda -

Introduction:

Touch for Health honors the universal life energy that flows through all living things. We know that the human body is a conduit to this energy flow. We honor the flow of life as we experience it. And in that honor we gain the strength of awareness in life energy as it manifests within and around us.

We draw from many philosophies as we define Touch for Health, and the *Spirit of the Healing Heart*. That is the beauty of Touch for Health, it is open in integrity to fully evolve as a healing art. This gives us the strength of the universe at our fingertips, "the force is with us." Our challenge in "... fully understanding the control of life energy..." is keeping conscious of it, in all its subtleties.

Touch for Health embraces the Eastern perspective of the Five-Element System as an integrated metaphor to the life energy flow of the human body. We know that it travels through all our living tissues via meridian's and through organs, muscle and bone. The energy flow of life as it moves through us affects the elements in interaction. To acknowledge this truth is to realize that a communication of elemental energy is evolving

through all our cells, motivating and modifying our very being. When we add that "...permeating both flesh and life energy is...consciousness", we begin to empower ourselves to direct the flow, meaning and purpose of life energy.

The *spirit of the healing heart* is a consciousness of compassion, integrity and honor. Like Yin/Yang, it is both receptive and giving. Being in this state directs the flow of energy to harmonize and balance its integrity with all its interactions.

The influence of consciousness on universal life energy is like dye to water. If you place a small drop of dye into a glass of water, soon all the water will be tainted by the coloring. In parallel, if we apply the *spirit of the healing heart* to our relationships (inner and with others) we will penetrate the universal life force with love and compassion. We would be nurturing the force to interact with other elements in the same manner, manifesting healing by harmonizing the flow of life energy with love. Like the dye/water principle, the consciousness/interaction parallel becomes the way.

Body:

What is "*The Spirit of the Healing Heart*"? To define such a profundity, we must acknowledge that Spirit, in fact, does exist within and around us. It penetrates our being. It harmonizes with others, and like two candle flames joined together, when two or more spirits join a greater existence emerges.

Spirit of the healing heart goes beyond the individual and includes all other interactive elemental forces and beings. If you, as the healer, are in touch with your love, honor, compassion and integrity (emanations of *the spirit of the healing heart*), your being will directly influence the person being balanced. The importance and power of your presence must not be underestimated. Just by your being, you influence others around you.

In order to nurture the presence of the *spirit of the healing heart*, one must make growth and consciousness awareness a way of life. Genuine interest in your subtle being, listening to the movements of your thoughts and emotions will present you with intuition and knowing. Honoring, appreciating and directing the flow of life energy with your learned healing modalities will realize healing.

Yoga, meditation, Touch for Health balances, movement awareness, and an attitude of appreciation in life will nurture spiritual awareness. This expanded view empowers one to heal, with patience and understanding. Being sensitive to daily encounters accesses the inner resources to compassionately deal with life and healing relationships.

Lifelong learning, whether book knowledge, or experiential is central to resourcing your

greatest potential. As a healer, one must continue to strengthen oneself in integrity, honesty, and compassion. This goes beyond information and cognitive knowing into experiential awareness and sensitivity training.

Summary:

The Spirit of the healing heart is a state of being that is sensitive to and honoring of life energy. It is a presence that is directly linked to inner awareness. Acknowledging this presence strengthens one's influence on life energy as it interacts with and through oneself.

Nurturing oneself in this healing awareness, is a lifetime of learning. Learning goes beyond information assimilation and into inner awareness. Any technique or methodology that embraces life as it manifests within and around us, in all its forms, will accentuate *the spirit of the healing heart*. Most importantly, having the intent of being in holiness and honor will bring the Great Spirit, the Universal Life Energy, and all its power to fruition.

Touch for Health appreciates and acknowledges life energy and encourages all its participants to live these principles. Taking the time to trust the feedback being given by the body through muscle testing will guide one to true healing. Patience, awareness and honor will be our greatest strength in healing. Keeping our presence open to be directed by this life energy will bring *the spirit of the healing heart* to realization.

Robert A. Aboulaché is Chairman of the Board for the Touch for Health Association and can be reached at (310) 457-8342.

Empathic Sensing and Visual Impairment

by Laural L. Anderson

The work I am presenting is based on the use of eye rotations for defusing or deprogramming belief systems. If you have no understanding of Eye Rotations or how they are used, please refer to *Brain Gym* by Paul Dennison or *Defusing Negative Personality Traits* by Dr. Wayne Topping. Using eye rotations to defuse stress spots in the visual field works well with the use of empathic sensing. They work together to give your clients a great sense of being totally supported through the changes they are making. In brief we will use eye rotations (ER) to help locate and defuse stress that the body is holding in relation to a particular belief system. You will see how the eye responds under stress at stress spots. We will cover the use of empathic sensing and how we can use it to build rapport with clients. And finally I will provide you with a short list of do's and don'ts in regards to using empathic sensing.

Stress spots and belief system balance

When doing a belief system balance the client usually repeats the belief while following a circular pattern with their eyes (eye rotations or ER) and holding ESR points (Emotional Stress Release). As you will notice upon using eye rotations the eye will exhibit difficulty in smoothly following a circle when the client is saying statements that their body finds stressful. This caused me to be curious as to why some visual areas seemed to be constantly avoided while a person repeats the belief being defused. I first thought it was intentional but the clients were unable to force their eyes to hold firm on the stressful areas. From experimenting, it became obvious that at certain spots during an eye rotation, vision would blur, and there would be some disorientation. If held at one spot for very long the client would become confused and the eye would dart furtively around. For others old memories would come up that were related to the issue being balanced for. This piqued my interest! I have researched many hundreds of hours and personally have found that using the method described in this paper will deliver a more powerful change in belief

system than any other method I have found. You will be able to shift even the most stubborn behaviors. I hope you find some value in it for yourself and your practice.

Before we start a word of caution:

When using eye rotations to defuse a negative belief, it is important to notice several ways in which the body will exhibit a stress reaction besides stress spot behaviors. Since belief system work is so powerful please use caution and respect. Be aware that you are triggering very deep issues that may have physical repercussions if not pursued and cleaned up with diligence and care. Be ready for the most extreme response, and be there for the client to ride out whatever comes up for them.

Extreme Stress Responses:

1. Client squirms as if trying to get away from something uncomfortable.
2. Body will start to tremble and shake as if cold. This is a mild form of shock.
3. Client forgets what words that you wanted them to say, while in a stress spot.
4. Client becomes extremely tired and may even fall asleep while doing ER.
5. Client cannot hold eyes focused on the area you want to defuse.
6. Limbs may become uncontrollable and jerk or kick out.

In the event of these responses **Please Be Prepared.**

What To Do

1. Give them frequent little rest breaks to allow for integration. When cornered we all need a moment to 'catch our breath' so to speak. Then we are ready to get back to the fight.
2. Have extra blankets available (two or three) and tuck the client in as if they were a small child. Tuck blanket under the feet and into the body as much as the client wishes. Comfort them; they need it; this is tough work.

3. Help them with sentences, don't expect them to remember even the most simple statement. Don't rush them. When they are in an emotional memory don't try to force them through. Let them take the time they need. They will come out of it at the rate they need to. Cleanup can be quick, but to rush them leaves some inner work undone.

4. This is brain overload. The brain is struggling to keep the present belief in place and will do almost anything to sabotage the belief shift, so it shuts the system down into sleep thus avoiding change. Explain about this process and enlist them to help me push through this response by keeping them focused on the moment. If we team up together we can make it through anything the mind will throw at us.

5. Use the techniques I will describe later for Defusing Stress Spots.

6. Explain to the client that this response is normal and should not alarm them. Long term memory is chemical and may be energetically stored in limbs or other body areas. If you are in fear of being struck, do a polarity release on the whole body when this response comes up, or just release the specific areas that seem to be jumping. Hands on energy releases are very effective when the body is jumping and jerking. (P.S. Please assure your client that they are not being possessed by some demon when their body jerks and spasms. This is a normal energetic response to a very uncomfortable past memory.)

A few words on tuning in to your clients.

Most people are wary of this area since they feel that by trying to empathize with the client, they are unnecessarily taking on their client's problems. The idea of using empathic sensing is not to carry their problems but to become more aware of what is going on with the client by being a body surrogate. A body surrogate is like allowing your own body to mirror the clients whole system. Any body reaction that happens in the client will also be reflected in your own body. You will be a living computer monitor of your client's system. This is a valuable tool since many people are not in touch with their body responses and cannot guide the practitioner as to what reactions are going on in their body. Without

direct feedback of some sort we must rely on menuing the body after the fact to ensure that we are catching stress responses in all areas. This is like allowing an accident to happen because you know you will get a chance to clean up later. When we are in the moment, that is the most powerful time to make a thorough change. By being a monitor we feel what they are feeling, and can sense not only how the shift is going, but where they are feeling it. We can catch any glitches as they come up. It will take less work to do a better job.

Another common misconception is that we must maintain a professional distance from our clients. I disagree. The most interesting thing about that thought is that it is based on the assumption that we are not connected to others and that we must stay separated to be able to see things clearly. Surprise! WE ARE ALREADY CONNECTED TO OTHERS. Energetically you cannot get away from people. At a distance of 1000 miles you are still linked up to the people you are close to. At a distance of 2 feet (the client on the table) you are most definitely connected up. Even if we are not the ones initiating the connection we can still be tied in energetically to others. When we are in any type of relationship with others, good or bad, casual or intimate we are hooked up to them energetically. If we do not, there are bound to be communication problems. That's why it is important to learn how to connect up energetically and also how to disconnect when we are done. Connecting up **intentionally** will make the empathy stronger. It does not bind us into a 24 hr. a day connection. Conscious connection just give us access to a great deal more information and can help us clean out our clients old wounds more effectively. In other words it makes us better healers.

How to connect up with your client

- Hold your own pulse at the same time as you hold the pulse of your client. This will take about a minute and then your hearts will be beating at the same rhythm and you will be in tune.
- Visualize each of your major chakras one by one, joining with the chakras of your client until there is an energetic flow between you.

You will be able to feel this. They may be able to feel it as well.

- Finally, imagine opening a channel of light coming in through the top of your head, flowing down through your body and continuing on through to the other person. Your bodies will then become like one larger energy field.

How to disconnect from your client

- First allow any emotions to come to a lull. Do not ever actively disconnect when the client is in an emotional release. This would feel to them like abandonment at a moment when they most needed you. It may very well traumatize them. When you are sure that they are through or at least relatively calm, pull your focus back into your own body.

- Mentally pull your energy out from each of their chakras and back into yourself.

- Imagine that all the client's personal energies are like long heavy cords. Give them back to the client mentally. Continue this process until a visual mental scan reveals that your field is clean.

- Encase your body in a 'selectively permeable membrane'. This means that it is a protective barrier that will let in only positive loving energy and will be too slippery to allow negative energy drainers from latching on. This cleansing can be done at the end of the day to maintain a clear field. It will not only keep you energized but will discourage others from using you as an energy source. It also promotes good boundaries.

How to emphatically sense

Now that you have hooked up energetically to your client and you will notice that when stress is brought on line, there is a ricochet reaction through the body. This action is much like the ball bouncing around inside a pinball machine. Energy will bounce around and then settle in one spot. Locate this area. You will notice it as an area that feels a bit tight, or energetically dense. Be aware of subtle shifts in your body and notice what is coming up. When you are hooked up to your

client their body is communicating directly with you and the language is similar but not completely the same. Do not assume that you know what each bit of information means.

Information will come in different forms. Sometimes you will get a general body feeling, sometimes a memory will come through. When this happens it is a bit like a freeze frame picture. Often the images are black and white or just shadow images. Relate just what you see to the client. Do not try to interpret anything. You can report general body feelings but the images are not yours. The client will be the best ones to say what the symbols or images mean. For example, once I received an image of a dark figure leaning over someone small. It seemed to me like the child was in a deep dark space. I incorrectly assumed that it was the trunk of a car. When I related just the picture and associated feelings to the client, he related that as a small child he had fallen into a dark basement hole. He was terrified, and when his father leaned in all he could see was a big black shadow. The client had forgotten that memory and how profoundly it had shaken him.

Sometimes you will notice a strange odor. The body gives off scents when releasing and these too are related to the balance. Mention the scent if it comes up. Use all of your senses to pick up what is going on during a balance. One time the scent of lilacs seemed to come from nowhere during a balance. I mentioned this and the client related an important memory that happened to them by a lilac bush. It was a pivotal time and had I not been tuned into the client the moment for that clearing would have been lost.

Sometimes an odd word or phrase will seem to get stuck in your mind. Ask if it means anything to the client. Allow space for integration since some things take a bit of discussion before they become clear. The subconscious will send clues to help direct the process, we need to make use of all the clues it gives us. Unlocking the puzzle of trauma may be complex at times but the incredible results make all of it worthwhile.

Stress and its effect on limiting vision

Stress Spots: Areas of impacted stress in the visual field that are avoided by the eye in an effort to not trigger unwanted emotions from a particular group of memories stored there.

When we go through trauma we impact that trauma in our visual field. That means that every time we run our eyes over a specific spot we are in fact reliving, in a fraction of a second, all the stressful events our mind stored there. Whatever position our eye was in when the stress occurred will be recorded. The feelings we have at that moment are impacted deeply in the tissue. Event upon event gets stored in this manner. You will recognize it as an uncomfortable feeling when you eyes look in a specific direction. We also may impact several layers in one area, one upon the other to the point at which our eye will not be able to focus in a specific direction without getting disoriented or slightly confused. This can, over time cause a limited field of vision. Most of us have at least one of this kind of spot in our visual range and are unaware of it. It may show up as an ability to look farther in one direction than another. The chart below will provide you with a guide to detecting how severe the stress spot is. Severe stress spots may require more than one type of defusion to release all the layers there.



Mild Stress Moderate Stress Extreme Stress

Mild Stress:

In a mild stress responses the eye will merely avoid the stress spot. Much like two magnets with the same polarity.

Moderate Stress:

During a moderate stress response the eye will oscillate back and forth when you try to hold the eye on that stress spot. You most likely will not get the eye to stop at the specific spot you want to defuse.

Extreme Stress:

In an extreme stress response the eye will not only avoid the area but will dart all over the visual range almost as if going near the stress spot would burn it. It jumps around most dramatically, sometimes for 2-3 seconds at a time. The eye will then resume normal eye responses if you move it to a non stressed area.

Defusing stress spots

When we do a belief system balance what becomes obvious is that no belief stands alone. There is always a web work of supporting structures that also need to be shifted if we are to realize an effective change. Sometimes this can present a bit of a frustration to both the practitioner and client. WE WANT CHANGE NOW! I want all my clients to be healthy and in charge of their lives NOW! When you balance using this method you are not only shifting the belief, you are acknowledging and releasing all the substructures that support the belief and reframing the memories that reinforced the previous belief. In essence you are changing several beliefs at once.

When you are balancing your client for a belief system, lock in the belief by having the client repeat it while doing ER. Chart the areas of most stress and defuse the large areas first.

You will want to access these spots to release the stored emotions in them. Follow the eye in a circle until you find a stress spot. When you are ready to defuse, lock the stress spot in by going back and forth over the area until the spot is engaged. Identify blocked energy by empathic sensing. With appropriate emotional words or breathing patterns defuse the area. Go back over the area and see if the eye is exhibiting a normal eye response. (If it is normal, the eye will not avoid any area.) If normal move on to the next stress spot. If not normal that means there is more than one layer. Proceed defusing until the area is clear. Use empathic connection during this whole process to keep tuned in to what your client is feeling and needing. There may be 2-7 layers in a single stress spot. While you are doing one emotion check to see if other stress spots need to defuse that same emotion. Not always do they need to.

When clear go on to the smaller stress spots and defuse. When all stress spots are clear go back to the original belief that you were defusing and see what response the eye is showing you. If all is clear, a closing off with double hand integration while saying the belief will complete the shift. For cleanup there will be less words to clean up because you have defused not only the belief but any and all related memories, emotions, body responses, and energy hold backs. As emotions that were linked to several experiences get identified at the specific spot they were locked in they will shift quicker and deeper. Usually the client will notice a change in behavior right away. You may want to ask the body how long it will be before they will experience the difference. People close to the

client may even notice the shift in behavior immediately after the session.

In conclusion we have discovered the presence of stress spots in the visual field. We can use eye rotations to locate these stress spots. With the proper use of empathic sensing we are able to hook up to our clients energy field to increase rapport. Hooking up will give a deeper and more profound shift in their beliefs as well as giving them a sense of being completely supported through the shift. The change is immediate and permanent. In short using stress spot defusion is like doing spring cleaning as opposed to giving the house a quick dusting.

Awakening Your Personal Energy-Body Consciousness

by Dottie and Joe Asselin

Out of every culture and every time, the human energy field, the aura, has been given different but similar descriptions. It has been found that this aura of indescribably rich and dynamic energy, reacts and responds to the surrounding universe before the conscious mind is aware, and that conditions of the spirit, mind and body are beautifully displayed in a flowing kaleidoscope of color, pattern and form.

The personal energy field is the pattern and form through which all of the energies of the universe flow - both inward and outward - through the physical, mental, and spiritual structure that make you a unique being. It radiates outward from the center of your manifest presence in both visible and invisible waves of energy, mixing and blending the lowest and highest frequencies of vibration.

It is not a single, but a composite field, and contains such readily recognizable components as the heat and odor emitted by our physical body, the words and sounds we make to communicate with the world around us, and the subtle energy radiations that wax and wane with the changing quality of our feelings and thoughts.

Even our appearance is transmitted and interacts with our surroundings, as can be visualized in the different responses we get from our friends with a smile or a frown. Our presence in any environment is established and maintained by the millions of energy transactions that continuously and simultaneously occur. Every expression and impression that we give and receive as we move and breathe is animated and enabled by the field of energies that envelop and surround us like a living flame.

We are connected by interactive flows of energy to the chair we sit upon and the sun that bathes us in its warmth and light. We know ourselves as being the combined product of genes received from each of our parents. We identify our personality traits and habits as having been formed by the

experiences we have had during our lifetime. We recognize the effect of our habits of food and drink in our physical and psychological condition. It does not take any great stretch of the imagination to see this flowing combination of ingredients as encompassing every choice we have ever made and every action we have ever taken.

Your aura is the fullest expression of your being. It is the carrier and the distributor of your living presence. As you come to know the fullness of the beautiful fountain of energy that is your expression of being on this Earth, you will find that the universe speaks to you and enlivens you as you give creative expression to your life.

It is vitally important that an individual become aware of and have an understanding of this cosmic connection with the universal flow of energies. We are affected by, and do affect, everything and everyone around us - both past and present, near and far.

The aura is the field of energy that surrounds and envelops each individual form of animate and inanimate being. From the universal galaxies down to the finest particle of matter, everything radiates wave lengths and frequencies of vibration which can be identified as light, sound, color, form, movement, odor, temperature and intelligence. It is evident in electromagnetic energies that are radiated by our sun and all of the other stars in our universe. It is exemplified in the magnetic field that surrounds our Earth, as well as the reflected light-energy that makes the planet visible from outer space.

It is the field force at the sub-atomic level of matter binding together the elements into molecules, organs, and structure of physical form that holds together our individual existence and being. The individual personal energy field, then, is a composite field of energy representing the combined interactive effects of all forms and levels of energy on the

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unique field pattern that you recognize as your selfhood.

As you become more and more aware of the influences that continually modify and mold your feelings and prompt your actions, you gain more and more control over your experience of life.

The human energy field provides an energy matrix structure upon which the cells, the organs, and the physical body take shape and maintain themselves. If the field is in some way distorted or modified, the change is felt by - and eventually incorporated into - the physical structure of the body and its operating systems. It is also at this field level that the psychological processes and structures associated with the personality take shape and operate.

The auric field, then, is the common denominator which gives rise to the mind-body relationship we define as psychosomatic reaction, whereby conditions of the mind become manifested as conditions in the body and vice versa.

The physical structure contains several independent but interactive mechanisms such as the circulatory, nervous, and muscular systems which cooperatively maintain and operate the physical body at a higher level of organization. Similarly, the energy field incorporates several levels of organization and structure, independent but interactive, that are defined as energy bodies. These separately definable levels of energy are superimposed and contained within the field much in the same way as different radio or television transmissions are contained in the same volume of space, but can be tuned into individually; or again, in another context, the same way that inches are contained in feet and also in miles.

Herein lies the importance of an awareness and understanding of the personal energy

field. If your energy field in all of its levels is functionally strong and dynamically balanced, you can have a full life in all dimensions of human experience. But if your energy field is not functioning properly at any level, you will have difficulty functioning in areas associated with that level and your experience will be limited.

Why are we not more aware of our personal energy field, the aura? Why is this most basic part of our total person seemingly invisible and undetected? The answer to these questions is to be found in examining characteristics of the commonly recognized five senses with which we circumscribe our experience. Conscious awareness of what we see, hear, smell, taste and feel is an evolving, ever-changing panorama. Primarily, what we see or hear is determined first by its degree of familiarity; and second by that which, by force of will or intent, we look and listen for.

There is an underlying primary sense of perception that we are born with which includes all energy interactions between our self and the surrounding environment. As we develop our personality and acquire our social and cultural patterns, we begin to build up and strengthen our awareness of those things we want to perceive in an effort to maintain a sense of physical and psychological comfort. At the same time, the primary sense of a much wider range of perception is being weakened in terms of our conscious awareness by reason of its increased familiarity.

So it is by force of will, by intent, that we choose to perceive, to perceive poorly, or not to perceive at all. Conversely, we have the capacity to choose with willful intention to reprogram or deprogram our sense perception and return our conscious awareness to the primary sense of perception, which includes awareness and use of the full range of energies that comprise our auric field.

Joe's Total Related Testing Technique

by Joe Bassett

This is an oldie but a goodie. A number of years ago I would balance my clients through every muscle in the book and every correction, plus a few beyond what was in the book. Over a period of time most of the problems went away. However there would be some very persistent ones. Know, I know that TFH doesn't cover every health condition and that when a recurring problem keeps popping up, it is time to refer to other modalities. Now what I am going to cover can be time consuming. It is also very effective. What I did the very first time I used this technique was to take the recurring problem, in this case constant reoccurring inhalation assists and go to the muscles that were involved. Example the PMC would be off almost every time I checked the person out. I would:

1. Take a strong indicator muscle — usually a leg because I wanted both hands free.
2. Find the weakness (this time PMC) and localize the stomach with the strong leg. It would go weak.
3. I would have the person continue to hold the point (in this case the stomach) and I would have the person touch (with the freehand) every other point we could think of — only limited by our knowledge. Example: pineal, pituitary, thyroid, thymus, adrenals, sex glands, brain, eyes, lungs, heart, liver,

gall bladder, pancreas, spleen, stomach, small intestine, large intestine, bladder, kidneys, mouth, saliva, etc., and anything else you can think of. Most of the time if I covered the major glands and organs it worked well, however thoroughness pays off.

4. I would record (list) everything that would strengthen the weakness. So what you would have is a heading of stomach and a list under that of every thing that effected it favorably.

5. Then I would take the first item and go through the entire system (step 3) all over again). I would do that with every item under the stomach list. Let's say that the first item was the pituitary. I would start a second list with pituitary as the head and then list everything that strengthened on it. I would end up with several lists each headed by items that strengthened the others.

(A sample set of listings is shown below.)

Sometimes that item would test weak by itself and not be affected by others

6. I would then find what corrected the key items. In this case there were 3 glands. They would correct with balancing but not hold day by day. I found that nutrition (4 to 7 of the glandulars every day plus clearing on the emotion) and the inspiration were no longer needed and the corrections held.

Sample Test Result Table

Stomach	Pituitary	Liver	Small Intestine	Thyroid
Pituitary	Liver	Small Intestine	Pituitary	
Liver	Small Intestine	Thyroid		
Small Intestine				

Spiritual Growth Through Kinesiology

by Carol L. Boschetto

You may or may not have discovered a need to connect better with the spiritual part of you. It seems in our very busy world it is a level we often seem to neglect. There is a lacking, a longing that ensues from this lack of connection. All levels of our being need to be nurtured. To neglect one level will have an affect on the whole.

In Polarity, the dimensions of height, width, and depth are analyzed in terms of posture, movement and energy circuits. Polarity is a blending of health and philosophy. Dr. Stone, who developed Polarity Therapy, depicts the soul as torn between materialism and his Source.

"Man alone is endowed with all the faculties needed to understand his Source, his Being, his relationship with Nature. Writings of the Ancients become sacred because they reveal to man some hints about his Source, his marvelous pent-up energies and soul powers, and how to use them wisely in Nature; how to transcend the ego and thereby find his way to his REAL HOME."

If we look at the Kinesiology/Polarity model as it relates to spiritual Growth, we see many similarities. Both address a need for man to get in touch on a Spiritual level. By integrating the two models, we have the option to test priority issues, which Polarity doesn't address, and clear any apparent blocks in the body's system which would impede one's progress.

In my practice, I have noticed a growing number of clients with a need to get 'closer to spirit'. One client said that this would be essential to his 'getting well'. Working with a basic system and clearing on a spiritual level, I felt as though something was missing. Experiencing this on a personal level as well, the following system was developed.

It is my belief that as we journey closer to Spirit, we receive insights or gifts. If the Spirit impels us, we are inspired to share these gifts with others. This is my offering.

The Nature of Spirit

Ideas of a spiritual nature can be symbols or signals that will connect the individual- It is important to pay attention to these. They may be beyond our knowing, beyond our need to know. These usually make sense to the individual or client and they will tell you about their meaning.

Accomplishments in life often leave the spirit tight, constricted, pushed. We cannot squeeze it out, as much as we sometimes try. We must let go of control, let loose, stop trying so hard- By letting go of control, our spirit has a chance to be freed, to breathe. Think space. The spirit likes space. Let space be in every organ, muscle, tissue, etc.

The System

The system contains structure, steps, levels and color, to help a person relate to a world that may be unknown or fearful. We help them construct a road or pathway to reach their goals. We create a structure or steps to make the body/mind more comfortable and relaxed in the spiritual world.

The colors become a language that the mind can grasp. They paint a picture that leads to the path or allows one to stay on it.

The words on the menu list are 'key points' to receive the language. They are the 'key' that unlocks the door. They are 'association' to continue growth. The words on the list were given words. We are not bound by these, however, you may add to these or use your own.

The system is an art form, it is what it is to the 'beholder'. It is free, moving, yet elemental.

It honors individual beliefs.

It has no limits.

You may use it as you wish, alone, or to compliment your system.

Method

1. Do all Pre-tests and Corrections

Note: I usually use this in conjunction with a regular balance. I first test on a Basic Issue Category. If Spiritual comes up, go to #2.

2. Ask permission to work on a spiritual level.
3. M.T. priority on word list. (this will become your goal)
4. Discuss what the issue means to the person, to their life, what they will accomplish with this goal.
5. Next use a Pre-check list. If yours doesn't have a Polarity section, add one. (Mine just says 'Polarity')
6. Go down list for priorities on the Pre-check list. (Indicate the body's 'offness' toward goal)
7. If Polarity comes up, go to the elements chart and test priority.
8. If any element other than Either comes up, use chart as a guide. There may be an issue there that needs to be cleared first.
9. Ask if there is more on the element list or if you need to do more Pre-checks.
10. If Either comes up, go to Etheric Level Chart and test priority.

Note: My sessions usually last 1 hr. In that time we do several levels of clearing. It may be that the Etheric Level will not come up first and you may need to clear another level first.

11. Use your systems tools to clear.
Note: Often the 3 in 1 mode for VAF (venous arterial flow) comes up. Ask if light, tap, or re-shape is needed to clear.
12. Re-test Pre-checks. If clear, check for glitches and times, levels and dimensions.
13. Ask if we need to future project. Do we need to integrate?
14. If something is not understood, go to section on understanding.
15. Is home support needed?

Menu-Word List

1. connection
2. awareness
3. growth
4. progression
5. love
6. intimacy
7. creativity
8. oneness
9. meditation
10. self
11. manifestation
12. joy
13. wisdom
14. cantillation
15. fulfillment
16. contentment
17. mediation
18. Barometer or wheel

Elements Of Polarity Related To Spiritual Growth

EARTH

Connection to Gravity. How the body relates to forces of gravity. Image of the tree. The tree has roots that allow it to stay grounded, yet its limbs reach toward the heavens, toward Spirit.

WATER

Relates to intuition, creativity. Image of the river. Steadily flowing, creatively turning on its path. Nurturing the ground, bringing life to the earth. Energizing.

FIRE

Power, intelligence, enthusiasm, expression. Qualities of Wisdom. Image of the Heart, the center of love, sensitivity and feeling.

AIR

Relates to communication, movement and attention. The center of compassion. Image of hands clasped together. Of an embrace. Our center for silent communication in the form of prayer, or verbally speaking to others. The air element enables us to share.

ETHER

The connection between body and spirit. Space. Image is the COLORS of spirit. Contains levels of 1-10. Colors relate to Spiritual Connection.

Etheric Levels/Colors

1. CRYSTAL/ GOLD..... TRANSLUCENT
2. WHITE..... PURITY OF CREATION/
CREATOR
3. SILVER..... PURE SPIRIT
4. YELLOW..... ENERGY OF SPIRIT
5. RED..... FIRE/ POWER
6. TURQUOISE..... CLEAR SPEAKING/
PRAYER/ UNDERSTANDING
7. PURPLE..... TRANSITION/ GRACE
8. BLUE/GREEN..... BALANCE
9. DARK GREEN..... COURAGE
10. EARTH/ BROWN..... CLOSEST TO BODY
YET SPIRIT, FEELINGS

Meaning

Number Ten is closest to the body.

Number One is closest to the Spirit or God. One equals a representation of Creator, Spirit, all power, all knowledge and supreme Energy that the Creator/Spirit is.

Number Seven is a transition color, it helps us to move to the higher levels.

The chart can be like a bridge from body to spirit. When indicator changes the bridge is damaged and there is no travel to the higher levels.

Understanding

What happens when we don't understand? Sometimes we may have a level, color or issues that we cannot comprehend. This suggests spiritual truth that may not be obvious to our conscious mind. It may feel shaky when we can't intellectualize it. If this

happens we may ask ourselves these questions.

Does something need to be experienced to unfold understanding?

Do we know, but it is outside our consciousness?

Do we need to integrate something to further our understanding, a tool or object to bring consciousness to light?

You may ask your own questions, use your own expertise. It just may be OK not to understand at the moment. Your Spirit will guide you to understanding.

Spiritual answers usually come when it is the right time for us to know: when we let go of control, when we can BE WITH, BE QUIET, ALLOW SPACE, BREATHE. We get knowledge, a future to use, explore, play, love, enjoy. It becomes our bridge to the 'benevolent unknown'. As we grow, get close, get answers, evolve, we become better human BEINGS.

Conclusion

The data is very new at this writing. New data becomes apparent with use; however, clients have said they definitely have experienced a shift after balancing. They often find it difficult putting it into words. They say they feel different, more focused. They have a better sense of self, a 'oneness' The feeling is calm, good, yet energizing, progressive.

My hope is that you will use this system, and, above all enjoy, adapt, and create your own levels of growth and love.

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Acknowledgement: Special thanks to Karen Hartley, my friend, a woman of wisdom.

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Holistic Aromatherapy Balancing

by Paula Broset, MT



Touch for health is a complete Holistic Health Maintenance System. What more could we want or need? Aromatherapy is a natural complement to Touch for Health. Aromatherapy Essential Oils applied to Neurolymphatics, Neurovasculars, Luo points, Acupressure Holding Points or Meridians add depth, speed and duration to balances.

Holistic Aromatherapy is a synthesis of aromatherapy with Touch for Health and Educational Kinesiology, Acupressure, Massage, Reflexology, Nutrition, Herbology and Hydrotherapy.

Aromatherapy is the art and science of utilizing aromatic essential oils of herbs, flowers, grasses, fruit rind, roots, woods, resins, and seeds for their therapeutic effects. It is one of the folk medicines proven in the laboratory of life over thousands of years in every culture--long before scientists, in their isolated labs, began to prove their effectiveness.

Essential oils are odoriferous liquid substances formed in specialized cells, ducts, or glands in different parts of the plant. They regulate and actively participate in the development and functioning of flora. Essences defend the plant against bacteria, fungi, pests, heat and cold and are a major factor in their sex life. The essences have been referred to as the energy, hormones, life force, personality, and/or "soul" of the plant. Their chemistry is complex: derived from phenylpropane (precursor to amino acids - the building blocks of life) and terpineols (acetyl coenzyme A). Therefore, essences are in total biochemical harmony with the human body and are non-invasive electromagnetically.

Quality control: only the whole, unadulterated, organic or wild plants that have been harvested, steam distilled, and stored properly are appropriate for Aromatherapy. The more Essential Oils are interfered with - physically or chemically - the more the therapeutic powers are reduced, changed and unpredictable. Since variations in chemistry obviously varies effects, botanical family, species and chemotype must be specified.

Aromatherapy Avenues of Effectiveness

Essences work via the same homeostatic controls and utilize the same homeostatic tools as a Touch for Health balancing.

Homeostatic Controls: Essential Oils

- Stimulate the olfactory nerve, the shortest route to the midbrain, the major homeostatic (health maintenance) control - 1st level and short-term. This stimulation sends an instantaneous balancing message, coded in a language it understands, to the part of the brain which regulates heartbeat, breath digestion, etc.
- Balance the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) nervous systems.
- Stimulate the pituitary gland, the master of the endocrine system, the secondary and long-term homeostatic control.
- Balance energy flow through acupuncture meridians.
- Balance emotions through the limbic system within the midbrain.

Homeostatic tools: Essences

- Affect the cutaneous nerve plexuses and reflexes.
- Increase blood and lymph circulation.

Touch For Health International Journal, 1995

- Are absorbed by the skin. Through the capillaries E.O.'s enter the blood stream where they "hone-In" and affect the organs and systems with which they have an affinity.
- Evaporate and oxidize producing pure oxygen to kill bacteria.

Precautions and counter indications

As with any dynamic health tool aromatherapy must be utilized with respect and response-ability.

- What makes aromatherapy effective are the chemical constituents of essential oils; therefore, use with as much caution as a drug.
- Check all the properties of an essence.
- Anyone can be allergic to anything -- even if natural.
- Always pre-screen all selections with muscle testing. No matter how right your knowledge-base or or intuition tells you something is for someone and their symptoms -- always submit to and honor the response of their innate intelligence that has years of experience with that min/body/spirit/system.
- Never use one E.O continuously for more than 1 - 3 weeks, alternating is very important -- even small amounts could be toxic long term.

- Some herbs such as camphor, hyssop, mugwort, pennyroyal and others are so toxic that they should never be used.
- There are many common essential oils that should not be used during pregnancy, amongst which are basil, fennel, marjoram, jasmine, nutmeg, sage and many others. Some aromatherapists would even caution against any aromatherapy during pregnancy.
- Cedar, camphor, cinnamon, nutmeg, rosemary, sage and thyme are counter indicated for those with high blood pressure.
- Those with epilepsy should never use cinnamon, fennel, camphor, hyssop, rosemary, sage or thyme.

Keeping these precautions in mind, and given the large selection of essential oils to choose from, aromatherapy is a very effective and supportive tool in Touch for Health balancing. 15 to 20 essences, carefully selected for low toxicity, wide range effectiveness and lower cost, can add a new dimension and greatly enhance your balances.

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The Voice of Healing

by Catherine Carlisi

During the recent Academy Award presentations, many recipients expressed love for their spouses as part of their acceptance speeches. But when Tom Hanks told of his love for his wife, both she and the audience were profoundly moved and many eyes filled with tears. How did his words, so often expressed by others throughout the long evening, elicit such a deep response in the weary listeners? Tom didn't merely say "I love my wife." Through his voice, he opened a window into his soul and conveyed his deep sense of gratitude, reverence and joy in their union. We responded because Tom touched in us a yearning we all have to be known by another and loved for who we are.

Many of us as practitioners of healing arts invest time, effort and money to develop our technical expertise. Yet we may be virtually unaware of a hidden asset lying dormant within ourselves that could enable us to create "magic" with the raw materials of our chosen healing methodologies. This hidden asset is our awareness and cultivation of the human voice as an instrument of healing. I will be sharing with you what I know about this valuable tool and how it can profoundly affect your ability to facilitate positive change.

Research has shown that only about 7% of our communication is verbal. We derive most meaning from the facial expressions, gestures and voice tempo and tonality which accompany the words. These nonverbal indicators comprise what is sometimes called the "meta-" message, or the message about the (word) message. To illustrate this concept, I recently had a group of people simply say "hello" to each other, using voice tones that reflected different emphases, according to instructions they had been given privately. The participants were amused to note how a common phrase could convey virtually unlimited variations of expression from coy to critical.

Imagine for a moment what your last conversation or client session would have sounded like without words. As you replay

the sound portion of your memory, notice what you can learn from the experience. Do the two voices form a duet of matching tone and tempo, as often happens when people are in rapport? Or is there an element of discord, a mismatching of one element or another? As you recollect the events of the meeting, does your voice tone seem to detract from, obscure your intention? Or does it support and amplify the meaning?

Because our culture operates primarily in the visual mode, auditory input is often processed automatically, without conscious analysis. While this makes the auditory channel uniquely receptive to influence, it also explains why so few of us are truly aware of how we sound to others. The first step in expanding our V.P. (voice potential) is to "tune up" our auditory acuity. I was fortunate to have had a speech impediment in my childhood years that gave me the opportunity to learn from a therapist how developing awareness, experimenting with ways to enhance flexibility, and then practicing, practicing, practicing can produce dramatic changes in our V.P.s.

Begin by listening to voice tone and tempo in others, and notice your internal responses, ignoring the words. (This will also increase your sensitivity to nuances in others' voices and hone your "intuitive" abilities.) Now try matching others' voice patterns. How does doing that affect your internal experience? Tape record yourself speaking or reading a poem or short story. Listen to the playback objectively by imagining you the listener as someone else (or a detached form of "you"). Do you like your vocal style? As you integrate this information, consider what adjustments you might make to communicate your intention more effectively (e.g., compassionately, authentically, powerfully).

Pioneers in the field of healing through sound are very aware of the influence certain tones have upon the human system. Deep meditative levels or other mental and emotional states can be elicited by specific resonances, according

to cultures which use sound as an integral part of ritual and ceremony. The absence of essential tones in an individual's voice is thought by some researchers to suggest an imbalance in the system, which leads to disease. The introduction of "healing" tones may have a positive effect on health.

Now it's time to "tune" your instrument. Shifting awareness to an unfamiliar perspective can provide insight and body level learning, more effective for tuning purposes than a linear thinking process. The following exercises are designed to develop flexibility. Try them or create your own

Voice as "Violin"

Consider as your model for this exercise a musical instrument of beautiful tone and timbre. Begin shifting your awareness (or pretending with an open attitude of expectation) until you "become" the instrument of your choice. Hold a vivid awareness of the tonal qualities of the instrument in your auditory memory (or while listening to a tape or cd), and let yourself feel the sounds resonating through your body as your music emanates effortlessly from within. When you are comfortable, begin to hum or sing, consciously matching your voice ever more closely to the essence of your instrument.

Where in your body do you feel the resonance? What changes to your normal voice style are needed to more accurately emulate the tone and timbre? By "moving" back and forth between the "instrument consciousness" and the "you as instrument," you can obtain the additional information to make the necessary adjustments.

Over the next days and weeks, practice by re-accessing the experience of "yourself as instrument" and intentionally allow some of those qualities you discovered to infuse your vocal style with new depth and richness.

The Time Machine

A well-modulated voice, while pleasant, is not sufficient to support the kind of healing process that is possible for the practitioner who develops his V.P. It is the "ensouling" of

that well-modulated voice that creates the bridge from one human being to another at a profound level of integrity and compassion. By infusing your voice with reverberations of your own deepest life experiences, you can convey volumes to your listener about the essential "you".

One way to begin is to allow your client's words or emotions to take you to a similar experience in your life and feel the resonant emotion just enough to remind yourself of what it's like to feel that grief, anger, or confusion (without losing your own resourcefulness or objectivity). Switching to the perspective of the "present-day you" who has survived and grown beyond that painful time, consider what form of support from someone at that time made (or would have made) an important difference to you.

Did you need comforting, encouragement, someone to help you regain objectivity by challenging distorted thinking with gentle humor? Adapt this information to what you know about your client. Then allow your voice to be gentled by the shared human experience and infused with the qualities that will eloquently convey the meta-message you wish to express.

Chakra Power

Tapping into life memories is an effective method to practice "ensouling" your words. Eventually, you may be able to go directly to that deep place of knowing within and bring forth instinctively the aspect of you that most closely matches the needs of your listener, in response to your desire to help.

Here is one way to begin: As you speak with authenticity in various situations, locate within your body the source of impetus, or energy, behind your words. Intensify the feeling to "memorize" it and, later, to increase expressiveness. By learning about "chakras", the energy centers within the body described most vividly in Eastern traditions, you may consciously direct a flow of life force from the energy center associated with the quality you wish to express.

For example, most of us are familiar with the warm feelings associated with expressing

sentiments originating in the heart center. Expressions of power are generally supported by solar plexus energy and intuition is felt as arising from the "third eye" region between the eyebrows. Inspiration from "higher sources" is often experienced as a flow of energy into the top of the head (crown chakra), which may subsequently be expressed through the throat chakra, most often associated with communication.

If you wish to enhance your ability to express the quality represented by one of the chakras (e.g., love, intuition) you can do so by imagining a stream of pure white light washing through the energy center, purifying, invigorating and revitalizing as it passes through. You may feel a tingling sensation or increased sensitivity in the area for a time after completing this exercise.

The new sciences are discovering indisputable evidence that all creation is comprised of vibratory energy moving at different rates of speed, and that all life is connected at this vibratory energy level. By augmenting the sound waves of your voice with the energy vibration from the appropriate chakra, you

will be delivering a powerful encoded message that communicates, at a primal level, complex layers of meaning that will be decoded subconsciously by the listener.

For some of you it may seem strange to "microanalyze" the processes associated with your speaking voice which you'd probably never considered. Do you remember when you first learned to drive a car? You painstakingly studied and practiced each component behavior of your new endeavor. As you got into your car today, did you think of each step necessary to set the machine in motion? Of course not, because car driving has now become a skill which no longer requires your conscious attention.

With practice you will also integrate, as part of your "natural" abilities, the learning presented here today. For unlimited beings attempting expression through limited channels, the voice is one of the most potent media by which you may be known. May it be a true reflection of who you are (or wish to be) in the world.

Don't Let Stress Drain Your Life Energy!

by Virgil Chrane

Abstract. Something new in more efficient and effective stress management is unfolding across America. It's a new level of excellence in meeting the coping needs of individuals. It's the Alphabiotic Life Enhancement Program: a significant innovation in care, plus a wellness resource advocacy involving the whole person, that is truly revolutionary.

By age five, our stress responses are set. Sometimes these reactions are driven by outside circumstances rather than by our own dreams and wishes. Other times, our daily routine numbs us until we find ourselves plodding through life in a kind of hypnotic daze. We forget the joy of life and live in a fog of confusion, conflict and emotional chaos. When we are stressed and out of alignment, our Life energy is diminished and illness and injury become more likely. That's the bad news, the reality of our time.

The good news is that this condition is not a disease or even a psychological disorder, it's simply an inappropriate stress response - a "misalignment with Life" problem. In Alphabiotics, we have a proven, time-tested answer for this problem. We help people get back into alignment with Life and make more appropriate stress responses. We help them be more awake and joyful in a sleeping world; we help them use their Life energy more effectively!

Why Be Half, When You Can Be Whole?

One result of our inappropriate stress response is that, most of the time, we function on only one of our two brain "cylinders." This is called lateralization, and it means that we primarily function out of one lobe of our two brain-hemisphere. That's the basic problem. To be fully alive requires effective whole brain thinking - a combination of left-brain logic and right-brain creativity.

How do we get stuck using only part of our brains? Early in life, our responses to stress are dictated by our survival needs. As babies, when we were hungry, thirsty, or abandoned, we felt our lives were at risk. We learned to respond to all crises as though they were life-

threatening. These responses became repetitious and, eventually, the neural pathways associated with stress were so well-grooved that alternative, more mature responses from higher brain centers were seldom exercised.

As adults, most of us stay in a perpetual low-level state, unconsciously struggling for survival. It's as if we are on emergency standby, even when there is no emergency. We are beginning to recognize that this is a far more stressful world that we had previously thought and that we are far more vulnerable than we had previously imagined. What's worse, there are very few processes available to teach us how to really handle stress. Traditional counseling and meditation techniques are not all that effective, neither is hypnosis. Drugs make it worse. There are no viable therapies for it.

Alphabiotic "Alignment with life" is the answer!

There is an answer. An answer that is logical, straight-forward and well-tested: It's called Alphabiotics and the Alphabiotic alignment with life process. This process allows the right and left hemispheres of the brain to work together, in a more integrated and compatible way. It enhances left-brain and right-brain creativity to produce whole-brain thinking. With whole-brain thinking, we can expand our repertoire of stress responses and cope with life's challenges in a more appropriate inner-directed way. This is critical to proper function, survival and happiness.

Alignment With LIFE Alphabiotics helps us expand our potential. It allows your physical, mental and spiritual parts to function in a more balanced and integrated way. Learning, coping and growing become natural responses

again. Life begins to work better at every level. We use our Life energy more effectively.

Alphabiotics is a non-secular science, art and philosophy of Life enhancement, consistent with quantum physics, that harmonizes brain and mind. It enhances the brain-mind relationship so you can enjoy well-being and move toward peak performance. The Great Secret involved in Alphabiotics, is that humans are sustained by an immaterial and invisible inner Life Force; that the persons who employ methods that increase this Inner Life energy have at their command a greater power for good than is afforded by any treatment, medicine or drug.

Balance Is Basic: We Are More Than Chemicals!

Human beings are made up of these chemical substances: 65% water; 15% proteins; 10% fats; 9% minerals; 1% carbohydrates; and other organic materials. Is that all there is? Of course not, something non material holds the physical elements of the body together and makes each of us unique human beings. The physical body is more than a container for the more permanent (and less solid) parts of ourselves.

Professor Edmund Sinnot, of Yale University, stated it well: "Shakespeare was a living organism, Lincoln a protoplasmic system. Moses and Michelangelo were complex combinations of proteins. But they were more than these things alone - there somehow came to birth extraordinary qualities. The nature of this is the greatest mystery of biology." Ralph Waldo Emerson said, "When we speak with a person, we are only looking at the individual's exterior, the actual 'person' to whom we are speaking remains invisible to us." And, Harry Emerson Fosdick said, "Do you think that a few dollars' worth of chemical material, cleverly put together by nature (not knowing what she did) resulted in: Isaiah, Augustine, Luther, Lincoln, and forgive the irreverence in Jesus Christ himself? Or do we think that when the scaffolding is taken down, the eternal thing for which it was made shall remains."

With Regard To Stress - It's The Way We React. And, The Way We React To Low Level, Chronic Stress Is Destroying Much Joy In Our Lives; It's Draining Our Very Life Energy!

We only need to solve one major problem to solve almost all others! That's because most of our problems evolve from one basic cause: we respond to stress in an inappropriate way. Most of the time, we are half-alive; in a dulled-down, almost hypnotized state. The demands and dissatisfactions of our daily routines exert a negative pressure to which we often respond with resentment. Daily pressures, especially chronic stress, make our sub-conscious mind want to escape. When our mind is thus disturbed, preoccupied, and lost in a day dream, other people can impress their wills and beliefs of us. We are apt to find ourselves confused, not living our own lives, not being ourselves. It disturbs anyone to feel this way. . . .conflict, anxiety, fear, guilt and depression arise.

What Is The Source Of These Problems?

Guilt means you have somehow been influenced to act against your own best interest. Anxiety and depression indicate you are not in charge of your own destiny, someone else is. Fear comes from being gradually overcome by stress and finding it harder and harder to face life and realize more failure. Some people resort to drugs, alcohol, tranquilizers, or tobacco to calm these emotions. They use unnatural means to try to cure their tensions and anxieties. Instead of dealing with their problems, they try to deaden their awareness of them. Of course, no amount of escapism and dreaming work.

To solve the problem, we must let our awareness work for us in a very real, very balanced, very special way. A way that can stop us from overreacting to the subtle, negative stresses of life and retreating into a brain-locked dream.

Most of our problems are the result of the way we have reacted to stress in the past. Lost in a daydream state, Life energy deficient state, we become frustrated and confused. Under the hypnotic spell of our emotions we allow ourselves to be victimized by our own poor

judgment and timing. In this state, our life, health and relationships deteriorate and will continue to deteriorate until we learn how to awaken from our compulsion to worry, scheme and talk negatively to ourselves. Repeated studies have shown that ninety-five percent of our self-talk is negative.

We must find our way back to the innocent state of consciousness we had when we were truly inner actualized, before we became emotionally reactive to the world. Only through an unmoving state of calm, balanced awareness can we regain control over your emotions. When we do this, we will experience a new awareness and a new and more satisfying way of life. For most problems, the answer simply is to get back in "alignment with Life" -- to reconnect with our inner Source and maintain that connection. This is similar to waking from a bad dream. When we wake up, we see that our terrifying dream was not real. Our negative emotions and fears melt away and we no longer suffer the compulsion and frustration of dream answers. New alternatives for a better life become available.

Without Alphabiotic Alignment, the stress of living has a terrible power that does not allow us to completely awaken. We are constantly Life energy deficient. We become upset and find comfort and refuge in daydreaming; always lost in the machinery of our mind, we cannot see the way clearly and so we keep making a mess of our lives. By getting back in alignment and fully accessing all of our brain, our conscious mind gradually comes out of the fantasy of past guilt and future, fear thinking. We stay more and more in the actual moment. We use our Life energy more effectively. We trust ourselves to handle stress calmly, to keep pressure from getting inside and destroying us. The ultimate result is a life that works better.

None of the real problems of life can be solved until you know what problem you are dealing with and how it can be overcome. It takes a special kind of courage to admit this truth, let alone reach out for the kind of freedom which Alphabiotic Alignment offers. The Alphabiotic Process may well contain the answer you have been seeking most of your life.

ALPHABIOTICS: For LIFE Energy Enhancement, Personal Growth, Wholeness and Inner Peace

Origins: The alphabioticist combines new thought metaphysics, relativity theory and quantum mechanics, with a sincere concern for the well-being of the whole person. The Alphabiotic Alignment Process is a practical growth system that aligns and unifies your lower being and higher Self.

Theory: The essence of all that exists is energy; beyond that is a Supreme Intelligence. This Supreme Intelligence individualizes in human beings as Life. The most common, as well as the most devastating thing, that can happen to an individual is for him or her to partially separate from this inner Life Principle. The most necessary factor for personal growth and the attainment of our natural potential is full Life energy expression. No greater service can be rendered to one human being by another than to act as a facilitator in the process of their regaining and maintaining maximum Life expression.

Definition: Alphabiotics is an applied metaphysical philosophy, consistent with the science of quantum physics, which concerns itself with the interrelationship between a person's uncorrupted higher Self and his or her egocentric lower nature.

Goal: The goal of Alphabiotics is to help individuals express Life more fully, be inner-directed and self-responsible, so they can be all they are capable of being at every level and in every aspect of their lives.

Practice: With the help of an alphabioticist, you will become aligned and unified with Life, with your own higher Self, and learn to maintain this contact through inner direction and periodic monitoring. This will greatly improve all areas of your life.

For more information about the Alphabiotic Training Program, contact: Alphabiotics International, 634 Preston Royal S/C #206, Dallas, Texas 75230 - Telephone: (214) 269-5100.
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Repattern Indecision and Procrastination

by Jan Cole, MA

Indecision and procrastination are common bedfellows of sorts, often rooted in low self-esteem and an excessive concern with public image. Once again low self-esteem takes the blame, keeping you from loving and accepting yourself, from living actively, keeping you from happiness and comfortable relationships. It is something we all struggle with, often unsure how to make it different though we've read the latest books on the topic, bought the latest videos or cassettes or attended the greatest seminars. As Dr. Nathaniel Brandon says, "Accepting who you are right now is the key to increasing your self-esteem; your perception of yourself directly affects what you get out of life."...AND what you give back to life.

Indecision and procrastination can put you at war with yourself and keep you from actively living the who that you are. They can complicate all aspects of your life, block emotional development, lead to opportunities lost, multiple failures, especially in relationships, and contribute to the repression of feelings. They are the "stuff" of unhappiness, frustration, self-condemnation, bitterness, rage, powerlessness, cynicism, envy, and hopelessness.

In contrast, confidence and making decisions puts you in charge of your life, prevents the procrastination. Each time you make a **real** decision, a total unconditional and personal commitment to a choice(s) or option(s) it integrates, unifies and mobilizes you to own more of yourself, thereby increasing selfTMesteem. You find out more of who you really are by making use of your own priorities and values. "Success as a way of life is directly proportional to the willingness to make decisions," quotes Dr. Theodore I. Rubin. "Decision power increases geometrically, because the very act of decision making breaks through inhibition, apathy and paralysis."

Good decision makers, consciously or unconsciously go through four main elements in the decision making process. First, they

frame or structure the question to be decided considering which aspects of the choices are important and which are not. They "intelligence-gather" seeking both knowable facts and reasonable "unknowables". Thirdly, wise decision makers use a systematic approach to examine many aspects rather than relying solely on intuitive judgments. Finally, they establish a way for learning from results of past decisions.

Many options can be confusing and overwhelming. The better you know yourself, the easier it will be to eliminate the choices that aren't right for you. One of the major reasons we have trouble deciding is our fear of change. Learn to trust your feelings and intuition along with information gathered. Holistic health expert, Jack Swartz, says, "To think decisively requires that we dare to risk, that we dare to be open and vulnerable...our physical and emotional health would be a lot better if we acted decisively instead of living our lives with the 'yes, but...' approach.

Each of us has procrastinated a time or two in our life, deferred action, delayed, put off until another day. It can be an effective, creative option to handle life's stresses. If you're content with procrastinating, don't worry about it. However, if deferment is interfering with your life, there's probably some underlying problem. Know that there is always a pay-off. Learning to recognize it's value and benefit can help you to determine if there's another way to receive the same benefits without having to procrastinate.

Distinguishing between comfortable or problem procrastination is determined by how troublesome it is for you and the significance of the consequences you encounter. You can learn to differentiate between true procrastination and simply putting things off either because there's not enough time or you are naturally low-keyed.

Some people are so busy, full of projects and activities that delay is inevitable. They may be at their best under intense pressure, have

accepted it and don't wish it to be different. Others aren't pressure driven, take their time, will get around to it and don't mind the postponement. For some procrastination can deliberately be chosen as an ally and used as time to reflect, to clarify options or to help focus on priorities. Procrastination is not a problem for them. Nor is it a problem for those who place little value on the end results.

In contrast, there are people, about one in four, who procrastinate as a way of life and suffer significant consequences internally and externally. For them procrastination can be an emotional rollercoaster feeling miserable, frustrated and upset with themselves, enduring major setbacks, never achieving what they truly wanted, spinning their wheels unable to move, unfinished projects looming in dark shadows.

One view of procrastination is that it serves a protective function; protection from facing difficult situations, anxieties and fears, such as fear of failure, fear of success, fear of being too different or separate from others, fear of being controlled or fear of being too attached to others. Procrastination and indecision may have been chosen as the primary strategy for coping. Our thoughts are so rapid and automatic that they may not seem like thoughts at all. Give yourself time to think slowly through your temptation to delay. Some common excuses for procrastination:

"I don't have the right tools."

"I've been working so hard...I deserve a break."

"I'll wait until I'm inspired."

"It might not be good enough."

"If I wait long enough, they'll forget it."

"Why bother to ask? the answer will probably be no anyway."

Pay attention for a week to the thinking that justifies your indecision and waiting to do something you need or want to do. Monitor the number and content of your excuses. What were the antecedents of your excuses, your thinking, feeling, or behavior before you came up the excuse?

A non-procrastinators self-talk might be:

"I'm tired, I'll work for an hour more before I go to bed."

"I don't have proper tools, but what CAN I do without them?"

"I might not be good enough, but I'll attempt it anyway."

"It's too late to finish this project, but I can at least get started."

"I'd like to watch a particular TV program; what can I get done before it comes on?"

If you find yourself making excuses for "not starting", consider a new conclusion that allows you to do something that helps you at least get started instead of giving you a reason to put it off. Chunk complicated tasks into smaller ones. Visualize the benefits and how you'll feel when it's done. Watch for your recipe of success.

Strategies help, but you can undo your indecision/procrastination habits by combining them with a faster way, using the following repatterning technique. Before you start ask yourself or the person you are repatterning:

HOW AND WHEN WILL I (YOU) KNOW "IT'S" DIFFERENT IF I REPATTERN THIS ISSUE?"

Procedure:

1. Test for strong PMC muscles, right and left.
2. Complete the bio-computer tune-up (correct for switching) in any way that works for you. I use the following:
 - a. Five fingers pointed in at navel. Test.
 - b. If muscle is strong go to procedure c. If muscle checks weak, hunt for shut off points.
 1. K-27's (Kidney meridian)
 2. Below lip (Central meridian)
 3. Top of lip (Governing meridian)
 - c. Test for water by gently tugging on the hair while testing.
 - d. Make appropriate corrections.

3. Make your declaration statement as if true in present time as follows:

I, (all your names) _____

Example "I, Mr. McGoo, see things clearly and act decisively."

4. Test right arm (for left brain access) and left arm (for right brain) for weakness. If one or both are weak **stroke ONCE upward on the midline of the forehead** for data input.

This is a short form version of the repatterning technique; a longer form is presented in my book, *Repattern Your Sabotaging Ways*. Before completing the correction, you may muscle test at this point for any information you feel is pertinent to the issue, i.e. who, what, where, when, age regress, emotion-on-line, etc. **Stroke ONCE on the midline of the forehead** for each piece of data that tests weak.

Correction:

1. Ask, "**What will clear this issue?**" or similar question.
2. Muscle check for each of the following FILES. For each STRONG muscle test response **stroke up TWICE on the midline of forehead**.

PHYSICAL/STRUCTURAL

SPIRITUAL SELF-CONCEPT

EMOTIONAL CHEMICAL

SEXUAL WITHHOLDING

GROUNDING FEARS

PRIOR DECISIONS MOTIVATION

INTUITION HEALING

WISDOM

3. Repeat the declaration and test to see that both arms are strong. The statement is now integrated and congruency will work within you to get you out of your own way, so to speak.

Possible declarations to repattern:

I, _____, have a positive, realistic self-image, high self-esteem, believe in myself and value my opinions and convictions.

I, _____, consistently make my own choices (decisions) easily and effectively.

I, _____, think in a determined, competent and decisive way and make beneficial choices for myself and loved ones.

I, _____, am aware of my priorities and use my time wisely and effectively.

I, _____, have a realistic view of time and what I can accomplish in a given amount of time.

I, _____, do my best at whatever I choose to do and easily and successfully complete my projects.

I, _____, focus on my task and break my important task into brief daily segments.

I, _____, am a self starter and do _____ with energy and enthusiasm.

I, _____, no longer fear success (or failure).

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The ABC's of Business

How to get through all the things in your day

by Michael DeLory

Abstract. This is a simple time management and organization system that anyone can apply to their business or daily life to get through things they have to do. It helps you to enjoy what you are doing, and end the day with a sense of accomplishment.

This is a wonderful system getting the things you really want done. It was taught to me years ago, though I can't remember by whom. I have been using it on and off for more than ten years, and find it very effective. Sometimes I feel overwhelmed, disorganized, or as if my business or life is not working out. Then I realized I haven't been using the system for a while to get my daily priorities done. When I get back onto it, it helps me straighten everything out and get things accomplished with a much clearer head.

The reason for the ABC system, is to keep me focused on what is really important in my day. To often I end up doing all the things that are urgent, and none of the things that are important. Other times, people add things to what I have to do on a given day and throw me off my stride. By prioritizing my day, I really get control of my work and my life.

This system also helps with one simple fact I have found about business: It is impossible to get everything done. Luckily it is entirely possible to get the important and meaningful things done in our lives. We all know people who are forever running around but never seem to accomplish the important things, even though they spend so much time telling us what they are doing. Tell them to use this system.

Please Note:

It is a good idea to have your long term goals written out before you begin your daily To Do lists. The everyday things work out better in the context of the overall goals and purposes of your business or life.

Directions:

1. Write down everything you have to do today.

Do this first thing in the morning or as soon as possible after that. Feel free to add things that come up during the day whenever you think of them.

2. Choose five or six that are the most important to do today. Mark them A.

Anything urgent goes on the list (e.g. It is the first of the month and you must pay the rent today). The most important things for you to achieve also go on the list. If you have more than five urgent things, then choose the five most urgent and call the others to tell them you can't do it today. Hopefully you will only have one or two urgent things. If you do this exercise everyday you will be doing things before they become urgent.

3. Choose five to ten things that are the next most important. Mark them B.

These are the things you would like to get done, but they are not necessarily essential to do today.

4. Mark everything else as a C.

Any items you add later must be entered as B's or C's unless you have already completed the A's

5. Focus on completing your A priorities without worrying whether you do the B's and C's or not.

Many of the B's and C's will be easier to accomplish and will get done in the course of the day. Some of your A's will be tough, and you may have been avoiding them.

6. When you finish your A's congratulate yourself.

Stop and take a minute to say "Job well done." Or pat yourself on the back. Then take a coffee break, make a personal call, have a nap. Or give yourself some other reward. Make sure you give yourself some recognition for doing the things that are important in your day. Once in a while simply pack it in and go home, whenever you complete your A's even if it's eleven o'clock in the morning.

7. If you finish all your A's by 1 pm, you can give yourself two or three more if you like.

You can also just work through your B list.

8. B is for bonus.

Each thing you do from the B list is a bonus that you didn't have to do today. You should feel great that you get some of them done, because then you are getting ahead.

Notes:

Daily things to do must be realistically achievable that day or they can't be A's. They must be realistically achievable on some day or they can't be B's or C's either. You will need to break down many things. For example you can't put "Write a book" on your daily list (that should be on your six month, one year, or five year goals). You can put "Spend one hour writing" on your list. You can even break it down by putting "Spend one hour writing" on your A list, and putting "Spend another hour writing" on your B list.

That way, once you've done one hour, the second is a Bonus, if you get around to it.

A successful day depends not on how many things you do, but on how important they are. Completing 20 b and c things is not much good if the A's get left behind in the process.

B & C things will move up and down the list as you do the A's. Don't worry about them too much.

When someone calls you or something happens and you have to add it to the list, tell them immediately "I can't guarantee I'll do this today," then put it on your B list. Anyone who doesn't give you enough warning doesn't deserve to be an A priority. This way you won't be victimized by others' lack of organization or communication. Remember, the point of the exercise is to do the things you think are important, not the things others may think are important for you to do.

Do this exercise every day for at least a week and you will notice a difference. Make sure you reward yourself on days when you complete you A's

Profile

Michael DeLory is a Touch for Health Instructor and also the Executive Director of the TFHA of Canada. He is dedicated to excellence in teaching and presenting Touch for Health skills. He is always on the lookout for tools which will help people create the type of business they want in their kinesiology careers.

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The Transcend Vibrational Cards, Kinesiology, and Electromagnetic Stress

by Sabina DeVita, Ed.D., n.d.

The Transcend Vibrational Card system, a product of Dimensional Design, is a *new technology* for restoring and balancing the energies of the body/mind. They are vibrationally imprinted cards that are designed to interact with the bio systems.

How the Cards work

The human energy field or aura is made up of several layers of force fields collectively called the subtle bodies.. These force fields or subtle bodies (specifically the mental, astral/emotional and etheric, physical bodies) have a direct effect on the health of the body/mind. If the etheric field becomes distorted, physical disease soon follows. It is the energy field that molds the body. Richard Gerber, a Detroit physician who has spent the last twelve years investigating the medical implications of the body's subtle energy fields, states "the etheric body is a holographic energy template that guides the growth and development of the physical body". The late David Tansley, D.C., past chairman of the Radionic Assoc., author and researcher, states, "It is essential to think of man first as a series of force field systems, and that pathology begins there before appearing in the physical body".

It is necessary to establish clear communication channels between the subtle bodies and the physical body. Poor communication between bodies results in energy blockages that manifest as disharmony in the Body/ Mind, weakening the physical body and adversely affecting mental and emotional states. When harmony is maintained there is an even flow of energy throughout the body's energy centers, often referred to as chakras, which serve as receptors and transformers of energy in the body.

All living organisms have natural oscillations and function best at their own resonant frequency. The apparently solid human body is really a complex of energy patterns. Our

physical system is composed of many vibrations, Each part of the body produces different patterns of vibrations, runes and energies,

Each organ, gland and tissue has its own vibratory rate as well. When interference in the natural harmonics or vibrational pattern of a particular system in the body occurs disorder or "dis-ease" results. For the past 50 years physicists have discovered and demonstrated that when the smallest discrete entities in the universe, the components of atoms, are manipulated they become energy packets or waves! This means that our solid world is really empty space filled with very complex energy, patterns. According to the physicists, the human body is an energy illusion and that the cause of disease probably lies in distortions of some of these energy patterns. Malcolm Rae, well-known in Radionics, discovered from his rigorous experimentation how geometric patterns had the ability to store healing potential. Based on this and further developments in quantum physics, the hologram, bio transmitters, the vibrational and pattern storage capabilities of water and scalar technology, the Transcend card evolved.

These frequency cards are very similar to the principles of homeopathy. Each homeopathic remedy has its own signature, its own pattern, its own vibrational frequency. Likewise, the cards carry their own signatures and patterns. In one remarkable experiment by Australian physicist, Paul Callinan, it was demonstrated that a substance leaves behind "foot prints"---a signature---even after it has been greatly diluted. He froze homeopathic remedy tinctures to -200 °C (-328 °F) which then crystallized into snowflake patterns that differed for each remedy. The more he diluted a tincture, the clearer its pattern became. Quantum physics has discovered that substances leave behind energy fields. The correct remedy resonates with the patient's life force---a "booster shot" of subtle energy---returning the organism to its proper

vibrational frequency by imprinting an energy pattern on the body's fluids or cells.

Likewise, the Transcend Cards provide a series of frequency-specific subtle energetic signals that are designed to harmonize the body/mind. The body/mind possesses an inner intelligence that is capable of translating the encoded information in the card. This process can be compared to the software that runs a computer or to the magnetic signal on video or audio tapes. When the cards are placed on the body the encoded information is transferred to the inner intelligence of the body/mind and the restructuring begins.

The holographic imprinted grid on each card holds vibrational patterns of selected harmonic frequencies of light, color, sound and symbol. Bio-information from plant and mineral sources have also been used. The cards are designed to be worn on the body (in a pocket or cotton case). The body will work to integrate the vibrations from the card. Kinesiology testing will indicate length and time per day. Cards help the body adapt to more light absorption.

Electromagnetic Stress

The use of electromagnetic energy for power and communication has markedly accelerated since World War II. We live in a world of electromagnetic bombardment. Electrical energy, though a most useful servant, has created a threat through its saturation from unprecedented sources. It is estimated that a typical American is exposed to 200 million times more intense electromagnetic radiation than what our forefathers took in from the sun, stars and other natural sources. EMF's (electromagnetic field) are invisible electrical and magnetic forces impossible to see and impossible to hear that are emitted from anything operating on an electrical current - from high tension wires, industrial radar, microwave beams, computers, televisions, fluorescent lights and other electrical appliances which have been found to be dangerous to mental and physical health.

When an individual sleeps or works for extensive periods within these zones, these energies exhale a constant source of stress

(altering body polarity) which can lead to fatigue, frustration, tension and illness.

Signs of exposure may include drowsiness, chronic aches and pains, sleep disorders, irritability, low energy and general malaise, and may lead to more serious situations such as cancer (electro. smog is often undetected by doctors and health care professionals). Sweden has given EMF's serious consideration by classifying EMF along with tobacco as a class 11 carcinogen following its study of the effects of EMF on 500,000 people over a 25 year period. They report a four-fold increase in the risk of leukemia among children who live near power lines and the doubling of risk for adults.

The Environmental Protection Card

The environmental protection card assists to combat the harmful effects of electromagnetic pollution by neutralizing stress and balancing any abnormal energy flow in the body. The card consists of a gold holographic grid that is permanently *imprinted with a vibrational program encoded with appropriate signals or frequencies designed to balance EMF disturbances in the body-mind.*

This card works to hold the subtle and electrical system in balance by providing an energy pattern for the body to match, "principle of resonance phenomenon", which over time will reduce the stress. Now with the computer age - the threat of radiation is even higher. One case study of a computer programmer who used to feel drained by noon after sitting in front of her computer all morning found that by wearing the Transcend Card she could easily work 8 to 10 hours and still feel alert and energetic. For myself, I have found the cards to be most helpful and so easy to use. Testing to determine card usage for you and your client is most important. The Environmental Protection Card is designed to be worn on the body or carried in a pocket. It is the size of a standard credit card and laminated for durability. The card is imprinted with a permanent program and it cannot be weakened, altered or neutralized.

Touch For Health® has provided us with a way to work with the subtle bodies and detect imbalances. It is a biofeedback system-a way

to communicate with our own bio-computer. Thus, Kinesiological protocols and testing have been developed for Transcend card usage. The Transcend Mode is introduced along with the protocols found useful for the environmental protection card.

The Transcend Testing Procedure

1. Ask permission both verbally and with the muscle test. Use an indicator muscle-preferably the anterior deltoid.
2. Do the pretests to establish a clear circuit indicator muscle.
 - * Drink water
 - * K 27's, GV 27, & CV1 & CV24 & navel
 - * Cook's Hook-Ups
3. Only if goal or issue is identified for this session use the expanded permission format:
 - 100% willingness to benefit on all levels of being
 - 100 % willingness to let go on all levels of being (from Three in One Concepts)
 - 100% intentionality to implement positive change. (S. DeVita) (PKP)
4. Now test the *Transcend Finger Mode*, Radionics Em#1 3 with Spiritual Mode (developed by S. DeVita from PKPIII concepts).
 - * If there is an indicator change - test which card to use either by name or touch.
 - * Find how often/long to wear the card.

NOTE: There are several ways to use the Transcend Cards. The First way is to simply wear it. The Second way is to use the card during a correction or balance. This enhances the balances and speeds things up. It can also be used to anchor the goal; e.g., if you balance with the Transcend Card and then wear the same card, the changes occur faster. Also, use for in-depth testing such as in electromagnetic stress given here. [It's like using a 3-D homeopathic remedy.]

5. Electromagnetic Stress

NOTE: I often ask the client to think of the workplace or where there is greatest exposure while testing.

Pretests

- (a) Energy Drain (PKP mode EL 8 1/2)
If so, find what is causing the problem, check thymus energy.
- (b) Five finger test to the torso (Sheldon Deal).
- (c) One finger test on midline top of hairline for electromagnetic interference.
- (d) Check Glabella (pineal point).

Now test Transcend Mode-if yes go on to test Environmental card and recheck all pretests. Find how often/long to wear the card and where (e.g. in front of computer, while driving etc.).

The Transcend Cards have proven to be effective in removal of both physical and emotional blockages and in balancing the energy flow in the subtle bodies. The nine cards in the Body/Mind System include the following below.. Several can be worn simultaneously. A two day course is offered to facilitate the full potential use of the nine cards (with in-depth protocols).

Attunement

Subtle Energy Balancing

Emotional/Mental Harmony Energy Enhancer

Stress Release

D-tox

Environ., Protection

Vital Cell

Food Liquid Energizer

Plus

Safe Space and Protectoplex

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The Transcend Cards may be obtained from TVCS Canada office, Dr. S. DeVita, 7700 Hurantario St., Suite 408, Brampton, Ontario L6Y 4M3 Phone (416) 781-4808 or (905) 451-4475
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Re-Education of the Shoulder Girdle

by Bruce Doolin L.M.T., C.P.F.T., C.Ht.

The shoulder (glenohumeral) joint is the articulation between the glenoid fossa of the scapula and the humerus. As A multiaxial joint, it allows movement in three planes. The motions possible are: flexion and extension in the sagittal plane, abduction and adduction on the frontal plane, external and internal rotation and horizontal flexion and extension in the transverse plane, and circumduction in a combination of planes. The scapula and glenohumeral joints work together and use highly synchronized and coordinated movements to perform most functions of the upper extremities.

According to Dr. Travell and Dr. Simon's book on neuromuscular trigger point therapy most muscles in the shoulder girdle at the height of dysfunction have shortened and limited range of motion. Using kinesiology to first test each muscle in the shoulder girdle you can find and document the locking or unlocking response taught in Touch For Health. Touch For Health techniques give you non-verbal information on the status of the individual muscles along with verbal feedback from the client on possible pain or tightness elicited from the testing procedure.

With this information in mind you then begin a systematic elimination of tender points in each unlocked or dysfunctional muscle until all or most areas are released and all shoulder girdle muscles are covered. The techniques that are most effective in achieving this goal are direct pressure to the most tender point, cross fiber friction of the entire muscle along with its attachments and gliding with your thumbs or fingers from the origin to the insertion. These techniques are even more effective when used with a lubricating oil and the tissue is warmed by using friction and kneading (grasp and release) to promote a softening of the muscle and fascia. Energy work such as Reiki, Healing Touch, or Therapeutic Touch are also good to begin the healing process and elicit the relaxation response of the client.

When the entire area, if time allows, or the affected area is covered then a stretching technique such as Proprioceptive Neuromuscular Facilitation stretching or post isometric muscle release is then applied to return the muscles of the shoulder girdle to their normal resting length.

The final test in the reeducation of the shoulder girdle is to take the humerus into its full range of motion and then retest each initial muscle to see if the results of your first set of kinesiology tests have improved. This entire procedure may have to be repeated a number of times depending on the individual's response to treatment, length of time of the injury or dysfunction, age, physical shape and willingness to go through possible slight discomfort felt in changing old patterns engrained in the neuromuscular myofascial system.

The list of possible muscles and their functions that may be involved in this procedure is shown on the next page:

MOVEMENT	MUSCLE	ARTICULATION	ACTION
Shoulder flexion	Biceps brachii	Shoulder	Flexion
		Elbow	Flexion
		Radioulnar	Supination
	Anterior deltoid	Shoulder	Flexion
			Transverse flexion
Shoulder extension	Coracobrachialis	Shoulder	Flexion
	Transverse flexion		
	Pectoralis major (clavicular)	Shoulder	Flexion
	Posterior deltoid	Shoulder	Transverse flexion
	Triceps	Shoulder	Extension
Shoulder abduction		Elbow	Extension
	Teres major		Extension
	Middle deltoid	Shoulder	Medial rotation
Shoulder adduction	Supraspinatus		Adbuction
	Pectoralis major	Shoulder	Adduction
		Sternoclavicular	Protraction
Shoulder lateral rotation	Latissimus dorsi	Shoulder	Adduction
	Teres major		Medial rotation
	Infraspinatus	Shoulder	Medial rotation
	Teres minor		Lateral rotation
Shoulder transverse	Pectoralis major	Shoulder	Transverse adduction
		Sternoclavicular	Protraction
	Coracobrachialis		Flexion
Shoulder transverse abduction	Anterior deltoid		
	Triceps	Shoulder	Transverse abduction
Shoulder medial rotation	Posterior deltoid		Extension
	Latissimus dorsi	Shoulder	Medial rotation
	Teres major		

Neural Organization Technique

by Carl A. Ferreri, DC

Neural Organization Technique originally got its start as an organized application of Touch For Health protocols and got its name from exactly what it is intended to do. It is a way to very specifically organize the central nervous system and therefore the body that it controls.

It is important to understand that if our central nervous system is intact and can express organized function we will enjoy the full expression of our life force [health]. If however, there is disorganization within this system then it is this disorganization which allows for less than the full and proper expression of our life force and dysfunction, disease or pain will ultimately result. N.O.T. deals with the neurological cause of the problem and not the symptoms.

Our ability to survive in this world depends on the proper and organized function of what has been recognized as our primal or primitive survival systems. These systems have been designated as the Feeding System [with all that entails], the Flight/Fight System [not only fight or run but our ability to walk, work, dance, play, etc.] and the Reproduction System [which is more than just the sexual act]. In recent years we have become very aware of another survival system which makes the first three viable, the Immune System.

These systems interact with one another in very specific ways and yet, to a large extent, they must work in single track fashion. When one system is in operation the others are suppressed in their activity so that the particular activity initiated will be able to be carried out with no interference and without distraction. When the feeding system is activated, for example, the reproductive and fight/flight systems are suppressed and vice/versa. The fight/flight system however is always ready to intervene in the event of danger but remains inactive unless needed. Fight/flight system activity will suppress both the feeding and the reproductive systems because under the circumstances of survival we cannot be distracted from this primary

need. If the fight/flight system cannot fully turn off for one of many reasons it will always interfere to some degree with the proper function of the other systems. Both the digestion and the reproductive functions will suffer to some degree. Understanding these inter actions is very important when we investigate health problems. For one reason or another if one system cannot turn down sufficiently to allow another system to function properly we will very quickly have chaos in the body and anything can and usually does happen. Yet because of the one track principle of these systems we can also continue to survive and function even with many deficits.

Each of our primal survival systems, their sub functions and inter actions work in specific computer like programs. Nothing happens in the body by accident, it is all programmed activity and response. These computer like programs are all reflex in nature and therefore automatic once activated. This would have to be because we could not think fast enough to activate all the muscles, etc. necessary to take just one step. Most of these neural programs are innate [born with] and are operable as soon as the individual is strong enough or mature enough to use them. Others are learned programs as the need presented itself.

Because the body works in program you cannot treat a piece of the body which is what is usually attempted. You must not only address the whole program but you must address the whole body. If the knee hurts all activity is usually directed to the knee with no attention to the other structures of the leg or opposite arm. If it hurts in a certain place then the problem must be there. Usually it is not. The "head bone is truly connected to the foot bone". The cause of any condition is usually some place other than where it hurts.

Once we understand the inter action of the systems we will soon realize that everything in the body works in "relation to" something or to some condition or circumstance. Therefore all examination and treatment

protocols must be done in the way we live. We must deal with them with the eyes open and with the eyes closed, in the light and in the dark, sometimes sitting or standing, at dusk or at dawn or in relation to some other memory trigger. If a trauma of some kind happened under these circumstances the body relates to that incident under those same circumstances and therefore it must also be treated under those same circumstances. The body must understand what you are doing and why you are doing it otherwise it cannot cooperate with any corrective effort and the condition remains essentially untreated and chronic. This is not survival in the best sense. There is always an initiating factor or a "way in" to activate each program so that they can be investigated and treated if necessary. The system itself must be treated, not just a piece of it.

Neural Organization Technique is series of kinesiology based, neurologically correct examination and treatment protocols designed to specifically find the disorganizations within the several survival systems. These disorganized functions manifest as symptoms of some kind through central nervous system activity. The treatment protocols are then designed to organize or reorganize these neurological reflex functions therefore restoring the integrity of our primal survival systems. It is through the function of these systems that got us here and is what keeps us here. Everything that happens to us or anything that we do must manifest in and through one or more of these survival systems. We have no other way

N.O.T. as these protocols have become known is probably the most powerful technique I know of to treat anyone. These protocols deal with the full expression of our life force.

N.O.T. deals with the posterior and anterior neurological switching mechanisms of the body, the head and neck righting reflex systems, the pelvic centering reflex systems, the posterior and anterior gait systems, the category one sacral respiratory fault system with dural torque, the universal cranial fault mechanism [which will prevent other corrections if not stabilized], closed head injuries of all sorts [whiplash, etc.], immune

system deficits, the many T.M.J. deficits in its relation to structural stability, sequencing of digestive system, defensive activity to protect the brain and cord and also to maintain the structural integrity of the skull, the various pelvic and cranial weight bearing deficits [category II type] [all related to the jaw], spinal and disc problems, idiopathic scoliosis, learning disabilities of all kinds, endocrine, circulatory and cardiac stress problems, and extremity problems [arms and legs].

Once the digestive mechanism has been reordered through the basic protocols we can then attend to the nutritional aspects of the individual and judiciously use food supplements and dietary changes to accomplish a higher level of health and not use the copious amounts of food supplements [as a substitute for drugs] as is usually done.

Once the animal survival systems are intact so the the body becomes totally functional, once we become secure in our physical being and are no longer defenseless in the physical sense, we will be able to function on a higher level emotionally. Things which bothered us before may not now bother us, things which were threatening to us before may not now be. We can now deal with the real emotional problems and not a bunch of static. N.O.T. has very specific emotional protocols which work in both the conscious and subconscious levels.

As a first priority Neural Organization Technique addresses the primal animal survival systems of the individual so that we can function in the "jungle" as we were designed to do and then addresses the emotional memory banks as the next priority.

N.O.T. does N.O.T. recognize that nothing can be done. You do N.O.T. have to live with it. It is N.O.T. impossible, we just do not know enough - yet.

Emotional Reflexology

by Michael Flatley

Do you sometimes find with certain clients, that muscle checking becomes overly complex? If they have complicated stress patterns, it can take a while to either:

locate a clear IM (muscle indicator)
or
achieve clarity in a "stressed-out" IM

Muscle monitoring is often efficient or even magical while at other times frustrating for the facilitator, the client, or both! Yet doesn't that apply to all modalities? Some people love Rolfing. Others hate (or fear) it. Same thing with acupuncture, allopathic medicine, broccoli, multi-level marketing ... you name it.

The challenge I discovered in my first years of practice was that few if any of my clients shared my level of enthusiasm for kinesiology. And often times I just couldn't get a clear indicator change in whichever muscle. I was a sponge for information, techniques, and modalities accumulating over 500 hours of training in at least five different programs related to AK/CK/TFH synthesis. That helped a lot. Intuition helped even more. Throughout this time I was employed and/or self-employed as a massage therapist. This is how I got to experience working on 2,000 bodies, and yet the kinesiology programs made up about 80% of my overall bodywork training. The unconventional style I developed would typically prompt the question: "Where did you learn this?" As in what massage school..... If my description of kinesiology sparked their interest, then I would include more specific balancing techniques. Mostly, I would integrate any number of TFH/PKP/AP/HTX techniques into the massage with the following difference.

Replacing (AK) muscle monitoring with tenderness monitoring.

- Find a tender reflex
- Utilize an appropriate TFH correction
- Check for decrease in tenderness

Other alternative bio-feedback/monitoring

- Try a difficult yoga posture
- Utilize corrections from any modality
- Check the same posture (if it's not easier, find another correction)

More subtle

- Think about any goal, challenge, or unpleasant memory and notice feeling
- Utilize corrections
- Think about same thing, observing any changes

These other styles of monitoring are perhaps more intuitive, subjective and right brain in comparison to AK/TFH muscle checking. That's the point -- sometimes the clients innate intelligence can work more effectively with a right brain approach. It's like the difference between reading Braille through fingers vs. prints through the eyes.

The Emotional Factor:

This method is based on the following set of hypothesis:

	Key up:
Below the waist points	Subconscious stressors
Above the waist points	Conscious challenges
Gluteal muscles	Bonding challenges and stress programs (beliefs) emanating from prenatal period
Thighs	Personal issues; Repressed emotions
Calves	Transpersonal issues; Oldest patterns
Gait reflexes and small intestine pts.	Centering; identification with challenge

1st Example:

To clear overwhelm - too many details to manage - too many work hours - dealing with crisis - big personal change or struggle

Compare the difference between:

"I am challenged by _____."

and

"_____ challenges my beliefs, ideas, programs and/or imprinting."

In a centered state we don't feel threatened or challenged. Getting our programs challenged or eliminated is how we evolve. Overwhelm(centering issues) and false identity can be keyed for processing by activating these trigger points:

- Belly of the quadricep
- Quadricep NL points
- Gait reflexes (see TFH Book, p. 123)

If these points can be cleared, a breakthrough in the domain of empowerment can occur for the client. Neuro-vascular massage is sometimes enough technique. I also find that meridian massage can be combined with holding a flower essence bottle (that relates to the stress) while tracing the line. I believe that "running" an essence through the channels for 2 minutes can be as effective as taking it orally for two weeks.

2nd Example:

- Check NL reflexes along gallbladder channel on the tensor fasciae latae on both legs.
- Find the most tender point.
- Use the verbal cue: "Whatever this reflex relates to, just relax enough to connect with a meaningful resource."
- This set of points relates to regret, guilt, grief or remorse, the most extreme version being self-condemnation. If a client suffers from self-deprecation and/or giving away power, this set of points will be "loaded".

3rd Example:

If a client is dealing with something unpleasant in their life (job, sickness, relationship) often the "vibe" or self-talk will be "I can't take this anymore". The repressed version can be keyed up on stomach channel (hard to stomach/accept) of the thigh region. The conscious aspect will be accessed at the levator scapula attachment near the scapula.

When the Persian Gulf conflict was heating up in the autumn of 1990, most people were noticeably tender on the belly of the anterior tibial muscle on the stomach channel between the ankle and the knee. "Operation Desert Watch" was dominating the news. It's hard to accept (stomach) lack of peace (bladder), the prospect of war, Saddam Hussain, Etc. There's also the loss of control (bladder) or power for Kuwait and/or western oil interests. It's transpersonal in that it relates to so many people and it reflects older long-term karma.

Inner Thigh

Adductor Muscle (Pericardium) facilitated by spleen, liver and kidney energies.

Liver through Adductor:

The theme of resentment, frustration or disappointment (repressed version) in relationships. Bitterness with a friend, partner or relative show up clearly here! At the knee, I find a polarity of birth stress on the inside (liver) portion of the knee and death stress on the outside (gall bladder) of the knee. If someone is age 45, halfway between the knee and groin, you'll be pressing into a challenge emanating from early the age period of the early twenties. Adolescence is one third up from the knee. Just check the whole line; find the most sensitive point; do the math; then ask them what they remember from that age.

Modern cultures lack of proper initiation, right of passage or ceremony that indigenous cultures offer children at puberty can manifest as a subconscious resentment at the point that corresponds to age 13 on liver through adductor. For an 18 year old it is two-thirds up from the knee. On a 65 year old, check 20% of the distance between the knee and the groin. I realize this is illogical. Please check it

on a dozen people before dismissing it. I am not aware of linear "readouts" on other channels.

Gluteals/Bonding

The most intense experience of bonding is to become someone else for nine months. In many respects, it's the epitome of surrender. The two largest muscles animated with pericardium chi are:

Gluteus Maximus - Stressful content within the "download" of programs (shared karma, lessons, imprinting, etc.)

Gluteus Medius - The stress associated with merging and absorbing the mother's energy, beliefs and the general restriction of her culture and world. In the belly of this muscle, you might key up programs such as:

"I lose my identity in relationships."

"I have to give up being myself to exist in this environment."

Affirmation: I open to remember that my essence cannot be lost. It was my choice to share in the lessons of others. These are perfect lessons which I can accept.

Feet

Integrate all foot reflexology information, experience and training with ESR skills. Foot reflexology can be more diagnostic followed by full-body corrections. Or, vice-versa: work on the feet to clear a stress found on the body. When you find tenderness on the feet or toes, ESR techniques and emotional rituals are very effective. Also, most people love getting their feet massaged.

Key up a big stress. Then go for some bliss. Re-check the stress. There will be a percentage drop. You will observe the clients clearing style. Trust your intuition. It's more powerful than techniques. The fusion of intuition and technique (minus ego) is magical.

Above the Waist

These points are generally more recent, conscious and variable in relation to the clients lifestyle. For example, the belly and origin of Brachioradialis is the most common tenderness in the arm. Combine a stomach emotion, such as contentment, with a large intestine emotion that relates to a challenge the client is currently processing, e.g. letting go of dissatisfaction.

If the reflex clears quickly and easily it might not be important to identify the emotion.

Some "readouts" do not clear so fast. The reasons include:

- Lack of deep alpha state. The range of 7 cycles/sec. is especially helpful in accessing spiritual resources, and deeper knowing relevant to the stress/challenge/learning.

- Need to know more about it.

- Psychic cords; foreign consciousness in the client's space. Use any modality to clear chakras involved. It can be regarded as unconscious surrogating.

ASSESSING THE EMOTION

Kidney - fear, insecurity

Bladder - peace, control issues

Liver - resentment, anger, bitterness, attachment

Gallbladder - choice making

Heart - love, hate, gratitude

Small Intestine - assimilation, identification issues

Triple warmer - burden, harmony, humor

Pericardium - bonding issues

Spleen - sympathy/empathy, anxiety, faith

Stomach - acceptance, contentment

Lung - tolerance

Large Intestine - Releasing the past, worth, grief, guilt

On a given point, you might have a combination of three domains:

- Chi of the muscle

- Chi of the meridian

- Chi of the reflex

All three domains are interfacing there. When you find a tender point, simply mention, this stress could relate to _____, _____, or _____ ... or something else. Then use a clearing technique. The client is processing through alpha, light touch, affirmations, etc. The combined intuition of the client and facilitator will indicate the emotional content most of the time. After the reflex has cleared, there can be a feeling of complete certainty about the emotional content, not knowing at, having a clue, or anywhere in between.

If a person has high anxiety, you can bet on high tenderness with any spleen reflex and vice-versa. Ask what kind of stress they have. Then check reflexes that correlate with the emotions conveyed. Or:

- 1) Check all the NL points
- 2) Suggest the emotional possibilities
- 3) Client makes correlation
- 4) Re-check points asking "Is there a change in how this feels?"
- 5) They'll say something, "Yes, if you're using the same pressure, it's only half as sensitive now."
- 6) The other 50% might be another layer, issue, challenge, and or emotion.

- 7) Either continue with the same corrective technique, or try another technique, or be satisfied with a 50% drop at that point and go to a higher "readout". Later, re-check this one again. It will probably drop further.

In Summary

In a one hour session, you can locate 20-40 of the most sensitive reflexes on your client and facilitate a 75-100% clearing on those readouts. You get to employ the essence of your kinesiology training on clients without doing AK muscle-checking. It's less technical and more intuitive. It also blends into massage quite well. Almost everyone loves massage.

Emotional Reflexology is a distillation of everything I've ever learned about healing and transformation. It takes a day to teach it. The advanced module, Harvesting Blackholes, puts more emphasis on transforming subconscious programs by shedding light on difficulty, hardship, and pain of the past. Isn't it conceivable that the most unpleasant lessons in life yield the greatest rewards? Once a lesson has closure, then the gem of wisdom has been extracted.

As a healing artist you are reminding people about the gem. It's pretty simple.

Empowering Our True Selves

by Annette Franks, M.Ed.

We are surrounded in our culture by influences that promote external focuses and emphasis in defining ourselves as human beings. Devoid of depth and often any real meaning, we seem to foster canned data-based inquiries and explanations in our contacts with others. Questions regarding what we do, where we live, what our spouse or significant other does, what kind of car we drive, promote the data-base of external descriptors that actually define a culture of human-doers, human what-haves or human what-have-nots. Many human beings in our culture work very hard at avoiding being human.

We are all truly radiant, spiritual, loving-emotive beings. Yet our contacts with each other are often based on inquiries regarding the external realms of our existence and lack often acknowledgement and reflection into the true inner nature of our selves. Many run from their inner truth and experiences within themselves. They seem to avoid being fully present from their own inner experience and thus, avoid being fully present with others.

To be fully human means we have the capacities to not only think and do, we are also able to be fluid in our emotions, spontaneous, radiant, loving, trusting, joyous and passionate. We radiate a confidence and a passion for living that is felt deep within our being. We have the capacities to experience internally our feelings and to listen and embrace the sacred wisdom that lies within us all. We can be fully present with our true selves and with others.

As a healer, my work is designed to help people understand how they experience

themselves and how they experience themselves while in contact with others. Are they present with their own inner experiences? Are they aware of the deflections they use in avoiding their own inner experiences and thus block genuine contact with others? Are they aware of the negative illusions they collected from their environments that block their ability to be fully present with themselves and with others? How emotionally present are they?

Contact is a process of how we experience ourselves and others. By heightening our awareness of our eight contact functions we can begin to empower ourselves more toward developing more depth and meaning in our contact with others. Seeing, hearing, talking, thinking, touching, moving, smelling and tasting are our contact functions. Heightening our awareness of our contact functions pulls us more into the present moment and allows us to see ourselves more clearly and experience our true selves more fully.

Empowering our true selves helps us to awaken fully the Sacred Wisdom within us all and to nurture and heal the woundedness of our lives. We can learn to be fully present, to believe in ourselves and our integrity, to embrace our true radiance, joy and spontaneity. Being human means we have the capacities to embrace our humanness and to celebrate love and life to the fullest.

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Beyond Technique

by Patrice Gildner

Presuppositions

The ideas presented in this paper are based on the following philosophical presuppositions:

- 1) All creation is made of vibrational energy (a concept validated by the discoveries of quantum physics).
- 2) Each person aspiring to be a "helper" is motivated by a purpose beyond material gain and desires to satisfy the calling of that higher purpose in some way.
- 3) Man can be simultaneously conscious of his two-fold aspect of spirit (Self) and personality (self), both conscious and subconscious. The spirit Self is also referred to here as the "essence."

Underlying catalyst for healing

Various techniques from different disciplines can be equally effective in treating particular dysfunctions and diseases. At the same time, nothing works consistently in every case. Sometimes, placebos have almost the same rate of "cure" as traditional medicine. Where the patient has lost the will to live, no remedy may be found to restore vitality. What, then, is the underlying catalyst for healing?

To understand healing we should perhaps first consider the nature of health. Health has been described in the wisdom teachings of many cultures as the harmony of the physical system (physical, emotional, and mental bodies) with the spirit. This description suggests that there exists within each individual a specific calibration that embodies the condition of "health." Another way of describing this state is that the vibrations of an individual's unique physical, mental and emotional aspects resonate harmoniously with the more subtle energy fields we call "spirit."

Such a perspective suggests that health and healing is a personal journey, a notion which the health care field is beginning to embrace by respecting the varying needs of individuals

and emphasizing the importance of healthy lifestyle choices. This model of well-being acknowledges the role of individual free will and validates the importance of a healthy inner life both as a safeguard against stress and a source of revitalization.

The paradigm shift which resulted in the recognition of a mind/body connection implies, where it does not actually state, the interdependence of an intangible life force (referred to here as spirit) with the coarser workings of the human system. This energetic flow from spirit is what I believe constitutes the underlying catalyst for health and healing. Our Journey toward perfect health may very well lie in the discovery, acceptance, and expression of spirit through the physical.

Though attitudes are beginning to change, especially regarding physical fitness, it is still common in our society for people to rely on someone or something outside of themselves to alleviate their discomfort, and the quicker the better. By not examining the origin of the symptoms, we often do not resolve the underlying cause and the problem resurfaces with different symptoms. Because of the effort implied, few clients welcome the suggestion that the key to health lies in their ability to bring the physical system into harmony with itself and spirit. Until the expanded mind/body paradigm gains wider acceptance, we will continue to spend time and money chasing elusive remedies for a series of ever-changing symptoms.

Creating a sacred healing space

Practitioners of the healing arts who, by their presence, create a safe and comfortable environment for change encourage their clients to approach the threshold of new learning with openness and compassion toward themselves. Though the qualities of such a "presence" often defy description, we each know when we are with such a person.

A willingness to be authentic, the expression (both verbally and nonverbally) of integrity

and compassion, and a certain reverence for the shared healing process are components of this presence.

The ability merely to "be with" another, as the metaphoric fellow traveler on life's journey who lends a helping hand, cannot be underrated as an aid in the healing process. There is much anecdotal evidence of the occurrence of spontaneous healing, especially of mental and emotional ailments, through deep rapport. "Being with" can be as simple as matching the client's breathing pattern to create rapport at a body consciousness level. This phenomenon illuminates what traditional physicians have known for years, that patients heal themselves if we only remove the impediments to healing.

"Beyond Technique" addresses what you can do to create in yourself and for your client a sacred space in which to do your work. From this safe place the client may begin to discern what is "essence" (inner truth) and what is illusion (personality or ego self) through your guidance as a skilled practitioner in your chosen field. Your success at creating a healing space will be enhanced by your ability to stay centered and clear of internal or external distractions. Thoughtful resolution of personal emotional issues and the consistent practice of self-care help keep the healing "channel" clear.

For many, creating a ritual for clearing and opening to inspiration helps to prepare them for a session. One such ritual is the mental imaging of pure white light, a universally accepted symbol of goodness, which surrounds you and your client. While some think of this white light as an egg or fog of protection from negativity, I prefer to call upon the Source of the white light to surround and infuse me so completely with its brilliance there can be no room for darkness. As the purity of the light fills you, you may benefit by dedicating your service to a higher purpose. In the tradition of "Thy will be done".

When performed with an attitude of receptivity, this ritual has many positive effects including the clearing of a channel for intuition and the infusion of Universal Life Force Energy. You may also experience an increased detachment to outcomes through the

recognition of your essential cooperation with the client's own inner wisdom (with its secret knowledge of the Divine Plan of evolution for the individual). Detachment helps us respect each individual's right to grow at his or her own pace. This ritual also serves to remind the facilitator of the ultimate goal integration with spirit.

The bridge of light

Once you are centered and have prepared yourself well, established trust and a sacred healing space, you are ready to proceed, employing your tried and true technique. There will be times, however, when your best preparation and expertise are not sufficient to guide a client out of a stuck state. This is the time to take a quantum leap beyond technique to a meeting of "soul essences." The following instructions for creating a bridge of light will guide you to an experience of powerful potential and responsibility. I invite you to experiment with the process to ease conflict situations and to form a cooperative synergy with others.

First, contact the best and truest aspect of yourself (essence) and experience this "pure you" as being unalterably connected with the Creator (Universal Good, etc.- use your term for some force greater than yourself). Invite the client's essence to participate for the highest good of both. The quality of this interaction is reflected in the ancient Hindu greeting "Namaste," or "The Christ in me salutes the Christ in you."

Next, imagine a bridge of light extending from the place of your essence to the client's essence. Respectfully invite the client to meet you on the bridge. If there seems to be resistance, you may wish to state your positive intentions and make any other assurances that seem appropriate. If there is still no willingness on the other's part, you do not have permission to continue. This does not happen often, but must be respected. You may ask under what conditions your help would be acceptable and perhaps negotiate until agreement is reached.

If the impression you get is of agreement, "walk" to a halfway point in the bridge. The client's essence will likely meet you there and

you can then explain your intention and ask for clarification or assistance. (The client's essence will actually be functioning as a consultant to you in your shared intention of growth for the client.) The insight gained here may present a new perspective or added information, or may suggest a departure from what you have been doing. The suggestions may require a "leap of faith" into guided intuition, if the information is different from what you might otherwise have chosen. When you follow such an intuition, and it works, you will be more confident about taking "the leap" the next time.

This type of communication can be employed in many situations. It is especially useful when you seem to be at an impasse with someone. From the bridge, you can gain insight into the other's perspective and more harmoniously reconcile the situation to everyone's benefit. Implied herein, of course, is the requirement that any action you take spring forth from your essence, without emotion and without hidden agendas or ulterior motives.

With practice, this communication need only require a moment's "meditation" to complete. The message might be received as a form of thought transference, actual words, or a subtle sense of guidance. Whatever your method of receiving, try to be receptive to the message. The alignment of purpose which takes place on the bridge of light can help you as a facilitator to create a synergy between the energies and techniques you employ on the conscious plane with the healing energies available on the subtle planes. If you have prepared yourself well and are acting with integrity and humility, proceed with confidence that you have tapped into a true source of inspiration.

The best protection against delusion and grandiosity is a simple humility rounded on the conviction that you are a channel for healing energy, a partner with your client, and not yourself the healer. You work from love and the knowing of the All and connection with Oneness.

Ecstatic Body Postures: A Ritual Doorway Into Nonordinary States of Consciousness

by Belinda Gore, PhD

Anthropologist Felicitas D. Goodman discovered among the artworks of hunter-gatherer and horticultural societies around the world evidence of body postures which, when used in the context of ritual, produce a highly specific altered state of consciousness. Her earlier research on glossolalia, or "speaking in tongues" (ref. 1), had identified that the body undergoes physiological changes during the religious altered state of consciousness; glossolalia is a vocalization that occurs in conjunction with those changes in the body. Later she found that when a ritual body posture is coupled with the necessary preparations and a method for rhythmically stimulating the nervous system, it is possible to induce the experience of ecstatic trance. (ref. 2) In this ecstatic trance state, individuals utilize organs of perception different from the familiar five senses in order to witness and experience an alternate reality.

Religious specialists from every culture throughout history have identified some version of an alternate reality. Black Elk, a Lakota medicine man, described it as "the world where there is nothing but the spirits of all things. This is the real world that is behind this one, and everything we see here is something like a shadow from that world." (3) Albert Hoffman, the Swiss chemist who discovered LSD, spoke in similar terms of his chemically-induced altered state: "What impressed me most in my self-experiments with LSD ... was the feeling I had of entering another reality. This other reality was experienced as quite real, even more than everyday reality." (ref. 4)

The beauty of ecstatic body postures is that they allow individuals to enter this alternate reality simply and without the risks associated with hallucinogenic plants or techniques that induce significant stress in the physical body. Physiological changes occur in response to multiple sound frequencies recurring at an even steady rhythm, such as those produced with a gourd rattle or a drum. This rhythmic aural stimulation is believed to block the left

hemisphere processing of the cerebral cortex and simultaneously to stimulate the peripheral nervous system. (5) However, physiological changes alone do not produce ecstasy. Some form of ritual is also required, and the ecstatic body postures provide the ritual.

Dr. Goodman and her colleagues at the Cuyamungue Institute have identified over fifty ecstatic body postures. They have been found among wooden carvings from the Pacific Northwest Indians, pottery from the Pueblo Indians of New Mexico, an anthropologist's photographs from sub-Saharan Africa, and Neolithic cave drawings from France; they are found around the world and from 30,000 B.C to the present day. These postures mediate fairly specific experiences including healing, divination, spirit journeys, metamorphosis (or shapeshifting), and initiations into the mysteries of birth and death.

The posture known as the Bear Spirit posture, for example, is used for healing. Images of it have been found so frequently around the world that it was probably used in many horticultural and hunter-gather societies as an ideogram to convey the message "good health to you!" It is very old; evidence of it has been found as early as 6,000 B.C.

The Bear Spirit posture is a simple standing posture. The feet are positioned about six inches apart and the toes are pointing straight ahead. The knees should be slightly bent. Both hands are gently rolled, as though a small egg was being held in the palm of each hand. The hands form a triangle over the navel, with the first joint of each index finger touching to form the apex of the triangle. The upper arms rest easily beside the body. The head is allowed to fall back, as though one were looking at a point just above the line where the wall meets the ceiling. The eyes remain closed throughout the fifteen minutes of the trance.

In the worldview of hunter gatherer and horticultural societies, healing includes curing disease but also implies the restoration of wholeness and harmony. Problems are created when people live out of balance with the natural world. The consequences may be physical disease, emotional imbalance, or social disorder. Healers in these societies have understood that in order to make things right again, they need the help of the beings who reside in the alternate reality. Calling upon the Bear Spirit through this posture is a powerful way to summon that help for identifying the source of the disease and for restoring physical, psychological, social, and spiritual balance in the patient.

In order to use this or any other ritual body posture, it is important to first select a place that can be made into sacred space, at least for the duration of the trance. It must be a quiet space, not subject to intrusion. Secondly, to prepare oneself physically, it is wise to eat very little prior to the trance. Then a body posture should be selected and practiced so that it can be held comfortably and without distraction. Finally, smudging is recommended. Cleansing oneself with the smoke of smouldering sage or other fragrant herb is a time-honored tradition as preparation for a spiritual undertaking which includes contact with the alternate reality.

In the practice of ecstatic trance developed by the Cuyamungue Institute, we always begin with a blessing for the rattle or drum we will be using to invite the spirits who reside in the alternate reality to join us in our ritual. We usually offer blue cornmeal to awaken the spirit of the instrument, then rattle or drum toward each of the four directions--east, north, west, south--and to the sky and the earth. We then offer cornmeal again to "feed" those spirits who have responded to our invitation. It is with their help and guidance that we are able to safely enter the alternate reality.

Next we recommend a simple concentration exercise to calm and focus the mind. The exercise involves sitting comfortably and focusing on the breath as it enters one's nostrils, then gently releasing the breath. Counting each inhalation and exhalation as

one breath, fifty breaths allow enough time to prepare for the trance.

Be prepared to use either live drumming or rattling, or an audiotape, in which the rhythm of the sound is sustained at 200-210 beats per minute. The sound, which stimulates the nervous system and initiates the change into a nonordinary state of consciousness, should continue for a duration of fifteen minutes once the trance begins. Assume the ecstatic body posture that has been selected and begin the rattling or drumming.

During the fifteen minutes of rattling or drumming, it is primarily important to listen to the sound and to simply notice whatever occurs. As soon as the drumming or rattling stops, move out of this posture and sit comfortably for a few minutes. Many people like to document their experiences in ecstatic trance immediately afterward.

Some people see colors or have visions, as though they were having a vivid dream. Others feel hot or may have visceral or kinesthetic sensations. The perception of sounds and smells may also accompany the trance experience. With the Bear Spirit posture, healing usually occurs in some form, perhaps through adjustments made in the body by heat or flowing energy, through stories that provide insight or a sense of meaning, or through relaxation and a feeling of well-being provided by a release of betaendorphins in the brain.

The practice of ecstatic trance is described in detail in two books, *Where the Spirits Ride the Wind* (ref. 2) and *Ecstatic Body Postures: An Alternate Reality Workbook* (ref. 6). It is always recommended that people learn ecstatic trance from a trained facilitator, then utilize the workbook to continue the practice.

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The Maturing Process: Insights into our Inner Child

by Carol Gottesman, BSN, M.Ed., RN,C., L.P.C.

You cannot teach [people] anything. You can only help [them] to find it within [themselves]" -Galileo

The Maturing Process is a powerful holistic method for removing childhood blocks, thus freeing us to develop our full potential in the present. This health - patterning modality is an imagery process that assists us in reshaping the holograms in our memory banks.

The maturing process was developed by Dr. Vernon Woolf, known for his extensive study in psychology and behavior analysis. According to Woolf, (1990) everything that happens from the time we are born is recorded in three-dimensional pictures in our mind, which he refers to as holodynes. Some of these holodynes are immature and fractured. They were unable to mature properly due to the trauma that occurred at the time they were created. They still affect our feelings and functioning in the present. Through the maturing process, we can go back to these traumatic scenes in our minds, identify how we were feeling at the time and the positive intent of those feelings, replace what was missing, and heal ourselves from within, thus opening ourselves up to more healthy behavioral options in the present.

The first step in the maturing process is to identify how we were feeling at the time of the trauma. Once we have identified how we were feeling at the time of the trauma, we ask how it feels to feel that way and what color or image represents those feelings. The image can be visual and bounded by a shape, or it can be a feeling that is sensed. This image, which symbolizes the original negative feelings, is the immature image. We need to distance ourselves from what is troubling or hurting us while still keeping it before us. Creating the immature image accomplishes this.

Next, we begin creating the mature image. If we can identify the positive intent underlying the original feelings we can start to give that to ourselves through the maturing process. We do that by asking the immature image what it

wanted for us at the time of the trauma, what that would accomplish for us, and what color or image represents this positive intent. This symbolizes the mature image.

The next step is to love the immature image, which represents the part of us that is hurting. This starts a healing process within us. We thank the immature image for its positive intent because it is a survival mechanism that has gotten us to where we are. We ask the immature image if it is willing to learn a new way to help us; if it is willing to be absorbed into the mature image, so its energy can be combined with the energy of the mature image for our higher good. In that way, the immature image can get what it really wants for us. We have the mature image absorb the immature image.

Having the mature image absorb the immature image changes the intensity of the early event in the person's mind, and relieves the pain of that memory. It allows the person to view the situation from different perspectives. In this way, objectivity is regained and problem solving is facilitated.

The next step is to apply this new perspective, represented by the mature image, in the person's life. Commitment is the issue here. Therefore, we ask the mature image and the person if they will both commit to real, open communication with each other from now on. We request the image to teach the person all that needs to be learned to solve this problem and to do it in a way of fairness, caring, and sharing. We ask the image what it wants to do in the next 24 hours to help the person apply this in everyday life situations.

Next, the person is asked when in the next 24 hours would be a good time to check back with the image to see if it has done its job. If the image has not done its job, the person asks the image why not, to see if the block can be located. If it has done its job, the

person gives the image another assignment to keep it working. In this way the mind can incorporate the new perspective into ongoing life situations.

Conclusion

Our mind is a computer, a composite of all our experiences from the time we were born, which are recorded as holodynes. During the programming of this computer and the creation of these holodynes, we have incorrectly perceived some situations, due to the trauma caused us at the time. Incorrect conclusions have been drawn based on this input. These are our immature fractured holodynes, and each moment they affect our feelings, behaviors, and functioning. If we can go into our computer and update the input by correcting our misperceptions, we can correct the output of feelings and behaviors in a variety of ways we never anticipated. Because all behavior has meaning, we can trace misbehaviors back to the cause and correct the malfunction from the inside out. The maturing process gives us a holistic method to do this by returning to the child, changing the impressions, and updating the computer of the mind.

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The Power of Intention in Making a Difference

by Arlene Green

Abstract. This paper will address three key elements that are fundamental to change - knowledge, volition and action. A look at intention in healing will include several studies in the field of psychoneuroimmunology. Using the model of Knowledge, Volition and Action applications in practicing Touch for Health will be offered.

Why do I do Touch for Health? What is it that motivates me to teach and practice Touch for Health? To answer these questions very simply, I would say I love helping people to be able to take greater control of their health and well-being, gain greater self-awareness, and make a difference in their lives. On another level, I am deeply appreciative of having the opportunity to do work that is aligned with my personal belief system concerning my purpose for being. I believe that we were created to know and love God and to develop our virtues. There are many religious and spiritual paths one can take to do this. And if one believes that "man is made in God's image" then another way we can know and love God is to know and love ourselves and others.

Knowing and loving are two basic capacities of man. They are important aspects in an individual's pursuit of discovering their true self. They are key elements in our healing towards wholeness.

Knowing oneself may come through meditation, reflection and conscious awareness. Being in touch with one's strengths and limitations is an important part of getting to know ourselves. Underlying one's strengths or limitations is likely to be one's belief system. Beliefs evolve out of one's perceptions and interpretation of events. Beliefs create feelings and subsequently actions which produce results that confirm belief. Our beliefs, thoughts, feelings, and actions all contribute towards creating our reality. Often, though, our emotional experience or perception clouds our interpretation of our experience. The belief that follows may not truly reflect the truth, or it may have been true at one time but is no longer true. Becoming more aware of what our beliefs are and how to change the limiting

ones is critical in knowing our true self. Two excellent books on how to explore one's belief systems that I recommend are Alice Vieira's *Belief System and Your Personal Power* and Richard Gillett's *Change your Mind, Change your World*.

Conscious awareness is essential to choice. Before we can change something we first need to know what it is we want to change. Real choices begin when we recognize possibilities. Making the decision or choice to change is exercising one's free will. Will or volition is a focused desire, and may be expressed as intention, determination, and expectation. As we choose to change within ourselves, employing our knowing capacity, it seems to me that we are also on some level expressing our loving capacity. Our willingness to confront ourselves, whether motivated by pain or desire for growth, indicates a love for self. When we choose to align conscious intention (particularly pure or loving intention) with conscious awareness I think we empower our ability to make truly effective changes.

The three areas that are key to releasing our potential or achieving our goals are Knowledge, Volition and Action. We must first know that we want to change and what we want to change, then decide or desire to change, and then act on that decision. These three elements are involved in making changes in many areas of our lives. The rest of this paper will explore knowledge, volition, and action in the context of healing and Touch for Health along with the involvement of our knowing and loving capacities.

In the field of healing, the traditional approach in our country has been to spend much time, money and attention on the [knowing] level of diagnosis. Identification of the illness - the

asking "What is it? - has been the area that consumes the time and attention of patient and doctor. More important and revealing questions - "Why is it there?" or "What things contributed to it?" (that would raise one's level of conscious awareness) are often superseded by [the intention of] wanting to get rid of the problem. Treatment options [the action] are often rushed into, usually drugs or surgery, before either an understanding of what might have caused the problem or what other alternative treatment options can be utilized.

Thankfully, a growing number of health professionals, particularly doctors and psychologists, have over the past 10-15 years been researching the more subtle yet profound relationship between body and mind. The emerging field of psychoneuroimmunology has produced hundreds of clinical studies supporting the fact that what we think affects how we feel. One of my favorite references is the book *Thinking and Health* by Blair Justice. In it are quoted over 700 studies that have shown that one's perceptions, emotions, attitudes and beliefs can stimulate, enhance or inhibit the body's immune response. Feelings of hopelessness and helplessness depress the immune system, while a sense of control and hope can enhance it. Another example of how a person's belief system, their knowing capacity, can affect the course of their health is the Placebo Effect. There are hundreds of studies that have demonstrated the powerful effect of belief system, and perhaps intention, on mobilizing the body's immune response.

Also important in effecting changes in the person's health is their loving capacity - to love and be loved. Most pet lovers have probably heard that having a pet has a positive influence on longevity. Other studies have indicated that a person's support system or their perception of loving support makes a definite difference in one's health. Blair Justice goes so far as to state that "... the quality of our relationships may have more to do with how often we get sick and how soon we get well than our genes, chemistry, diet or environment." Notice here the word 'quality' infers a type of perception, and in fact the research confirms the point that "its not just the presence of support to health, it is the quality."

One's sense of purpose, why we're here and what we're living for, also plays a significant role in both health and illness, and life and death. Victor Frankl, in his book *Man's Search for Meaning*, observed in Nazi concentration camps that those prisoners who perceived no purpose or meaning in their lives were at greater risk of giving up and dying. Here is a situation where perception affected one's attitude, or "will" to live. Conversely, it has been shown on numerous occasions that a strong will to live and determination not to give up has been reported as a critical factor in survival among patients with cancer and other chronic and terminal illnesses. Faith, love and positive expectations are all being researched as a means by which the mind may activate the body's intrinsic healing processes.

It has been demonstrated that not only is there an effect on the healing process from an individual's belief system, perception, feeling and attitude but that the doctor's belief system and intention can also make a difference. Studies have shown that the degree to which a doctor believes in his treatment approach may effect the outcome. Whether this is because of the doctor's attitude and body language and its effect on the patient's belief system, or even a result of merely unconscious intention is hard to say.

Several interesting studies designed to differentiate the actual effect of intentional healing from the placebo effect are presented by Dr. Leonard Laskow in his book *Healing with Love*. In one experiment Dr. Laskow discovered that he could "send energy with intention of inhibiting growth into bacteria cultures in test tubes and reduce their growth 50% over controls." In another study he "focused loving energy" into one group of identical bacteria cultures. After injecting antibiotics into the cultures, which would normally inhibit their growth, he found that the cultures which had the loving energy focused into them "survived and remained motile, while the group that received no protection became increasingly immobile and perished." In further research, Dr. Laskow found he could "inhibit the growth of cultured tumor cells by as much as 40% using intention and imagery along with energy transference." Another researcher, Dr. Bernard Grad, has "demonstrated that the

absorption spectrum, surface tension, conductivity and acidity of water can be altered by focused thought or intent." These studies and others suggest the power of intention, since the cultures and water haven't a belief system to influence the results.

Those of us in Touch for Health may have experienced the influence of intention if you ever inadvertently rubbed the wrong neurolymphatics points only to discover it produced the desired results. Or you might experiment by muscle checking someone in the clear, then focus a positive intention and muscle test, then a negative intention and muscle test. The testor's intention should make a noticeable difference in the test results. Then ask the subject to hold the intention of being protected by any negative intention and see what happens.

In Touch for Health there are many ways that we utilize the model of Knowledge, Volition and Action. Dr. Thie's original vision or intention was to present skills and knowledge in a format that even the lay person could choose to use, to be able to reach out and lovingly touch for health. While the purpose of TFH is certainly supportive of developing one's knowing and loving capacity it also represents in its purpose and approach a dynamic interaction between knowledge, volition and action.

When we do a TFH 14 muscle balance using the self-responsibility model we are actively engaging our knowing and loving capacities. The individual receiving the balance takes the responsibility of being in charge with how they feel - identifying where their limitations are (pain, discomfort, beliefs, etc.). After assessing this knowledge and deciding what they want to change they formulate a goal. The goal is a tangible manifestation of the will, it is the stated intention of how they want to be different. The goal enables both the client and practitioner to be clear and focused on the desired outcome (i.e. they share the same intention). The action taken, of course, is the balance. The whole process supports one's choice in taking more control of one's health and well-being. The personal involvement and sense of control that is implicit in the balancing procedure, not to mention mutually focused intention, can be a

powerful element in enhancing one's immune response.

In the advanced TFH practitioner (PKP) procedure, we assess the client's "willingness to let go of the need for the problem" and also their "willingness to have the benefits of positive change." This gives the client the added opportunity to become aware and let go of any blockages or resistance to change. Frequently our illness served us on some level through secondary gains or pay offs. Making sure of our willingness to change is truly clear enhances the power of intention. And just to make sure that there aren't any limiting beliefs lurking in the recesses of our mind to sabotage our results, another thing checked for are sabotage programs that are on line with our goal (PKP 3). I personally have found this to be one of the most significant and powerful parts of the balancing process. Behind the limiting belief usually lies a positive intention that was intended to serve you at one time. It allowed you to survive, seek love, or it freed or protected you. Once again bringing these limiting beliefs to conscious awareness gives one the choice to choose the truth. Along with this conscious acknowledgement and verbal and kinesthetic repatterning, the person states "In spite of this conflict/reversal in attitude I deeply and profoundly love, accept and respect myself (and I also include forgiving self). Conscious recognition and knowingness of our unlimited potential, aligned with loving intention enables one to let go and transform. The process reminds me of Jesus' statement "Ye shall know the truth and the truth shall set you free."

Whenever we do a balance, we may choose to include pre and post tests relating to the goal. Our intention in this is to know where we are, raise our level of awareness, so that it is more clear later (when we post test) the quality of changes that are made after the balancing process.

The correction phase of the PKP balance utilizes the priority system of hand modes. This muscle testing process relies on the subtle communication of the two people's inner wisdom. that part of them that Knows. The intention is to access, based on their scope of knowledge, the best corrective

approach to help the person align with their goal.

As a practitioner my goal in balancing is to assist people in listening to their bodies and enhancing greater awareness of their true selves. My intention is to stay clear during the process, let go of any of my limiting ideas or beliefs, to be able to access the greater knowledge. And last, but not least, it is also about providing an environment and attitude of unconditional love. As effective as the TFH skills are in promoting health, we must stay consciously aware that our intention to reach out with love can be the most powerful healing tool of all. With that intention in mind — or perhaps in the spirit of the heart — the desired outcome, healing and the release of human potential, can't help but happen.

In closing, I'd like to share a prayer that I often use to help me center and clear my intention when I work on a client:

"O God. Make me as a hollow reed from which the pith of self hath been blown, so that I may become a clear channel through which Thy love may flow to others"

- Baha'u'llah

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TFH and the 12 Stages of Healing

by Denise Gurney

As a TFH Instructor, PKP practitioner and chiropractic assistant, I have incorporated many healing modalities in my practice. Through my work as a chiropractic assistant I was introduced to the powerful healing techniques described in the book, *The 12 Stages of Healing: a Network approach to wholeness* by Donald Epstein, D.C.

I have been successfully incorporating the information in the book in my kinesiology practice, with great results. While the 12 Stages of Healing was written for individuals to use in their personal healing, as I have done, it was also written for healing facilitators to use in conjunction with their existing work.

What is in the book?: Donald Epstein describes twelve basic stages of consciousness that he has observed in his practice and he devotes a chapter of the book to each one:-

1. Suffering
2. Polarities and rhythms
3. Stuck in a perspective
4. Reclaiming our power
5. Merging with the illusion
6. Preparation for resolution
7. Resolution
8. Emptiness in connectedness
9. Light behind the form
10. Ascent
11. Descent
12. Community. (Ref. 1)

A section of each chapter describes the feelings and actions associated with the stage and the kinds of things a person may think or say while they are experiencing that particular stage. In addition, each chapter includes a list of declarations and a movement or exercise to help the person experience and move through the present stage. None of the stages is better or worse than any other, and all must be experienced at the appropriate time for a complete cycle of healing.

The stages: According to Epstein, "The key to mastering the lesson of each stage is to get into its rhythm rather than to try to get out of it" (Ref. 1). This means that a person must be willing to learn the lesson of each stage rather than rushing through it or denying their way out of it. "Being with our experience, without instantly projecting it outward, gives us strength and integrity" (Ref. 2). When a person has learned what he or she needs from each stage, their innate intelligence will move them through to the next stage.

Completion of each stage is important: Sometimes we cut short something that is not ended, e.g. when we do not challenge a TFH correction point, or perhaps we overdo something that is truly finished, but completion and ending of each part are necessary before we can move on to the next thing. "As each stage of change is completed, it is not left behind, it becomes a support for the other stages so that the whole may be perceived." (Ref. 2) Each part of the TFH, PKP, Edu-K balance has something to teach us and becomes a stepping stone to the next stage.

What follows is a simple format that can be utilized by anyone with knowledge of any level of TFH.

Using the stages with TFH: We are in several different stages of healing at once as we go through our everyday process of living. This process is fluid as a person moves backwards and forwards between the stages. When we introduce a TFH/PKP/Edu-K goal, it is possible to discover where we are in the 12 Stages of Healing in relation to our goal.

Allowing a client to see clearly for themselves that they have made progress at the end of their 'balance' will fill them with a sense of achievement and satisfaction with the TFH intervention. The 12 Stages gives the practitioner and the client a balancing pre-test and post-test to indicate what healing progress has been made. Tools such as 'noticing', pre-

tests, pre-activities, flagging, etc. are other ways practitioners enable the client to gauge their healing progress.

In my experience, a person may move through any number of the 12 stages, or only one; whatever happens, their progress is perfect, they are exactly where they need to be.

At the end of the balance, use a muscle test to determine whether the client needs the exercise, the declarations, or a particular combination to help them through their present stage. Often they will intuitively know which is right for them.

When the client's meridian life energy is flowing again after a TFH balance, they can move and flow with the rhythm of their life with greater ease and enjoyment. The client may experience a decrease in pain, an increase in his or her range of motion or an improvement in their breathing, but the real healing comes with their new freedom to move and flow with Life.

Example of one of the exercises. (Ref. 1). This is accompanied by a description of the movements and breathing:

Stage 2 Exercise



Stage 2 Declarations:

"I have polarities, rhythms and differences within me"

"I have parts that have not talked with each other for some time"

METHOD:

1. Permission to test and clearings (water, switching etc.).
2. Find the goal.
3. Strong Indicator Muscle (IM), ask in relation to the goal which Network stage of healing is the person in. A weak IM will show which stage.
4. Do any other pretests.
5. Do the balance. TFH/PKP etc.
6. Check the goal. Check the pretests. With a strong IM, ask in relation to the goal, which Network stage of healing they are in now. A weak IM will indicate the stage.
7. Muscle test asking yes/no, (a) to find out if the person would benefit from using the 12 Stages exercise (b) the declaration(s). See which will be the most appropriate.
8. Is there anything else they need to do to support their balance? Yes/No.

Conclusion

The 12 Stages work is still being developed by Donald Epstein and new work is being added all the time. This paper presents a simple technique for using the 12 stages with Touch for Health, but it is not the whole story; there is much more to be learned about this work. My suggestion is that anyone interested would benefit from Mr. Epstein's workshops.

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Understanding the Energy of Cell Salts, Flower Essences and Aromas

by Anne Hall, S.K.

My approach to cell salts, flower essences and aromas is through the effect of each on the brain from a physiological view. My use is through the energetic field surrounding the body in regard to our internal communication system.

The storage of memory in the cells of our brain and body, combined with genetic imprinting, create patterns subject to interruption under stress. Our life force or vital chi "wave" is disrupted. This can manifest itself in unhealthy behavior, poor muscle reaction, loss of energy to our organs and distressed thinking patterns. Our internal communication system has become temporarily confused. Repeated stress imprints a new pattern that all of our energy complexes react to.

The brain is a cellular mass containing storage centers that hold our life knowledge. When we take on the energy of a new experience it breaks up into different frequencies and travels to various storage areas to be filed until needed. This filing pattern is impressed according to sense input at the time of recording. Example: audio, visual, odor, physical pain, etc. If our life needs this information at some point in time, it gathers, reforms and is rebonded to be released as thoughts or perceptions. Long term memory is not always accurate due to imprinting of new energy in these storage areas in the interim, disturbance in the fluid surrounding the cells of the brain and emotional stress on the issue to be recalled.

Kali Phos

The fluid surrounding cells is a saline influence. A proper ratio of salts in this fluid promotes a catalytic action that helps the cell assimilate and use nutrients taken into our bodies and restores mineral deficiency to bring the cells back to a proper job description. This fluid also works as message transmitters.

Dr. Schussler, a homeopath in Oldenburg, Germany in 1872, began to understand these inorganic substances contained in the blood and tissues and introduced their use into his practice with great success. His development of Biochemical therapy utilizing twelve Tissues Salts has become a major part of treatment today.

According to Dr. Schussler, minute doses of these salts restore order to the deranged vital force which has been rendered ineffective by stress, either biochemically, physiologically or emotionally.

The key word is "minute". "Cells are microscopically minute. Assimilation and excretion by them take place in very, very small quantities. Most drugs are not effective simply because they are administered in large quantities. The cells reject them." (ref 1)

"The deficiency of one or more inorganic salts causes disease. Supply the deficiency and the disease will be cured." (ref 2)

A disturbance of any one of these inorganic tissues salts over an extended period of time may lead to disease. Each cell has the ability to absorb or reject certain substances and this property is diminished or suspended when the cell has lost one of its salts. Blood with a deficiency of one or more of the salts can lead to an excess of organic matter in the tissues it supplies. Examples are an abscess, boil or pustule.

If this need is not filled, the diseased cell may "suffer physical alterations which precludes the entrance of the required tissue salt." (ref 3)

Kali phos has a particular affect on the brain and nerves. Nerves retain their vital properties for a longer period of time in a solution of this salt. "The gray matter in the brain is controlled entirely by the inorganic cell salt, potassium phosphate." (ref 4) Traces of other salts are also needed, but the oxygenation qualities and ionization of Kali phos attract all things needed to manufacture this vital tissue. A

disturbance in the balance of Kali Phos in the molecules of the thought cells leads to distortions in the gathering of material impressed in the storage areas of the brain. Kal phos is also an antiseptic and hinders the decay of tissue.

Patterns of Imbalance:

1) Bashfulness and blushing brought on by emotional sensitivity. This is a lack of control over the nerve coating of blood vessels.

2) Tendency to hypochondria, when they are overworked they look almost paralyzed and seem to feel symptoms of neuralgic type pain, spasms of irritable weakness and progressive muscular atrophy.

3) Tendency to drop into exhaustion after their sensitivity to noise and/or light has been triggered, usually when quiet or alone. In crowds they have an excitement that holds them for a while but soon slip into an exhausted state and want to escape.

4) Experience feelings of heaviness in the back of the head and across eyes and forebrain area. Many have headaches that respond to interchanging heat and cold compresses. Usually on the axis of the neck or the forebrain, sometimes both simultaneously.

5) Some times they experience itching sensations on their skin, especially their hands and feet. Many have a habit of wringing their hands or showing tearfulness when disturbed. This may be accompanied by intense body odor, flatulence and switching from constipation to diarrhea.

6) Brain fatigue is a major problem for someone that lacks enough Kali Phos. The desire to sit in one place, an aversion to movement is apparent. They see small labors to be insurmountable tasks when in this state.

7) Intellectually they tend toward confusion, loss of correct reasoning power and forgetfulness. They make mistakes in speaking, reading and writing by misplacing or using the wrong words. They have very active memories but recall is difficult, short term memory is more accurate.

8) During imbalance they may have delusions, illusions of fancy and a general dullness of senses. Despondency, anxiety, fear, tearfulness, suspicion, homesickness and melancholy are part of this depressed state.

9) Anxiety, inner agitation and a general nervousness that may lead to insomnia and pacing.

Furnishing a "minimal dose" of the deficient salt can help fill the gap in the molecular chain and may restore equilibrium to the cell. When we use them in a frequency form, my experience is that they have an immediate alternative affect and work well with other frequency type "tools".

Clematis

Flower essences are vibrational "tools". Their effectiveness does not come from biochemical action of physical constituents, but from vibrational, or subtle energetic properties. Dr. Edward Bach left a thriving Homeopathic practice in 1930 to return to nature and find the remedies to support his statement "Seek the outstanding mental conflict in the person, give him the Remedy that will overcome that conflict, and [give] all the hope and encouragement you can, then the VIRTUE within him will, itself, do all the rest."

There are twelve personality types, each vibrate to one of the original essences.(ref 5) The vibrational frequency of the correctly chosen Flower essence supports the virtue of the personality.

In the case of Clematis they are: Focus, embodiment, inspiration in practical life, alert presence, grounded energy, deep sense of responsibility, ability to respond to present circumstances, etc. This type can be very loving, supportive and allowing of the people he/she is with.

A Clematis type personality is a mediator by character. They seem to be indifferent when in an unbalanced state and are unable to materialize their ideas. When in balance, they show more of an ability to be focused.

Patterns of Imbalance:

1) Shy, timid with a nostalgic air about them. With only a half hearted interest in their

present circumstances they seem to be homesick for another part of themselves that they can't reach. Melancholy and idealistic can be used to describe a Clematis personality.

2) Hypochondria is part of their tendency. Physical aches become too large, in their mind, to deal with. Thoughts take minor pain to the extreme. Can have a tendency toward addictions to escape. Anxiety, fear and suspicion can separate their reason when ill.

3) Exhaustion is a way for them to be alone and escape to their "other world". They are sensitive to the energy around them and need to "turn off".

4) A general dullness of sensation when overwhelmed by the expectations of others leads to withdrawal. Avoidance of present circumstances and indifference seem to be a place of safety for them.

5) Despondency and a feeling of "welling up" with tears when senses are disturbed. The system seems to draw its fluid to the inside of the body leaving the skin dry.

6) Brain fatigue and patterns of procrastination can be major issues. They dread starting a new project but will become interested in it until they have resolved the "problem" and then will quit before completion. They love to solve puzzles, as far as they are concerned the job IS done.

7) Intellectually they become easily confused. During imbalance they lose normal reasoning power due to scattered thoughts. Forgetfulness and mistakes lead to a lack of ability for expression. When in balance they have very active memories, best recall is for geographical spaces.

8) They tend to live in the future, are daydreamers and seem "spacy". They seem to be of another world with impractical visions.

9) Anxiety, inner agitation and a general nervousness that may lead to insomnia and pacing.

In his research Dr. Bach's thoughts kept coming back to the fact that in earlier times each household kept a medicine cabinet of herbs & "simples" for health maintenance, to treat wounds and illness. He studied the

plants used in ancient times and discovered 38 flowers, used as essences, that have been registered in the Homeopathic Pharmacopeia.

Aromas:

The properties in the herbs used through time influence us on physiological, psychological, nutritional levels and contain mineral salts to address deficiencies in the cellular fluid.

Consider the effects of the fragrant oils emitted from the herbs when used in tea, compresses and ointments made in these time honored ways?

Recently the scientific community has been drawn to olfactory research and has been releasing new findings on the importance of the sense of smell. My particular interest has been in the affect of different fragrances/odors on the brain from the stand point of triggering memory and emotions.

The forebrain consists of the cerebral hemispheres, thalami, hypothalamus and limbic system, the hindbrain includes the cerebellum, the pons and medulla and the top inch of the brain stem is in the midbrain.

The corpus callosum is a C shaped collection of nerves that form a bridge between the left and right hemispheres. The limbic system is concerned with memory and emotion while the cerebellum is responsible for balance and fine control of muscle movements. Physical sensations pass to the sensory area and smell and sight to the olfactory and visual cortices. The thalamus relays messages to and from all other areas of the brain and connects with the olfactory and hypothalamus in the brain stem.

All of these sectors are surrounded by the cerebral cortex, a thin layer of nerve cells that is responsible for receiving, interpreting and storing information from the body and external environment. It is also busy organizing relevant responses to the incoming messages that we perceive as sight, sound, thoughts, emotions, memories and odor. These electrical patterns of activity are called brain waves.

Air inhaled through the nose passes over olfactory membranes where chemicals stimulate numerous receptor cells. This information passes to the tracts of the first

cranial nerve and into the frontal lobes of the brain. The hypothalamus is stimulated to activate the pituitary glands accordingly and release the chemicals our bodies need to function.

An example: The mere thought of fear activates the frontal lobes of the cerebral cortex, which stimulates the hypothalamus into action. The hypothalamus activates the supernal medulla which releases adrenaline into the bloodstream and causes numerous responses in the body.

The pathway for smell makes direct connection with the limbic system that is known to be concerned with motivated behavior, memory and emotion. Sometimes the merest hint of an odor can trigger instant and vivid recall of a scene from the past and revive emotions connected with it. Smell also contributes to the bonding action in the reformation of thought and response by triggering off a series of nerve impulses.

"Different combinations of molecules stimulate a certain pattern of response in the receptor sites and the brain might interpret the pattern of incoming nerve impulses as a particular smell." (ref 6)

Scent molecules diffuse across nerve junctions or synapses and are thought to attach to and alter the receptor sites on the membranes they affect, temporarily distorting the molecular structure. The normal polarized electrical "wave" passing over it has been altered. This also disturbs the electrical arrangement of neighboring molecules and ions can pass freely in all directions. My personal theory is that the "charge" has been lifted from an emotional imprint and the information stored is more apt to gather and be rebonded in a truer form.

I see the hypothalamus as a "mind/body" laboratory. It takes thought/emotion impulses from the storage banks and transforms them into the perceptions/chemicals we need for response. I have found that clients that use well chosen blends in aromatic form during their defusion have a shorter integration time and more far reaching results.

In an analogy with vision where there are only three different kinds of color receptors in the

retina of the eye but we are able to distinguish all colors in the spectrum, there are only thought to be seven basic scents that we record. The scents are camphoraceous, musky, floral, pepperminty, ethereal, pungent and putrid. I have chosen *Rosemarinus officinalis*, *Lavandula angustifolia* and *Juniperus communis* to respond to the issues of imbalance shared with Kali Phos and Clematis.

Patterns of Imbalance:

- 1) Vascular constriction: Rosemary indicated for a vasodialator, stimulant for adrenocortical glands
- 2) Muscular atrophy: Rosemary indicated for arthritis, muscular and articular pain, cicatrizant to rejuvenate tissue.
- 3) Exhaustion: Lavender and Rosemary: Stimulate vital centers, balance energy
- 4) Migraines: Lavender indicated as an analgesic, calming influence.
- 5) Flatulence, irregular bowels: Juniper indicated for accumulation, elimination and related effects.
- 6) Mental fatigue: Juniper and /or Lavender indicated for stimulation
- 7) Confusion: Rosemary and/or Lavender indicated for stimulation of poor memory, mental fatigue and strain.
- 8) Anxiety, depression: Lavender indicated as appeasing, antidepressant, calming.
- 9) Insomnia, nervousness: Juniper, Rosemary and /or Lavender indicated for calming, appeasing, antidepressant, etc.

My selections of aromas also address the physical traits of weakness with the personality that I chose. Lavender for lungs and respiratory weakness, Juniper for glandular systems, and infections, Rosemary is indicated as a cardiotonic for the heart.

In working with pure essential oils remember that one drop is normally the equivalent of 75 to 100 pounds of plant material and must be respected. My preference is to use them in an aroma form.

Aleopathic medicine addresses the effects of a "dis-ease". Homeopathy is based on the "Law of Similars" and Biochemic Therapy works on a deficiency principle. "The Flowers replace fault with Virtue, raising the body to an elevated state of existence." (ref 7)

Our job, as facilitators, is to help the client throw off the unhealthy pattern and return to a balanced transmission of signals to release the proper chemicals in our brain for correct response within the physical body.

Due to the fact that most kinesiologists are not under an umbrella that allows them to suggest ingestion of a foreign substance into the body either through the mouth or skin, we need to use the energy that gives us information about the individual to also trigger corrections in our clients through a frequency modality.

I use cell salts and Flower Essences in a spray form dilution of 2/3rds mineral water, 1/3 Korbels brandy, 4 drops of the chosen essence and/or 2 cell salts.

My use of Pure Essential oils is in a blended aromatic form specific to the issue or meridian that I am working with during a normal session. If I need to use only one oil, I add 1 drop to the formula created for the client.

References:

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Olfactory Research Paper, 1993

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Integration With Botanical Emotional Remedies, Anne Hall, S.K.

Mind Matters Seminars for Health Professionals:

Emotions, P. Salovey, PhD.

Memory, Stuart Zola-Morgan, PhD.

Senses and The Psyche, M. Zane, PhD

Recommended Reading:

Bear, Jessica, PhD, ND, *Bach Flower Formulas*

Bear, Jessica, PhD, ND, *Who "Reigns" on Your Parade*

Becker & Seldon, *The Body Electric*

Kaminsky & Katz, *Flower Essence Repertory*

Lavabre, M., *Aromatherapy*

Mitra, *Tissues Remedies*, Bela Rani Roy, Calcutta, available from Jessica Bear

Powell, Eric, *Biochemic Prescriber*

Rose, Jeanne, *The Aromatherapy Book*

Schussler, *Abridged Biochemic Therapy*

Tierra, M., *The Way of Herbs*

Sources:

FES Flower Essences

Balancing Essentials, J. Bear, PhD., ND,
348 Deauville St, Las Vegas, NV 89106
Phone: 702-598-0727
(Professional discounts a possibility)

Aromatic Kits for BB & 14 Meridians

Balances Skill & Support Center,
2800 Accomac, St. Louis, MO, 63104
Phone: 314-776-6103

Pure Essential Oils

Cherly's Herbs,
11953 Meadow Run Ct, Maryland Heights,
MO, 63043
Phone: 1-800-231-5971

Oshadhi 100 % pure Oils

Brian Skinness, Joint Adventure,
PO Box 824, Rogers, AR, 72757
Phone: 1-800-898-Pure

Recommended uses of the aromatics available upon request. Please write: Anne Hall, S.K., Balances Skill & Support Center, 2800 Accomac, St. Louis, Mo 63104 or call 314-776-6103

How We Create Our Own Addictions

by Ed Ireton

The dictionary defines "addiction" as: *To devote or surrender (oneself) to something habitually or exclusively.*

Actually, an addiction is more than just surrendering yourself. It is a physical and psychological need to satisfy a desire or craving for something.

When we think of *addiction* in today's society, our minds naturally focus on drug addiction, but there are other powerful addictions that can be both helpful and dangerous.

Modern biochemists have determined that there are receptors on the cell membranes. Actually, the individual cells create these receptors as the opportunity arises; the receptors float to the surface of the cell and await their mating molecule. The molecules of an addicting substance has a unique shape which will snap into the like-shaped receptor, much like a key into a lock.

When the molecule snaps into the receptor, something is completed. That something may be as simple as the warm feeling you get when your lover enters the room or as devastating as the monkey on the heroin addict's back.

Deepak Chopra has shown that our every thought creates a unique molecule which telegraphs that thought to every part of our body. A happy thought creates a happy heart, a happy pancreas, a happy liver, etc. After exposure to these happy molecules, the cells create happy thought receptors and we can become addicted to happiness. Conversely, negative thoughts create negative molecules which snap into cell receptors, creating a negative heart, a negative pancreas, and what have you. BUT the cells continue to make receptors for negative thought molecules, making the individual addicted to negative thoughts.

We can use this knowledge to help ourselves create positive addictions that will add to our health and happiness. The best way to create positive addiction is long-distance running, experiencing the "runner's high." The next best way to create positive addictions is meditation. People who meditate regularly achieve a transcendence -- a "high" -- that is comparable to the "runner's high."

I recommend two meditation sessions daily, about twenty to thirty minutes each. Any meditative practice is fine. We will experience a short guided meditation in the workshop.

The Warren Balance

by Warren Jacobs, MD

This is the "Warren Balance" as used by Dr. Warren Jacobs, MD, adapted from the wonderful book *Touch for Health*, by Dr. John Thie, D.C.

A. Have the testee state his/her own name and test with an indicator. Have the testee state that his name is one other than his/her own and test with an indicator. You should find strength with the truth and weakness with what is not true.

B. CENTRAL - Zip up (from the perineal body up to the bottom of the lower lip). Test. Zip down (from the lower lip down to the perineal body). The subject tests strong on the zip up. This signifies that you are ready to proceed to C. If the subject is strong on down and weak on up, the subject is overwhelmed by something in his/her life and the energy is reversed. This must be identified and corrected before proceeding further.

Ask: "What is too much for you in your life at this time?"

To help the subject get from the general to the specific you may offer some choices as: career, money, personal relationship, health, or family. You may test each of these in turn to find which one makes a change in the person's energy.

When you sense there is sufficient identification, have the subject make the statement: "Such and such is too much for me right now."

Zip up and test with the indicator. It should be strong. Now you are ready to proceed to GOVERNING.

C. GOVERNING - Trace from the perineal body up the back over the head and down to the upper lip. If strong, proceed to D. If weak, this suggests the subject is overburdened.

Ask: "What burdens you?", "What is difficult for you at this time?" First come with the

general list: family, health, money, personal relationship, career, etc. When the general area is identified, get more specific.

In the case money comes up, ask: "Money for what? Money for rent, clothing? Whose clothing? Ah, money for clothing for the children for the new year at school that is just beginning." Have the subject state: "I am burdened with the task of providing enough money for clothing for the children to start the new year at school. This is my burden. If it truly is the burden, we find, on re-testing governing, that it now holds strong.

D. With Central and Governing energy flowing properly, we now proceed to see in what realm does the subject's primary difficulty lie. Test the indicator muscle while the subject places his/her fingers in the positions listed below. Where the weakness appears, identifies what approach we will use to make the balance.

- Structural - thumb to the index finger
- Nutritional - thumb to the middle finger
- Emotional - thumb to the ring finger
- Circuits - thumb to the little finger

E. NUTRITIONAL - If the weakness occurs when the subject touches thumb to middle finger, this suggests the problem is nutritional, and so we state:

1. This person is lacking something. Test.
2. This person is taking in too much of something. Test.

Now we must identify just what it is. We go from the general to the specific.

This substance is a:

1. fat
2. protein
3. carbohydrate

If strong on protein, we next determine if the protein is of animal or vegetable origin. If animal, we test to see if it is beef, pork, or lamb, and so on.

When the specific substance is identified, we have the subject state: "I would do better without beer" (for example) and test the indicator. Should the subject object, have him/her state: "Two glasses of beer per day would not hurt," and test with the indicator.

F. EMOTIONAL - weak test response with thumb to ring finger Now that we have Central and Governing flowing in the right direction and have identified the treatment mode, we are ready to check the muscles to see what needs correction. We begin in accord with the time of the day. For example, 9-11am corresponds to Latissimus Dorsi (spleen). Refer to the following chart, based on page 110 in John Thie's *Touch for Health* book. This will show you where to start after checking the time of the day.

7-9 am	Pectoralis Major Clavicular
9-11 am	Latissimus Dorsi
11 am-1 pm	Subscapularis
1-3 pm	Quadriceps
3-5 pm	Peroneus
5-7 pm	Psoas
7-9 pm	Gluteus Medius
9-11 pm	Teres Minor
11 pm-1 am	Anterior Deltoid
1-3 am	Pectoralis Major Sternal
3-5 am	Anterior Serratus
5-7 am	Fascia Lata

Test each muscle in turn to expose any weakness. If the weakness is bilateral, it is only necessary to rub the spine in a cranial-caudal direction in the vicinity of the neurolymphatic points for that meridian. Most often the weakness is unilateral and we then ask the question relating to the organ or meridian of weakness. The questions are as follows:

SPLEEN	What do you hate yourself for?
HEART	This is either an issue of LOVE or SURENESS (test each in turn to see which holds)
SMALL INTESTINE	What is good in my life that I am not enjoying at present?
BLADDER	What seems hopeless?
KIDNEY	What is my greatest fear?
CIRCULATION SEX	What do I need to feel deeply satisfied?
TRIPLE WARMER	What has humiliated me?
GALL BLADDER	Who am I angry with?
LIVER	What distressed me and made me think less of myself?
LUNG	Who/what do I miss?
LARGE INTESTINE	What is it I do not like about ... but wish this did not trouble me?
STOMACH	Who do I feel sorry for?

G. After the specific answer is obtained for the question pertaining to the weak meridian, the muscle should test strong on retest - and instantly so as the subject acknowledges this connection that has heretofore been denied to consciousness. This is demonstrated by retesting at this juncture. Reinforcing measures are:

1. Massaging the appropriate (and usually tender) neurolymphatic points and
2. Tracing the meridian.

The muscles are tested in turn in keeping with the sequence as listed above. You may note that the lines of the meridians are not truly separate. Where one "ends" the next "begins". In reality, we have chosen to break this continuous energy flow into sections which we assign to the organ functions of the organism.

Upon completion of the 14 muscles - when all are strong we trace central and governing and invite the subject to sit up slowly as often

there is a sensation of lightness or dizziness. Usually a pleasant relaxed feeling is reported by the subject. This completes the balance for the emotions.

H. CIRCUITS: Should the subject weaken when touching thumb to little finger, this is suggestive of circuit energy imbalance. One should then determine utilizing an indicator muscle whether this is Tibetan Eight energy or some activity such as cross-crawl or even perhaps some sport activity such as jogging or some recreational activity such as dancing.

I. STRUCTURAL: Should the subject weaken with thumb touching index finger, it is good to look for a structural problem. Should none be apparent, consider X-ray, C-T scan, and/or MRI. In the treatment consider referral to a chiropractor for manipulation.

IN SUMMARY

1. Test with the name to see if the main switch is on.
2. Check CENTRAL and GOVERNING to make certain the energy is flowing in the proper direction.
3. Check the finger modes to see where the primary correction lies, whether structural, nutritional, emotional or circuits.
4. Test the remaining muscles in turn, beginning with the time of day appropriate muscle (that is if the mode is emotional).
5. Ask the question relating to the muscle found to be weak - moving from the general to the specific.
6. After identifying the specific emotion and its relation to the subjects life experience retest the muscle to see if it is now strong.
7. Reinforce by massaging the neuro-lymphatic points and trace the meridian.
8. Repeat for each weak muscle found.
9. Trace central and governing and have the subject sit up slowly.
10. The hug is optional.

GOOD LUCK!

Warren Jacobs, M.D., is a medical doctor with thirty-five years experience in the practice of family medicine. For the past fifteen years he has been involved in the use of alternatives to the standard surgical and pharmacological approaches to health problems, especially the use of applied kinesiology. He has been most influenced by the work of George Goodheart, D.C., John Thie, D.C., and John Diamond, M.D. These techniques draw upon the concepts of health and balance found in the ancient societies of China and India.

This approach to health care sees the therapeutic relationship between doctor and patient as a partnership with shared responsibilities for the outcome. Often the clue for the direction for the treatment lies within the patient rather than with the doctor. This method is used to facilitate the exposure of what is perhaps already known by the patient on some level, but which has been heretofore denied to consciousness. This is in contrast to the traditional western approach where the patient has the pain, the fear, the illness, and the QUESTION while the doctor has the alternate method suggests that often the patient has the question, etc. and also has the answer! The doctor functions more as a facilitator, teacher, partner, and friend. He has the method by which the patient can gain access to that which is already inside himself but resides on some level where it remains hidden and as yet unusable.

Initially, a determination can often be made with kinesiology to establish where the complaint has its roots. Is the root of the problem in nutrition, structure, or emotion? From this beginning one can explore in increasing depth from the general to the specific depending on the willingness of the patient and the art and skill of the facilitator. This method is rapid, painless, cost-effective, and safe.

Warren Jacobs, M.D., with his techniques in applied kinesiology, has been enthusiastically received in the United States, Canada, Switzerland, Italy, Israel, Austria, and Spain. He is a certified Touch For Health Instructor with a certificate granted by the International Kinesiology College of Zurich, Switzerland, and has served on the Board of Directors of

the Touch For Health Foundation, John F. Thie president for the past six years.

So often traditional western medical treatment, despite the application of the wonderful advanced technologies presently available and despite great expense and careful investigation by competent medical experts, the patient is much the same as when he began treatment. Dr. Jacobs finds that with applied kinesiology often and quickly a determination can be made as to the cause of the problem. Approaching the person from a perspective that allows a view of dis-ease to be a reflection of the interaction of nutrition, emotion, activity, or past experience, (whether conscious or unconscious) is often more rewarding than merely treating symptoms. Taking this concept one step further, man, in both mind and body, exists not in a vacuum but rather is influenced by his position in the family, in the group (at work, sport, religion, social association) or what have you. One must be willing to take all this into account if it is so directed by the body during muscle testing.

George Goodheart gave us the muscle test. John Thie tied the muscle test to the eastern concept of balance within the individual organs, structures, and energies. John Diamond went a step further using kinesiology to demonstrate and uncover, in a layer by layer fashion, the emotional imbalances that often block and control our behavior in unhealthy patterns. Next, the International Kinesiology College of Zurich, Switzerland, headed by Bernhard Studer and Rosmarie Sonderegger, gives us the model learning center for training in the use of these successful methods.

What grand tools these are. Dr. Jacobs takes great joy in sharing the wonder and effectiveness of these techniques with those who wish to expand their skills in the uses of kinesiology, to those who seek to increase their understanding of the workings of the body, and to those who wish to be of help to their fellow man.

Intentionality, Body Mechanics, and Holiness: Being In Movement® As a Process of Transformation

by Paul Linden, PhD

The words "heal", "health", "whole" and "holiness" all stem from the same root word, and they point toward a single underlying state of being. It is a state of awareness, power and compassion. It is a state of wholeness, in which we live fully ourselves and live in a full relationship to the people and the world around us. There is a progression that goes from healing to health to wholeness and into holiness.

Beneath the surface of many difficulties people face is a single underlying problem — fragmentation, separation and alienation, from themselves, from other people and from the world itself. This is the opposite of health and wholeness. Working with the body is a way of coming into awareness of and healing the fragmentation that is so much a part of us. Being In Movement® is a method of somatic education which focuses on *intentionality* and *body mechanics* as a path of self-exploration and a way of cultivating wholeness.

Intention

What is intention? It is the will to move and act. Speaking in terms of the *body*, it is the physical process of directed extension into space. We can get at what this means by trying an exercise which focuses on the will to move. Stand up with your eyes shut and imagine that on the floor in front of you about ten feet away is something that you really want. It is what you have dreamed of having. Feel how much you want it, and actually commit yourself to the movement of going over to get it. Feel *in your body* that desire to move.

Once you establish this feeling, you will feel yourself "involuntarily" tipping forward. You will actually *move* toward the object you desire just a very little bit. (Most people can create this feeling when they focus on it, though many need some guidance to home in on it.)

This is an experience of how just intending to do a movement begins the actual process of movement on a very subtle level. First there is the thought of what to do, then a desire to do it, and then there is a *commitment* to acting on that thought. That commitment is the intention, and it leads directly to slight muscular changes which organize the body for the movement. Last would normally come the execution of the large movement itself. Whether we are conscious of it or not, this very subtle process of imaging and willing underlies every movement. This process of intention is what shapes the physical body and its movement.

As people begin to pay attention to the body feeling of reaching into the world and willing actions, they usually begin to notice that they do not live fully and equally in every part of their bodies. Ideally, we should be able to turn our attention/intention easily to any part of our bodies or surrounding space, but people often find that they cannot clearly focus intentions with/through certain areas of their bodies or into certain directions of space. There are many reasons for this lack of clarity of focus, from a limited range of daily movements, to sexual abuse, to cultural preferences about body image and movement. (Being In Movement includes body awareness techniques not only for cultivating wholeness but also for tracing back from the lived feeling of fragmentation to the situations and experiences in which people learned to be fragmented. This is often necessary in reclaiming the sense of wholeness, but these techniques will not be discussed in this paper.)

In any case, most people live more in some parts of their bodies and less in others. This is the core of fragmentation and alienation. It is the experience that certain parts of your body are not fully *you*. Living with this alienated body, people feel powerless and unable to live effectively. They feel unsafe and incapable in the world, which further increases their alienation from themselves.

There are many intention exercises that I have developed to help people learn how to live fully and equally in their whole bodies. A simple exercise for creating a more balanced and full intentional field involves standing and reaching into the world. Stand up and feel the soles of your feet. Reach with them down into the ground to a spot five or ten feet below you. Now, while continuing to reach with your feet, also reach up with the top of your head to a spot five or ten feet above you. Reach out to the right with the right side of your body and out to the left with the left side. Reach behind you with the whole rear surface of your body and reach forward with the front of your body. Gently resting in the middle of your body, reach outward — down, up, left, right, forward and back. What does that sense of reaching feel like? Most people experience it as relaxed, aware, balanced, gentle and strong. Most people experience a sense of integration and wholeness when they bring all of themselves into focus in the act of reaching out to all of the world.

Body Mechanics

The imbalance and fragmentation of intention and body image manifest in poor body mechanics. When people have a reduced awareness of their bodies, they will move in ways that are imbalanced and strain-filled. They will over-use some body parts and under-use others. They will move in bent and twisted ways rather than moving in an erect, balanced, efficient manner. In addition to working directly with intention, improving body mechanics is another way of learning to be whole. Two examples of core body mechanics processes will show how focusing on body use can be a path toward wholeness.

The Pelvis: The pelvis and spinal column are the core of the body. It is by the use of the pelvis and spinal column that we position ourselves in the world. The habitual position and manner of use of the pelvis/spinal column unit define our individual postures, which are the movement signatures that portray who we are physically. Lack of structural balance of the pelvis/spinal column unit reduces our ability to move well and interact effectively with the world.

A basic exercise for experiencing this involves examining how the pelvis is used in sitting. Sit on a flat chair without leaning against the backrest. Experiment with the movement of slumping down and sitting up straight. What part of your body do you move to create the action of rising up out of the slump? Most people believe that straightening up is done by throwing their shoulders back or by straightening their backs, and practically no one notices that straightening up is really a function of pelvic rotation. When the pelvis rotates backward, the stack of vertebrae has no foundation on which to rest and it curves and slumps down. (The pelvis can be thought of as a bowl which contains the guts, and "backward" is the direction in which the bowl would rotate to spill out the guts toward the back of the body).

Slump down, feeling how your chest caves in, your head falls forward and down, and your back rounds itself. Then try rotating your pelvis forward. How do you do this? There are two very different ways of rotating the pelvis forward. To understand this, consider that there are basically two ways to tip a bowl forward — lifting the rear edge or lowering the front edge. Most people will use the extensor muscles of the back to lift the rear edge of the pelvis. This creates tension and discomfort in the back, which is why everyone will sit up "straight" for a minute when exhorted to and then give it up as uncomfortable.

The most effective and comfortable form of forward rotation involves using a muscle deep in the core of the body rather than muscles along the surface of the back. It is possible to use the deep, internal psoas muscle (which runs between the top of the thighbone and the front of the spinal column) to create a movement which drops the front edge of the pelvis. This creates a very strong and comfortable physical organization of the pelvis and spinal column. This new awareness of pelvic functioning is easy to learn through direct hands-on teaching but difficult to learn through written instructions. However, a hint might help. Try slumping again, and notice that when you slump, your pelvis rotates so that your genitals point upward. Now, rotate your pelvis so that your genitals point at the floor. Many people find

that following these directions gets them to do a new movement, one that takes place very low in the body, in the hip sockets rather than the back, and this is the movement that engages the psoas.

This new movement is initiated specifically from the pelvis itself, without actively initiating movement from the back and shoulders but simply letting these body parts move as a result of the pelvic rotation. Rotating the pelvis forward to the correct position in the correct way provides a foundation for the spinal column and the torso as a whole and thereby creates upright posture.

Most people experience that using the deep core of the body rather than the back to organize their sitting produces an experience of effortless physical balance, strength and stability. They also experience that this form of body organization produces a psychological feeling of personal power, alertness and strength of will. This sense of physical/psychological stability and ease is a major element in living in a whole way. It is a feeling of being unified, confident and worthy.

The Chest: Another aspect of body use is also very important in achieving wholeness. It has to do with a particular way of living in the chest. This can be experienced through working with imagery and body responses. Imagine someone who is a constant source of irritation and obstruction. Get into the feeling of anger and resentment. Notice what happens in your body. Most people experience that negative feelings such as fear and anger produce constriction, hardness and imbalance in breathing and the chest. This way of using the chest produces physical awkwardness and weakness in movement, and this powerlessness is a contributing factor to further feelings of fear and anger.

What is the opposite of this constriction and fragmentation? Everyone has something or someone — perhaps a friend, a lover, a child, a flower, a work of art — something that when they imagine it makes their heart smile. Stand with your eyes closed, imagine whatever it is that makes your heart smile and notice the changes in your body. Most people

experience a softening and warmth in their chests and a deepening of their breathing. These sensations of being "warm hearted" or "tender hearted" are the bodily manifestations of love or compassion.

This process in the chest relaxes and knits together the whole body. Observing your use of your chest is a way of examining how sensitive, empathetic and compassionate you are. Joining the power of the pelvis to the gentleness of the chest results in a more whole wholeness.

Holiness

Paying attention to our ways of being in our bodies and our ways of moving is a way of paying attention to *ourselves*. Working with *intention* and body *mechanics* is a concrete way of identifying our fragmentation and moving toward integration. Focusing on intention aims us in the direction of examining our choices. Focusing on body mechanics aims us in the direction of examining our actions. Each way of examining ourselves offers different information about what we are.

Being In Movement is a practical technology for self-awareness and change, and its focus is on helping people find more centered ways of being and doing. This has practical importance for improving performance in any task, from playing music, to running, to working with computers. It also is important in such emotional work as healing from abuse.

Becoming whole means replacing hardness and fragmentation with softness and integration, which is a way of replacing fear, anger and alienation with strength, respect and empathy. The practice of wholeness is the gateway to holiness, the ability to live in awareness, strength and compassion.

Publications by P. Linden

"Being In Movement: Intention as a Somatic Meditation," *Somatics*, Autumn 1988.

"Applications of Being In Movement in Working with Incest Survivors," *Somatics*, Autumn 1990.

Touch For Health International Journal, 1995

"Developing Power and Sensitivity through Movement Awareness Training," *American Music Teacher*, October 1992.

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"Reducing Orthopaedic Hazards of the Computer Work Environment," *Orthopaedic Nursing*, co-author, January, 1995.

Compute in Comfort: Body Awareness Training for Pain Free Computer Use. Prentice-Hall Inc, scheduled for publication in May, 1995.

Paul Linden is a specialist in body/movement awareness education and, along with his wife, Peggy Berger, directs the Columbus Center for Movement Studies. He holds a Ph.D. in

Physical Education, is an authorized instructor of the Feldenkrais Method®, holds black belts in Aikido and Karate, and is the developer of Being In Movement®. His work deals with such topics as relaxation and stress control, postural and movement efficiency, non-verbal communication and conflict resolution, and it focuses on the interplay between inner self-exploration and effective action in the external world. He has worked with people such as musicians, pregnant women, athletes, dancers, construction workers, people with back and neck problems, adult children of alcoholics and incest survivors. He has conducted training workshops for business and industry as well as for groups such as musicians, childbirth educators, massage therapists, physical therapists and psychologists.

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The Journey Process Transforming Core Issues

by John Varun Maguire

This emotional clearing process gives a person access to their inner source through which they can gain insight, freedom and empowerment. This is a very powerful, yet gentle technique which can be used in a client setting to produce substantial physical, as well as psychological benefits. It was developed by Brandon Bays, a Master Trainer with Anthony Robbins, out of her own personal experience dealing with a health crisis. This is a simplified version of Brandon's more in-depth process.

You can use this approach when a person has a reoccurring emotional problem or pattern which they are unable to resolve. They may feel stuck in this pattern and powerless to gain control over their emotional state. It can also be used to help clear a physical problem and the emotional blocks which are linked to it.

Muscle testing is not an essential part of this process, however it can be used to demonstrate energy blocks as well as anchor in the positive results of the clearing.

1. Have your partner identify the situation or physical issue which they would like to resolve. Ask them what is the predominate feeling they have associated to their problem. Test an indicator muscle as they focus on the issue and it will switch off. Ask them how it has been affecting their life. Ask why it is important that they overcome this problem.

Let them know that at any point during this process they can open their eyes and change their focus if the procedure becomes too stressful. This will probably not be necessary, though it is an option should they choose to do so. The object is to drop through our levels of emotion to the Source of our being, and then bring that source up through our levels and illumine them.

Have your partner close their eyes for the process to get more in touch with their inner feelings. They can do the process

sitting or lying down. Holding the ESR points is not essential, however can facilitate the process. You will need one hand free to write down their responses on the record sheet while you do the following procedure:

2. Pause for a few seconds between each of the following phrases to allow your partner time to get in touch with their experience. Say:

A) *Feel the feeling fully...*

Breathe into it...

Where in your body do you feel it?

(pause until they identify where they feel it)

Experience it fully...

After about 15 - 30 seconds ask:

B) *What is behind the _____ ?
(whatever the feeling is) ...*

What is underneath it?

(pause until they identify it, and if they do not discover a new feeling say:)

Take a deep breath and allow yourself to drop through...

(Make sure they name the new feeling and write it down.)

3. Go back to A and continue to B for each level. Remember to give the person a chance to identify and fully experience their feeling before moving on.
4. Keep dropping through to the next level until you get to their Source. Let your partner REST there (30 seconds to a minute).

The Source may be called one of many names, but it will have a boundless quality like: Silence, Unlimited Peace, Eternal/Eternity, God, Unlimited Love, Consciousness, Emptiness, etc. When asked where in their body do they feel it,

they will say something like,
"Everywhere", or "I feel it all around me."

5. Then say: "If _____
(Person's Source) *had something to say to*
_____ (last Level), *what would*
it say?... Say what needs to be said and
hear what needs to be heard."
6. Continue bringing their Source up through
the levels asking question 5 at each level
until you reach their original starting level.
7. Test the indicator muscle while they think
of the original issue. It will now test
strong.
8. Ask them to share with you what they
have gained from doing this process and
how it will affect their future.

For more information on Brandon Bays' Journey Process Seminars contact the Kinesiology Institute at 6955 Fernhill Dr. #10 Malibu, CA 90265 Phone (310) 457-8407, Fax: (310) 457-2264
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Worksheet for _____

SOURCE _____

Emotion Levels	Anything said going down thru levels	What Source said to each level while coming back up through the levels

Your Diaphragm* Don't Leave Home Without It

*(Nothing to do with birth control.)

by Frank Mahony

Abstract. Discussion and demonstration regarding the hypertonic state of the respiratory diaphragm, its impact on physical, mental, and emotional states, and how to identify and release the hypertonic state.

As to the title, perhaps I should have added, "...and don't leave home with it in a hypertonic state!" For those of you not familiar with HYPERTON-X, this method focuses on the hypertonic state of muscle and tissue which I have found to have a profound negative impact on all areas of our well being.

By medical definition, hypertonic refers to a muscle being over resistive to stretch. My experience led me to the conclusion that what I was dealing with was muscle and tissue in an over protective state, symptomized by pain weakness, and/or restricted range of motion, but always restricted range of motion. More simply put, muscle and tissue that doesn't want to be used, or is willing to be used only in a very limited way. For the sake of easy reading I will henceforth use the term "tissue" when referring to muscle and tissue.

Hypertonic tissue appears to cause interference in two ways: mechanically and electrically. Mechanically hypertonic tissue can interfere with vital body rhythms related to the flow of cerebral spinal fluid (CSF), blood, and lymph. Electrically, hypertonic tissue appears to jam neuro circuits with excessive noise or static causing confusion in processing sensory information, both incoming and outgoing. In this state, the body withdraws into its COMFORT ZONE. This is the area in which the body performs as best it can, but in a limited way. Perhaps the person selects a career or activity in which he can feel comfortable, and can do quite well with the choice. However, if anything occurs that forces the person to operate out of his comfort zone, performance suffers greatly, or is very inconsistent. The object of HYPERTON-X is to identify and release the hypertonic state of tissue and restore the body to a proper state of well being, and to enlarge the comfort zone.

In 1982 I was introduced to SOT, or, Sacral Occipital Technique, a cranial sacral method developed by DeJarnette which deals with the interaction of the sacrum and occiput, and the effect on CSF. Free movement of these areas is held to be important to the state of homeostasis, or, in the AK vernacular, balance. With this in mind I began looking at the hypertonic state of tissue restricting movement in these areas rather than the hypotonic state as dealt with in AK, and TFH. The premise was to identify tissue that was in someway restricting the proper movement of the sacrum and occiput, which are vital components in the CSF pumping mechanism. This led me to a basic system involving seven muscles that interacted with each other and were related to the SOT complex. I called this protocol the Magnificent Seven.

In 1984 I developed a priority system which pointed to the diaphragm as the priority muscle 80 to 90% of the time. At first this was puzzling as I could see no obvious relationship of the diaphragm, CSF, or balance, so certainly there was no intent on my part that would have brought this result. I was perfectly happy with just seven muscles to work with. However, researching the diaphragm as it relates to homeostasis resulted in many important revelations.

According to Walters (*Applied Kinesiology - Synopsis*), the diaphragm is the master muscle of the entire acupressure meridian system. If it is not functioning properly, the meridian system will not stay in balance. Further, both Goldberg (*Clinical Anatomy Made Ridiculously Simple*), and Upledger (*Cranialsacral Therapy*) note that the diaphragm is connected to the pericardium, the sheath around the heart. The pericardium is fascially connected via the carotid arteries to

the dura mater and therefor the cranium. This suggests that movement of the diaphragm is dynamically involved with the cranial sacral apparatus and therefore an important involvement with homeostasis.

The Diaphragm is a dome shaped muscle (see illustrations at end) that transverses the body attaching to the lower six ribs, xiphoid process (bottom of the sternum), and the first, second, and third lumbar vertebrae. Internally it rises approximately to the level of the fourth rib, but is slightly higher on the right side than the left due to the mass of the liver which lies under it. On inspiration the diaphragm moves downward.

There are only a few key openings in the diaphragm for the passage the aorta, the blood supply for the lower body and the venal return, vagus and epigastric nerves, esophagus, and upper attachments of the psoas muscles. The opening for the esophagus is the sight of hiatal hernia where the esophagus bulges up and into the diaphragm opening, or the opening has itself ruptured or distorted. What is often dealt with in AK parlance is pseudo hiatal hernia where the abdominal mass is jammed up against the diaphragm. The symptoms are similar and either situation can be very uncomfortable, but often relief is obtained by the correction below, but a true hiatal hernia may require surgery. So do the best you can but don't play doctor.

Upledger further points out, if we consider muscle fascia (sheath around muscle) generally running vertically, or head to foot, that the diaphragm is a potential horizontal restrictor if it is hypertonic, which further supports my experiences and results.

The diaphragm is often involved with emotions and traumatic experiences and will tense up when we are in a state of fear or anxiety. It is also brought into play when crying, vomiting, gagging, choking, coughing, screaming, laughing, etc. If you have ever had "the wind knocked out of you," you can easily see the connection with the diaphragm in that experience.

In a process not yet understood, life experiences find a home in body tissue,

resulting in a hypertonic state. i. e., the tissue does not want to be used, or stimulated in anyway that reminds it of the experience. I am sure by now you have an idea of the potential disturbance a hypertonic diaphragm can cause. The question is, what to do about it?

Demonstration

First perform several standard Touch For Health muscle tests, but do not correct any weak muscles. Then ask the person to inhale deeply. Watch the abdominal wall and the rib cage. If the diaphragm doesn't want to be used (hypertonic) usually the rib cage will expand and the abdominal wall will sink in toward the spine.

If the diaphragm is functioning properly the abdominal wall will expand. This indicates that the diaphragm is pulling down toward the hips. It is this action that creates a vacuum in the lungs causing air to be sucked in.

If the diaphragm does not move down, then the rib cage must expand to create the vacuum effect to compensate for the lack of proper diaphragmatic involvement. Obviously in this state the body is not able to get all the oxygen it may need, particularly when subjected to strenuous activity. For optimum results the diaphragm and rib cage must both be involved.

Dynamic Test. This should be performed on both phases of respiration; Inhalation and exhalation. The diaphragm may be hypertonic on either or both phases.

In-Breath. Place your hand on the person's abdomen just below the ribs. Have the person inhale while expanding the abdominal wall. Your hand should be pushed away. When fully expanded have the person hold the breath.

Apply firm pressure toward the spine and test a strong indicator muscle (IM). If the IM unlocks the diaphragm is hypertonic.

Out-Breath. Have the person exhale so that the abdominal wall depresses totally. If the IM tests weak the diaphragm is hypertonic on the exhalation phase.

Have the person breath deeply for five or more cycles with dynamic movement of the abdominal wall.

Repeat the muscle tests and note any differences. Most often when a hypertonic diaphragm is activated, muscles that were previously strong will test weak. In this event the person often avoids activities that require sustained deep breathing such as, long distance running, swimming, et al. In short duration or low oxygen demand activities the body can compensate for the lack of diaphragmatic activity by transferring the demand to the rib cage, or "it" comfort zones.

But as the activity is sustained, the demand for oxygen overrides the comfort zone compensation and the diaphragm is activated. As you can see by the above demonstration the performance of various muscle groups are then greatly impaired, which can result in pain and/or injury as the desire to stay in the race, or whatever, overrides the body's distress signals.

Also, a negative emotional charge is often involved with a hypertonic diaphragm and the person may experience emotional stress as well, and perhaps feel nauseous, dizzy, or other discomforts.

Correction

Have the person inhale deeply expanding the abdominal wall as in the dynamic test above. While the breath is held apply firm pressure to the abdominal wall below the rib cage for six seconds. The person then exhales and relaxes. When the abdominal wall bottoms out, apply gentle pressure against the abdomen as the person inhales.

Have the person breathe in fully expanding the abdominal wall and retest the IM as pressure is applied to the abdomen as the breath is held. The IM should now test strong.

**REPEAT DEEP BREATHING AND
MUSCLE TESTING AS ABOVE IN
DYNAMIC TEST STEP**

In most cases all muscles will test strong including muscles that were weak before involving the diaphragm in the procedure.

If the Diaphragm Does Not Correct

This can be due to several reasons. The body may be processing and needs more time. Ask the body for a Yes or No on this and what needs to be done.

There could be emotions involved. Have the person think about using the diaphragm and test the IM. If weak, there is an emotional charge that needs to be cleared, which usually is connected to earlier experiences where breathing was impaired such as near drowning, being tickled to the extreme, etc. This can be done in many ways, so go with what you know (or take HT-X 4. Get It?). For the sake of this demonstration, just hold stress points and wait for the therapeutic sigh.

In 1986 I was made aware that Dr. Tony Andressen of London had realized the importance of the dysfunctioning diaphragm in his medical practice and had devised a diaphragm maneuver which he had employed in his practice for many years with impressive results. For Information on his methodology contact Kay McCarroll in London. (See TFH and IASK rosters).

For further information, contact:

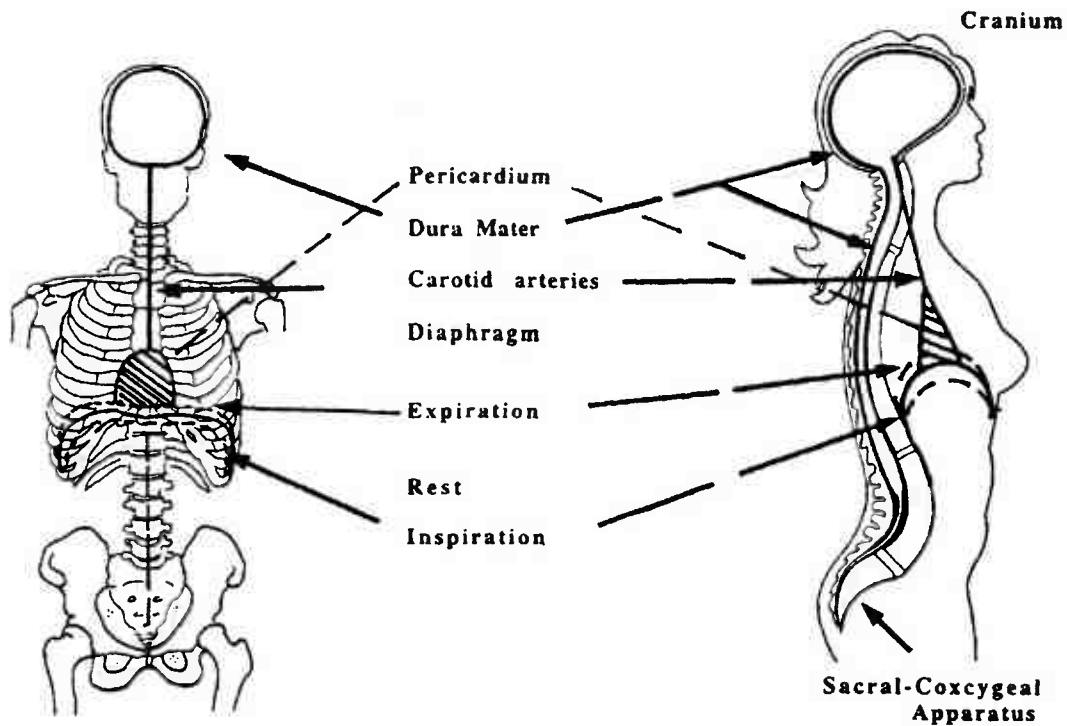
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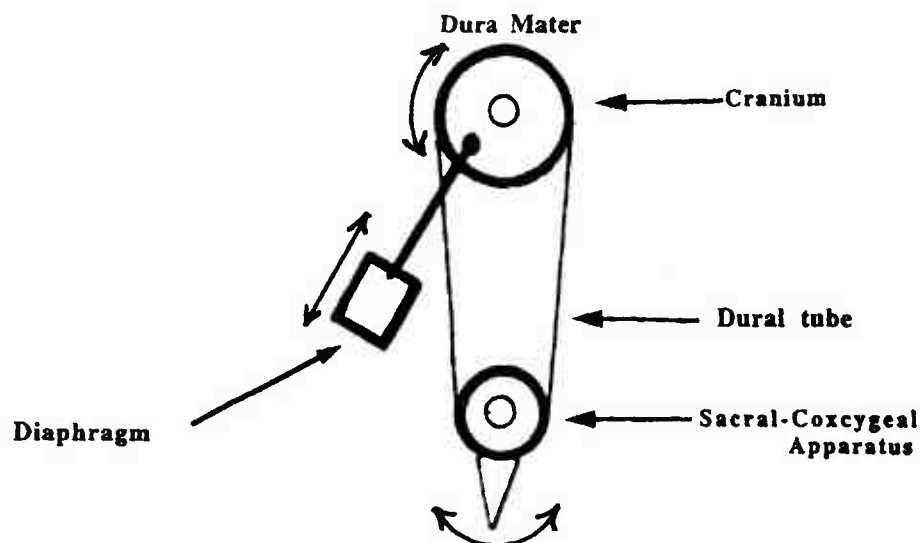
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Sponsors Invited



The action of the respiratory diaphragm is much like a piston in a combustion engine. As the diaphragm moves up and down during respiration, the force of the movement is transferred via the pericardium and carotid tissue to the dura mater, and then via the dural tube to the sacral coxxygeal apparatus. This

can be thought of as a piston-pulley system as shown in the diagram. It then becomes obvious that the interaction of these three component parts is critical and what can happen if one, or all three, are in a restricted or misaligned state.



Cysts - Our Emotional Circuit Breakers

by Dee Martin, MT

I felt compelled to do a paper on ganglion cysts ever since a freakish occurrence in my office.

A young woman, 22 years old, mother of two small children, arrived in my office complaining of severe pain in the wrist. She had just visited with her orthopedic doctor. The young woman had had six ganglion cysts surgically removed from the same location on the wrist and now a 7th cyst had erupted. This time the doctor felt they must perform a surgery that could result in the loss of function in her hand.

I said, "Let's let your body talk and see what is causing the pain." Much to my surprise it indicated it was an emotion, depression, age on line, 17, over a situation. At that age she was in a foster home and that was when the first ganglion appeared.

As always when doing the emotional work, a benefit as great as the trauma had to be found and then accepted by the subconscious. She felt that at that time she was out of control and would have either become a drug abuser or even have died had she not been sent to the foster home. This is definitely not the woman she is today. Her body indicated that the subconscious had accepted that being sent to the foster home was a great enough benefit to clear the issue. Amazed she said, "The pain is gone!" When she turned the wrist over to look at it the ganglion was gone! We both stared in disbelief!

What had happened? Could it happen again? Curious and intrigued I tried the same approach again and again. The body each time indicating the cause as an emotion. Each time as the subconscious accepted a benefit of *equal or greater value* to the trauma the cyst would dissolve, either instantly, in hours, days or even weeks. The results would be exactly as indicated, with only a few rare exceptions.

It appears as though the cyst would develop on an acupuncture point after an emotional trauma. In my opinion this occurs much the same way a circuit blows in a house rather than having the entire electrical system overload.

Trying to better understand cysts, I asked an orthopedic surgeon for an explanation. He gave me the clinical explanation of what a cyst is and then ended by telling me, "They have a mind of their own and that they come and go as they please."

The procedure is as follows:

1. Ask the body to indicate the cause:
(Physical, Emotional, Nutritional, etc.)
2. If it indicates an emotion use the five element emotional chart and or the behavior barometer chart to locate which emotion.
3. Ask for an indicator for the priority age.
4. Ask for an indicator whether it involves self, situation, other.
5. Let the person find the way the trauma benefited them.
6. Ask if the body accepts what was found in #5 as a benefit.
7. Ask if the body has cleared the emotion.
(Often I find the benefit is not great enough to clear the emotion, they must continue until the benefit is great enough to clear the emotion).

My prayer is that we the facilitators stay humble enough to allow the expert, the mind of our client, to tell us what is wrong and how to treat it.

Please forward any findings to Dee Martin, 62 N 3rd Street, Zanesville, Ohio 43701 614-452-5411 (Bus.) 614-453-6468 (Home)
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Rolfing and the Structure-Gravity Connection in the Information Age

by Austin McElroy



In the late 1960's, a Ph.D. named Ida P. Rolf started training a group of bodyworkers that she felt would someday revolutionize the field of healthcare. These were to be practitioners of the Rolf Method of Structural Integration, a technique for teaching people how to let gravity work for them. Rolfing, as it became known, was to be the ultimate preventive medicine since it utilized techniques of a variety of successful disciplines.

These disciplines stressed mobilizing the joints of the human body as a path to increasing vitality and well-being. Along with mobilizing and creating flexibility in her subjects with her bodywork techniques, Dr. Rolf focused on the importance of gravity as a factor affecting the health and well-being of a person. According to her, optimal human health and well-being could only be achieved through having a conscious relation to the field of gravity. By placing the emphasis of her technique equally upon the shoulders of gravity and good structure, she had founded a totally new discipline for achieving vitality. She was solidly connecting the potential of the human being to the field of gravity for the first time.

Ida Rolf simply was not satisfied with the traditional medical model of the human body which implies that gravity always made the structure crush down on itself. This did not happen after her bodywork technique was applied to her subjects. In fact, she saw quite the opposite phenomenon occur. The spine and upper body seemed to actually lift and have a sense of lightness. Her patients reported that they felt taller and moved more easily. There were psychological benefits also. Rolfees felt more autonomy, centeredness, and a deeper appreciation of life.

The entire body, or structure is worked on and the method used to achieve these results

took ten sessions. It was a very western idea indeed because it was short and to the point. Perhaps Dr. Rolf had taken Albert Einstein at his word when he stated that the only thing that he couldn't attribute to the pull of gravity was falling in love.

By seeing the human body from the vantage point of the Rolfer, the interface between gravity and structure might become clearer. The Rolfer can be thought of as a combination of seemingly unrelated professions. On the one hand he or she is an elementary education teacher demonstrating the effects of gravity upon proper structure to his students. On the other hand, she is a garage mechanic trying to straighten all the twists, turns, rotations, and other physical flaws that have become patterned into the human chassis.

Then she must find a way to access her patient so that she can then have her patient focus on as deep a spot as possible to move correctly from. By accessing his client, the Rolfer motivates him to push through the resistances that were formerly too painful for him to push through. As this is accomplished, immediate and positive changes occur in the Rolfing subject.

To a Rolfer himself, the bipedal nature of the human structure takes on yet more meaning as his own relationship with gravity increases. The lower body (the body from the waist down) is seen as a grounding mechanism for all of the electrical potential of the brain, a foundation for support, and as a means of supremely efficient locomotion. The upper body appears to want to float upwards in the opposite direction due to the lifting action of the chest and the head.

The overall picture of the human body is that we get to where we're going with the lower half, and we do what only humans can do with the upper half. In other words, the interaction of gravity with the human body is paradoxical as seen by the Rolfer: it both grounds the person and lifts her up

simultaneously. What seems to validate Rolfing is that in no other discipline is this phenomenon seen so consistently and with such lasting effects.

During the Rolfing process the mobility of the person increases, and gravity starts to activate the core of the body instead of just pulling it down in a destructive manner. Rolfees start to regain control of parts of their body they could only sense were uncontrollably tight before. Each part of the body becomes freer to do its prescribed duty in supporting the humanness of the individual.

The point is that the structure that has gained adequate mobility in its joints behaves differently in the field of gravity. Yet it requires an even broader view of the body in order for gravity to become a positive factor. Consider, for example, the responsibility of the foot alone toward proper structure. In a good structure, the foot is an intricate suspension system by itself. Correctly functioning feet are crucial to the vitality and well-being of the individual. Because the feet contact the earth's surface in our bipedal manner of movement, the rest of the structure must organize itself according to how mobile the joints of the feet are.

When most people come to Rolfing, support for the weight of their structures has migrated to the lateral arch and to the front of the foot. This has caused their upper bodies to collapse and to have to struggle to hold itself up. Tight shoulders, necks, and back muscles result when the weight of the person is not distributed evenly over the bottom surface of the foot. People appear to be going through life being continually "on their toes". This tends to rob the person of strength and energy over the long term.

It is equally important that a person be able to settle down and this is the job of the heel. After loosening and mobilizing the foot, the Rolfer typically will see that the heel is now doing more of its supportive duty. In fact, with the heel extending properly into the earth, the head and neck are set free to lift skyward in their characteristic manner.

Contrary to accepted belief, the pelvis doesn't really hold the spine up. It's function actually

is to hold it down much like a hand holding the string on a helium balloon works. In fact, the massiveness of the pelvic bones provide great stability and direction to all the rest of the bones of the structure. Again, the lower body tends to work to ground the person and the upper body wants to lift and float upward in a structure that is correct.

Looking still broader into how good structure functions, it is no coincidence that the head and the pelvis are at opposite ends of the spine. These two parts of body are constantly struggling for supremacy. In a healthy structure, the lower body with it's basic yet primitive urges battles incessantly with the reasoning that wants to prevail in the head of the upper structure. The lower body demands spontaneity; it's all the upper body can do to keep control and make sense of it all.

The Information Age presents a new challenge in the course of human evolution. Information is creating change and it is affecting everyone. Unfortunately, it's not exactly clear just how people should prepare themselves for the demanding future that we seem to be in store for. This is where Dr. Rolf's work bears strong consideration. Perhaps we need to open up to a previously unexplored factor. Perhaps this new factor is gravity.

If the Structure/ Gravity Connection is actually one of man's most fundamental relationships with nature, then it may be time to take a serious look at it. Furthermore, if human beings are at a turning point in their evolution as suggested by the Information Age, perhaps gravity needs to be considered as the reality that it is. To a Rolfer, it seems to be a teacher of endless magnitude.

The technology to investigate the human body and gravity already exist but we haven't yet examined them together. This means that those who venture into Rolfing are either subjects in an on-going study by Dr. Rolf, or they are prototypical human beings in the making. The Structure/ Gravity Connection could be the next understanding that saves us from being overwhelmed by the future. Accepting this connection can provide us with new strength, vitality, and efficiency of movement.

Achieving Permanent Behavior Changes Using Kinesiology Integration Techniques

by John A. McMullin, PhD/c

Abstract. Achieving permanent behavior change begins with a unique process of self-assessing why we perceive need for change in our lives. We will learn the process of anticipating hidden roadblocks such as old triggers, reflected emotional energy patterns, confusion, ego gratification, and the fear of risking. We will offer various tools of kinesiology integration techniques (K.I.T.), that break through these barriers and **pierce the illusion that change is difficult.**

Every year, thousands of clients visit my offices to self-discover their path of change for the many issues that haunt their life. It is interesting to notice that many of us numb out the dysfunctional habits and behaviors that lock us into our self-made prisons. I have discovered that many people perceive the need for change more from their feeling sick and tired of being sick and tired than anything else. It was this realization that gave me the inspiration to help people become more aware of other methods of self-assessing their need for change.

Self-Assessment Methods

Body Pain. The first step that often suggests the need for change is reflected in the body feeling pain. It is important to have the client become aware of the various levels of pain, including pressure, pain, ticklish, itching, and finally numbness. Since many clients have parts of their body achieving numbness, I will often use kinesiology to trigger emotions that will produce body pain merely by touch.

Triggers. Many clients are not aware of their emotional triggers and why they occur. The techniques we use include discovering the emotions that produce triggers and have the client state the emotion as an affirmation. If the client cannot feel the energy shift in their body, they certainly notice the reflex of an indicator muscle. It is at this point, we define the purpose of a trigger. A trigger is an event that produces an emotion(s) that allow us to discover the wounds of our ego.

Repeating Energy Patterns. Clients often have difficulty viewing repeating energy patterns without the benefit of using emotional kinesiology as a mirror to reflect this process.

After several examples, clients begin to explore where these patterns occur in other components of their lives.

Discovering Self-Sabotage. Clients become more aware of their need for change when they discover their own built-in sabotaging techniques that limit their growth at many levels. I help them find the zig-zag patterns that always seem to return them to a place that validates who they think they are.

Ego Gratification from Punishment or Protection. When clients are afforded the opportunity to reflect on the three ego states, (child, adult, parent), they quickly become aware of how part of them is gratified through the process of punishing or protecting another part of them. Through the process of emotional kinesiology, we can discover many examples where clients have used this technique to reduce growth and limit change. This awareness allows the opportunity to teach the process of self-talk and healthy gratification.

Integration Process. When clients are allowed to reflect on how long it takes them to integrate and experience from feeling the victim to self-empowerment, they can self-discover their resistance to change. This benchmark is a powerful tool for self-awareness and opportunity to accelerate growth from change.

Reflecting Judgment of Others or Self. When clients are asked to produce a list of the behaviors they like or dislike about their parents or close friends, they are afforded a reflective mirror of how they see themselves. This insight then becomes strong motivation for the process for behavioral change.

Understanding Purpose of Behavior.

Like puppets on a string, each of us use conscious, subconscious and unconscious messages that motivate others to act out the behavior that validates who we think we are. We also act out their behavior needs and most important, we act out the behavior that validates our own ego needs.

The Process of Behavior Change

Awareness. Using the Awareness Techniques previously outlined, provides the awareness and most important desire to create a need for change.

Benefits of Not Changing. Perhaps one of the most overlooked aspects of creating an environment for permanent change, is the process of becoming clear of how part of us benefits from not changing. Discovering the child ego that is afraid, or the critical parent that uses fear to control another part of us, is typically a significant component that keeps us stuck. Many of these perceptions are perceived at the subconscious or unconscious level and require the use of kinesiology to diffuse these beliefs.

Accepting Consequences. The consequences of changing behavior patterns is often hidden and therefore surprises clients in the process of changing. As clients act out new behavior patterns towards family, friends, co-workers, etc., they are surprised how people feel about them with their new behavior. If clients don't anticipate this shift, they will often adjust themselves back to old behavior patterns to accommodate the needs of others.

Accepting the Changing Process.

- A. Feeling strange, confused, different, detached, and other emotions that reflect the feelings of not being "in synch" with the expectancy of our familiar surroundings and behavior.
- B. Willing to surrender existing ego identification and the process of reflecting how we see ourselves and others.
- C. Fear of risking creates uncertainty that triggers other emotions that creates chaos and confusion in our lives.
- D. Doubt about the nurturing process of becoming responsible for ourselves and to others as opposed to surrendering responsibility for the well-being of others.

Anticipating the Five Senses of Change. The process of change can easily be triggered into a frozen state by any of the five senses: smell, taste, sight, touch, and hearing. It seems important to allow clients to perceive that they have already made the change and ask them to examine each of these senses at the conscious, subconscious and unconscious levels.

Defining Benchmarks. The final step of changing requires clear definitions of how we know we have completed the change and continue to hold the pattern of that change. Inside and outside benchmarks must be established and identified as affirmations that are lived in the present.

Summary. The human mind can be programmed for behavioral change through the process of becoming aware that parts of us desire change and other parts benefit from no change. The Kinesiology Integration Techniques listed in this paper can provide the path for rapid and successful change if we become aware of what to expect and how to proceed should roadblocks appear.

De-Bugging Your Dragons

by Nettie J. Meissner

Tools for Emotional Healing.

Hard-Wiring Concept.

Like a computer we are born to follow commands as we are taught. Our basic commands are instinctive to Love, seek peace, pleasure, joy and happiness. Therefore we seek that which is in the light or good. Good is open and we can see it as it should be seen. Life grows in the light. This is the way God created us and the computer is set up on the same premises. On the other hand things that are bad for us will create pain and suffering, sorrow and misery. Evil normally lurks in darkness and in the darkness of our minds, something we don't want to face.

Pain and suffering can be our friends. If we did not recognize pain, we might not remove our hand from the burning stove, also if eating were not a pleasure, we may starve ourselves to death. Sickness and injury does result in us by violating our natural instincts whether it be accidentally or intentionally.

On the emotional plane, we experience inner peace, harmony, love and joy as we move in harmony with the divine messages. We are on the right track when these feelings give us this inner peace. When something is wrong, we feel the pain, anguish and this calls for self-analysis and change.

Enter life's Dragons.

We all ask the great question of why does God allow the suffering and bad things to happen. A Dragon is an illusion, a lie or a misperception that enters our thought pattern and gives us that visual image. Dragons are false beliefs that cause us to mistake darkness for light and light for darkness (Isaiah 5:20).

On the level of physical and emotional, we may crave foods or something else that may be bad for us, with the idea that the end results will be good for us. That will be on the physical level. The emotional level shows we can only remain in situations causing

suffering if we perceive it to be ultimately for the good.

The Brain Computer needs De-Bugging.

1. Negative self-talk and self-belief are Dragons.

TRIGGER (person, place, thing or situations,) creates ILLNESS (physical, mental or emotional).

EXAMPLES: "Sally's behavior makes me sick to my stomach." — "My job gives me a pain in the neck." — "I'll just die if anybody finds out about this."

WARNING: BE CAREFUL OF THE WORDS YOU USE, BECAUSE THE WORDS YOU USE, USE YOU.

2. Unable to act: The inhibited ability to perform a certain ACTION.

EXAMPLES: "I could never speak in public." — "I can't dance, I've got two left feet."

WARNING: OUR LIMITS ARE EXACTLY WHAT WE PERCEIVE THEM TO BE.

3. I AM or I EXIST in a negative state of being.

EXAMPLES: "I'm so fat and unattractive." — "I failed." — "I'm worthless."

WARNING: TO BE OR NOT TO BE IS NOT THE QUESTION. THE ONLY QUESTION IS WHAT TO BE. ALSO, NEVER PUT ANYTHING NEGATIVE AFTER GOD'S NAME (I AM).

4. YOU ARE or something IS something negative are programs that give us control over what others ARE.

EXAMPLES: "My children are little monkeys. They are naughty." — "You are so

stupid you will never amount to anything." — "You little devil, you are always hyper."

WARNING: THE TROUBLE WITH IS, IS THAT IS, IS.

5. **VOODOO HEXES** are curses we place on others to control their life and destiny.

EXAMPLES: "This disease is fatal. You only have about six weeks to live." — "You are so stupid that you will never amount to anything."

WARNING: LET BLESSINGS NOT CURSING PROCEED FROM YOUR MOUTH BE- CAUSE WHATEVER YOU PUT OUT COMES BACK TO YOU MULTIPLIED.

Muscle Testing is needed to complete the following.

A. **EXAMPLES** of affirmations to correct programing errors in locating dragons.

1. I am filled with love and trust for others.
2. I have all the love I need from other people.
3. It is all right for me to cry and grieve when I need to.

1. The world is a beautiful place, filled with joy and wonder.
2. It is all right for me to play and have fun if I want.
3. My inner child is happy and prosperous.

1. I have inner peace and tranquility.
2. I can adapt well to stressful situations.
3. It is all right to experience stress in my life.

B. **WHEN WORKING WITH PEOPLE'S DRAGONS.**

1. We see the world through dark glasses (I Cor. 13.12). They are the illusions from someone else's world and won't hurt you. These illusions become our dragons.
2. If other people's belief systems bother you, you may have some dragons to

eliminate for yourself, before helping others.

3. Illusions cannot remain when reality has been seen because you have exposed the **DRAGON**. This becomes permanent.
4. Never challenge a person's belief system directly because that may **ENTRENCH** their dragons more firmly. If they try to adopt your ideas and beliefs, it just adds another dragon to them.
5. You cannot take someone else's dragons away from them. Unless the person perceives the illusion for themselves, they will never be free of it.

C. **THE QUESTION-AFFIRMATION** technique is the most powerful way we have found for exposing dragons for what they are. When a person asks themselves, "HOW WOULD I FEEL IF ... ?" **THEY ARE EXPLORING** what the result would be if they pursued a course of action or belief. This allows a person to safely look at their subconscious objections to a belief or action and find out if they are valid. Once a person genuinely perceives that a change of belief or action would bring peace, happiness or joy, then their "hard-wired" desire for that which is good will take over and will automatically redirect the course of their thoughts, feelings and actions.

Summary

Trust yourself in using these techniques. Commit yourself to finding the problem, ask the question "HOW WOULD I FEEL IF ... ?" It doesn't matter if they have ever been loved, but to feel how it would feel and in this lies many answers.

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How To Influence Respiratory Musculature Through Massage Therapy and Applied Kinesiology

by Kate Montgomery, CMT

For the 1000's of people who are labeled Chronic Obstructive Pulmonary Disease (COPD) patients, breathing is all they think about. There are two parts to being able to breathe efficiently:

1. Correct and erect posture, and
2. The muscles that are over-worked due to the effort of each muscle that assists in the respiratory phase.

As a respiratory therapist for 12 years, most of my patients could not stand up straight, which affected their breathing capacities. Due to improper posture, structural and muscular misalignment soon became an issue. With each breath, the strain on the muscles will create fatigue, eventual trigger points and muscle spasms which leads to pain. Pain will keep a person from breathing fully. If the posture muscles that support our structure and help us to breathe are released, muscle tension and pain can be alleviated and the breathing capacity can possibly be increased. Breathing seems so easy for most of us, but for those who have asthma, bronchitis and emphysema one breath means a different quality of life.

As a respiratory therapist and massage therapist for the last 22 years, both occupations have much in common. The body is controlled by muscles to help us breathe and walk and they are all related due to where they attach on the spinal column. I have put together a combination of massage techniques and applied kinesiology to show how you can enhance the breathing of a person with chronic obstructive lung disease by releasing and balancing the posture muscles that support us. Once you have done this, teaching someone how to diaphragmatically breathe is much easier and the exercises to increase their lung capacity can now be attempted.

Part One: Assessment and Muscular Release

Prior to Muscular Release measure the vital capacity. When the equipment is not available,

a tape measure can be used to give an approximate estimation of the vital capacity. Place the tape measure around the rib cage at the level of the 6th and 7th intercostal space (under the breasts of a woman) to measure the circumference at maximum rib cage expansion, inhalation. Be sure to place the tape measure in the same location for accuracy of data notation.

Another way to test lateral expansion is to place your hands equal distance on both sides of the ribcage (check front and back) and ask the client to take a deep breath. Note if there are bilateral differences in expansion.

- After muscular release, a 5% improvement in vital capacity may be evident. For every 1 cm of increased chest expansion, there is an increase of 200 ml of vital capacity.

- Note: Most chronic obstructive pulmonary disease patients will not have strong muscles. Any muscle release that can be done, will benefit them. Several sessions may be necessary with the client to show a marked improvement. Every individuals body is different and reacts differently to body work. Be patient and encourage the person to work with you.

- Muscle Testing is the evaluation of how the nervous system controls muscle function. The terms "Strong" or "Weak" are used to describe how the nervous system functions, not the actual power the muscle is capable of producing.

- The first technique used in applied kinesiology to change muscle function was the stimulation of the origin and insertion of a muscle. If a muscle had trigger points (painful nodules with a pain referral pattern), that affected the function of the muscle. When these nodules were released, the muscle gained approximately 70 % of its function back. Research done by George Goodheart, D.C., 1964 (ref. 11).

- A note to those who have lower back pain. This technique is very useful to help alleviate muscle tension and stress on the lumbar vertebrae.

The Relationship of the Diaphragm, Intercostal and the Psoas. Other Muscles: Abdominals and Quadratus Lumborum in Respiratory Function.

Assessment:

1. Prior to muscle testing, have the patient drink a glass of water. If the patient is dehydrated, the muscles will all test weak.
2. Muscle test to determine the strength or weakness of the Diaphragm and Psoas muscles.

Muscle Testing Procedure:

First: Use the deltoid muscle for the Indicator Muscle. To ensure that the muscle is functioning, turn it off by pushing two ends of the muscle together. Test. Muscle should test weak. Then turn muscle back on. Pull the two ends apart. Test. Muscle should test strong. If weak, rub the neurolymphatic reflex point located between intercostal spaces, 3-4, 4-5 on the anterior ribcage and the massage the origin and insertion of the muscle.

Diaphragm: Place Client in a supine position. Raise the arm to a 90 degree angle. Ask the patient to resist as you place pressure at the wrist to push the arm towards the abdomen. Place your hand at the level of the diaphragm. Ask the patient to take a deep breath all the way up to the shoulders, hold the breath and push their abdomen out and make it hard. Then apply pressure at the wrist to see if the arm goes weak or "feels mushy." If it goes weak, the diaphragm is not functioning.

Psoas: Place patient in a supine position. Flex and abduct the hip at a thirty degree angle, as you have the patient externally rotate the thigh. Brace the opposite hip with your opposite hand and place your other hand at the knee. The force is

applied at the inside knee to press in the direction of extension and slight abduction. If this muscle feels mushy, it is weak.

**** DO NOT HOLD THE LEG IN THE AIR FOR LONG. IT CAN CAUSE A STRAIN IN THE GROIN AREA. HELP THE PERSON PLACE THE LEG BACK ON THE TABLE.**

3. If Strong, challenge the muscle by having the patient perform muscle activation.

- Diaphragm and Intercostal muscles: Have patient sit up and breathe 10 times.

- Psoas: In supine position, place leg in flexion and abduct the hip with external thigh rotation. Lift leg 10 times. Repeat on opposite leg.

For all the muscles refer to the muscle diagrams at the end of the paper to locate origin and insertions of the muscles. Position the client in a supine (face up) position, and repeat the origin and insertion muscle release. Use gentle pressure.

4. Retest the muscle for strength/function. If weak, perform Origin and Insertion release of the muscle fibers. This will help to return the muscle to functional integrity. Work along the origin and insertion of the muscle fibers. Instruct the client to breathe and relax as you do this. There may be painful and sore muscles due to contracture and loss of functional integrity. Be gentle but firm. Work at the clients tolerance level.

Muscle Release

- Diaphragm: In supine position, place bolster under clients knees and pillow under head. Position your fingertips at the apex of the ribcage (one fist- width moving laterally from the end of the sternum). Instruct the client to take a deep breath. On the exhale, gently but firmly press up under the ribcage and then pull down on the muscle, approximately a one-half inch. Perform this release along the entire ribcage, moving laterally to the end. Work both sides of the diaphragm.

***I avoid the center due to the location of the ziphoid process and the problems that could arise due to improper technique.

- Intercostals: Work between the ribs. Place your fingertips at the edge of the ribs where the muscles attach and pull down on the muscles. This is done very gently without a lot of pressure. Refer to diagram. Perform the ribcage release after the intercostal muscles have been released.

- Ribcage Release - Position yourself over the client. Place your hands on the side of the ribcage at the level of the nipple line. Ask the client to inhale diaphragmatically, all the way to the shoulders, hold the breathe for a second, then exhale as you gently but firmly squeeze the rib cage to the full extent of the exhale. Repeat the process as needed to obtain a fuller and deeper breath for the client. Be gentle, their ribcage is very stiff and can break easily due to the drugs they may be taking.

- Psoas: In supine position, pillow under clients head, knees bent, feet flat on table. Have client breathe shallow. Position your fingertips on the inner surface of the ilium, at the lower end toward the pubis. Move the clients leg up and down and you should feel the psoas contract under you fingertips. (Now you know you have located the muscle.) Push gently down and toward the abdomen. I sometimes move the leg up and down to distract the client due to the muscles tightness. Make sure you encourage the client to relax and breathe.

Note: Most of these muscles are not palpable. Your intent is to release them.

5. Follow up with firm and deep massage of the Chapman Reflexes, (neurolymphatic reflex points) to flush metabolic waste products, which will relax and strengthen the muscles involved. (See *Touch for Health* book, ref. 9.) Each reflex point should be massaged for 30 seconds to 5 minutes depending on the muscles response.

6. Followed by stimulation of the neurovascular reflexes. (Dr. Terence Bennett, 1930's, *Touch for Health* book, ref. 9.) Locate the reflex, apply a slight tug to the skin, hold lightly until a pulsation is felt. Change the vector until pulsation is felt. Then continue to hold for approximately twenty seconds or longer until improvement in muscle function is noted. Influence in vascularity of organs and structures.

7. Once the muscles are free of trigger points, stretch the muscles using Range of Motion stretching techniques: Proprioceptive neuro-muscular facilitation stretching or HYPERTON-X stretching. Stretch only as far as the client can stretch comfortably.

8. Retest the muscles for strength. They should be strong and lock in place without shaking. *Shaking indicates compensation. Repeat technique.

9. Recheck with the tape measure the clients vital capacity and lateral chest expansion.

Benefits:

1. Improved ventilation.
2. Improved coordination, stamina and energy.
3. Improved overall fitness.
4. Improved posture.
5. Exercises using the arms more can improve upper body strength and ventilation, such as in Qigong.
6. Able to expel mucus easier and clear the air passages.
7. Weight reduction (According to Cherniack, the oxygen cost of breathing is three times that of normal cost. Obesity can be reversed and respiratory problems improved.)
8. A better mental attitude
9. Control of the situation, being able to do something for yourself.
10. A better quality of life.

Muscle Origins and Insertions

Diaphragm:

Origin: Connected to the spine, two crura or pillars situated on the bodies of the lumbar vertebrae, L1-L3 , anterior-inferior, lower six costal cartilage's and xiphoid process of the sternum.

Insertion: On the central tendon of the diaphragm (a clover leaf shaped aponeurosis). Openings for the aorta, inferior vena cava, and esophagus.

Action: Flattens the central tendon , thus increases the vertical diameter of the thoracic cavity in inspiration.

Palpation: Cannot palpate.

Intercostals: External, Internal and Innermost

Origin: Between the adjacent ribs.

Insertion: Between adjacent ribs.

Action: Elevate the ribs in inspiration and maintains intercostal spaces.

Palpation: External intercostals are barely palpable between ribs.

Psoas Major:

Origin: Anterior surface of the spine. Base and lower borders of the transverse processes and lateral vertebral bodies of L1-L5.

Insertion: the lesser trochanter of the femur.

Action: Flexion, abduction and lateral rotation of the hip.

Palpation: Cannot palpate.

Abdominals: Rectus, Transverse, External and Internal Oblique

Origin: Rectus - costal cartilage's 5, 6, & 7. Insertion - Pubis.

Action: Flexion of the trunk, compression of the abdominal contents.

Palpation: Anterior-medial surface of abdomen, on either side of umbilicus from sternum to pubis.

Origin: Transverse - Inguinal Ligament, iliac crest, thoracolumbar aponeurosis and lower margin of the rib cage.

Insertion: Abdominal aponeurosis and linea alba, pubis.

Palpation: Cannot palpate.

Origin: External Oblique - Lower 8 ribs. Insertion: Abdominal aponeurosis and iliac crest.

Action: External - bilateral flexion of the trunk, compression of the abdominal contents, unilateral-lateral flexion, rotation of the trunk to the opposite side.

Palpation: Lateral sides of abdomen.

Origin: Internal Oblique - Inguinal ligament and anterior iliac crest.

Insertion: Costal cartilage's of last 4 ribs, abdominal aponeurosis.

Action: Internal - bilateral flexion of the spine, compression of the abdominal contents, unilateral-lateral flexion, rotation of the trunk to the same side.

Palpation: Cannot palpate.

Quadratus Lumborum:

Origin: Posterior iliac crest.

Insertion: 12th rib and the transverse processes of L1-L5.

Action: Lateral flexion of the trunk or raises the hip. "Hip Hiker"

Palpation: Cannot palpate.

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Inspiration/Expiration Diagram

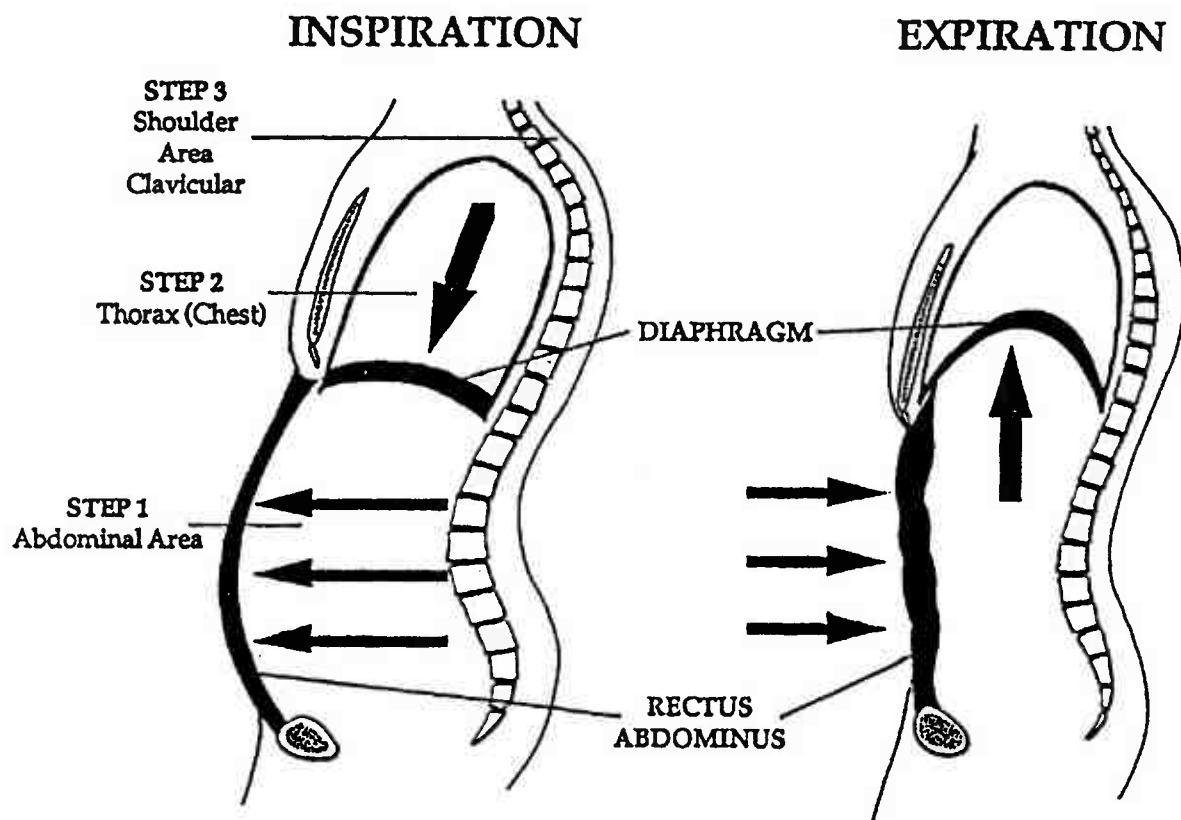
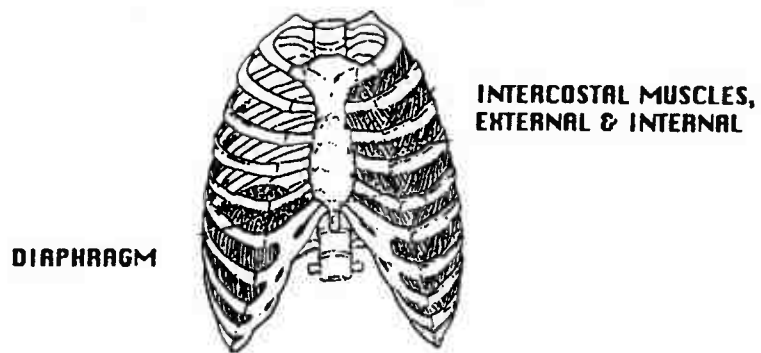
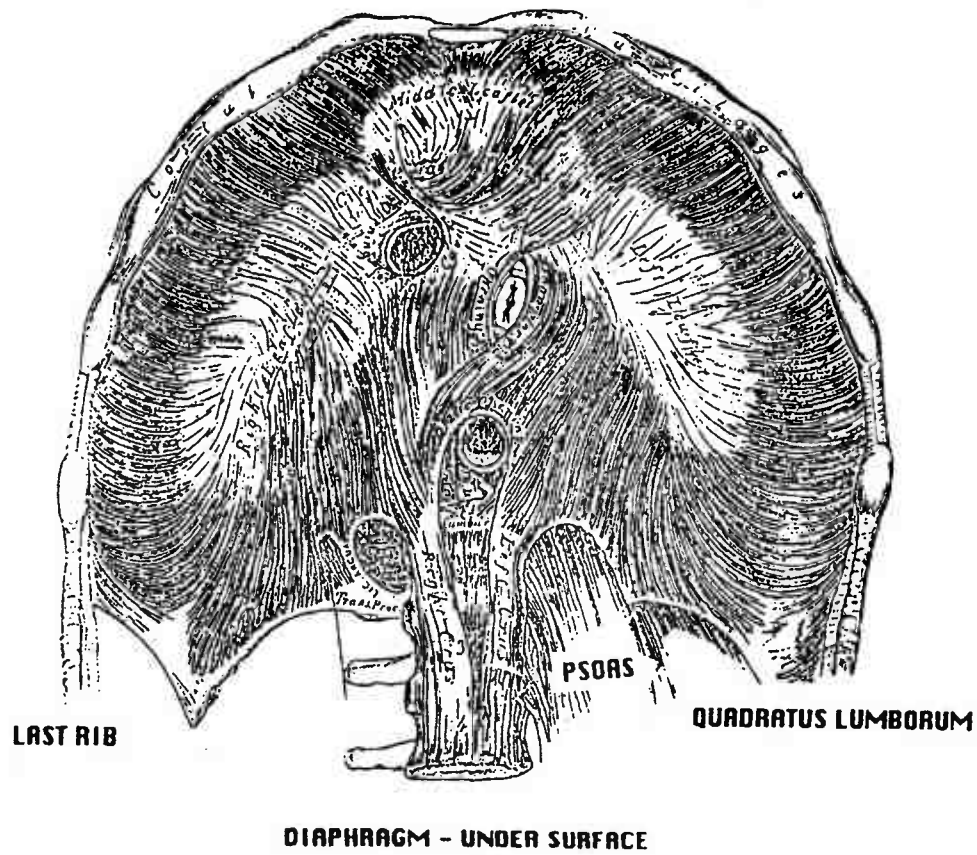
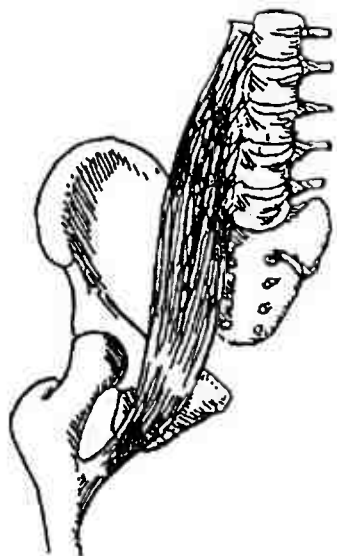


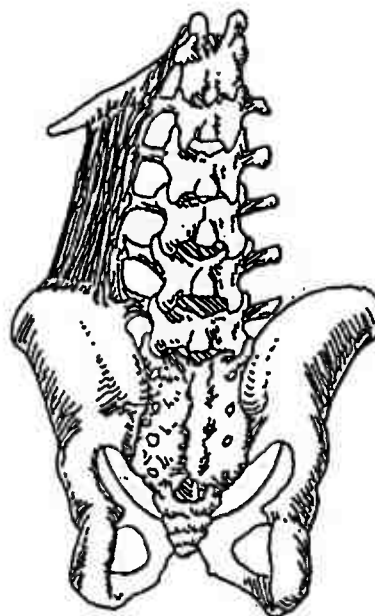
Illustration by Greg Creswell

The Diaphragm Muscle

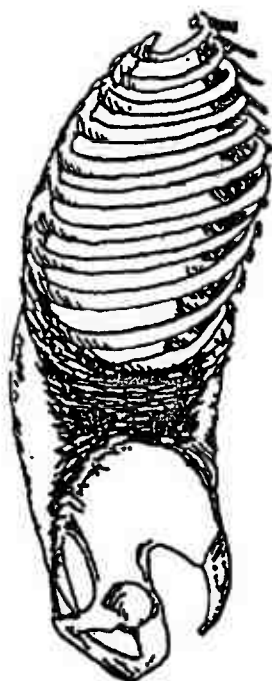




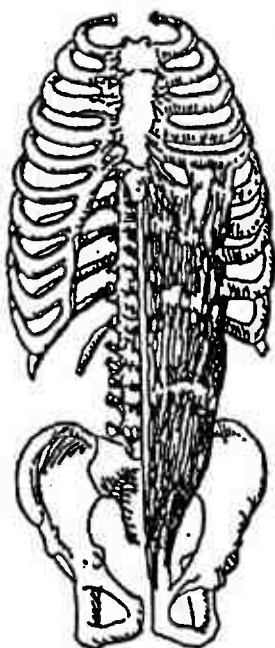
PSOS



Quadratus lumborum



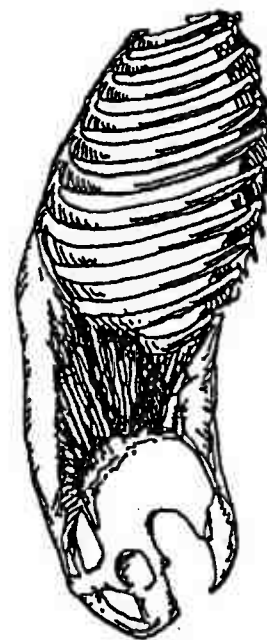
Transverse
abdominal



Rectus
abdominis



External oblique
abdominal



Internal oblique
abdominal

Getting Clients for Kinesiology

by Marge Murray

I have a good sized practice in Wisconsin. It has been the sole support of my family for the last ten years. There are ways to get clients easily. I want to share some of the things that have worked for me and some that haven't.

The things that have not worked are ads in the newspaper and flyers to attract clients. I believe that these haven't worked because Kinesiology is a new field and no one knows what it is, let alone what it can do. The thing that has worked well is word of mouth and demonstrations. Word of mouth is a topic for another paper, but can be developed through the way you treat your clients and networking. This paper will address how to do a demonstration that will bring you clients.

There will be two overriding things that you will communicate in your demonstration:

1. Kinesiology is a credible science.
2. Kinesiology benefits and gets results

You will never say these things, but what you say and what you do will communicate this in a powerful way.

A good demonstration has certain content. You can use all or any of the following, knowing what you want to leave as your message:

1. A little history
2. Definitions
 - a. What is Kinesiology?
 - b. What is a muscle test?
 - c. What is a meridian?
 - d. What is a balance?
3. Charts and pictures
 - a. The TFH chart
 - b. The TFH book
 - c. Muscle, organ, meridian, emotion drawing
 - d. Metaphor of conscious, subconscious, body

4. Demonstrations

- a. The muscle test and how it works
- b. 14 muscle balance
- c. Simple ESR
- d. Surrogate
- e. Food testing is not a good one. It can cause political problems.

What might you include in your history? My favorites are George Goodheart, Terry Bennett, Chapman's reflexes, Dr. Thie, the IKC and the TFH Association. You may use others. The fact that they exist and what you say about them give credibility.

How would you define Kinesiology? I define it as the art, the science and the philosophy of muscle testing. The art includes knowing the proper pressure to use and knowing how not to influence the test. It also includes how to communicate with love and acceptance. The science includes the position and direction and the corrections. The philosophy is the functions of the meridians and emotions in relation to one another and the empowerment of the individual to take control over his own health and well being. This definition gives Kinesiology credibility.

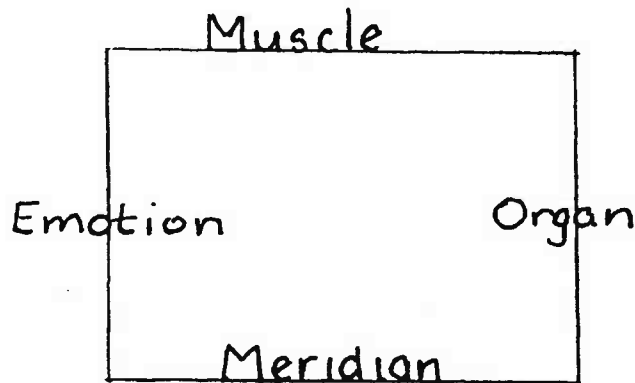
How would you define a muscle test? I define it as slow gentle pressure against a muscle that is held in its most vulnerable position. It is a perfect biofeedback tool. Its purpose is to gather information from the subconscious mind from the past and the body mind which holds inherited information. It also gets the cooperation of the body since it involves the body in the communication loop. It is accurate according to the beliefs of the individual which makes the answers subjective and allow the person to remain in charge of his process.

A muscle test not only tells us about the ability of the muscle to work, it also gives us information about the meridian, the function and the organ that it associates with. It can tell

what stresses and what gives us strength. This definition gives the muscle test credibility, especially if used in connection with a demonstration that gets your hands on as many people attending as you can.

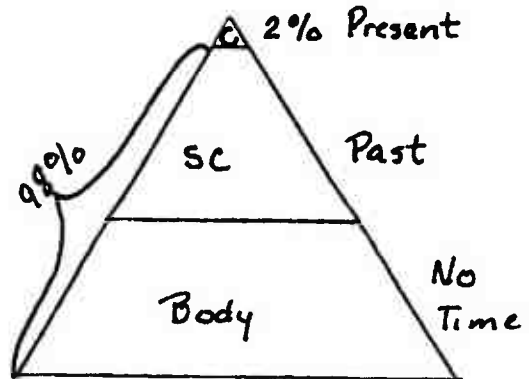
How would you define a balance? I define it as the process we go through to get results. Kinesiology gives good results. As a matter of fact, that is the scientific basis for Kinesiology. What results do you want? Your demonstrations will show results. Let your subjects give as much testimony as possible. The less you say and the more they say is the most effective.

These are samples of the charts and pictures I use:



During the demonstration, it is essential to treat your volunteers with gentleness and kindness. It is best to honor what they say with acceptance and patience. It is best to accept skepticism. It is best to answer questions when they can be answered and allow yourself to not know the answer. It is best not to give advice, but instead frame your questions to educate. After all, you are the expert and experts educate.

Demonstrations should have as little talk and as much action in them as is possible. You will want to be prepared with your schedule on hand. People will want the results they see others have during the demonstration. They will make appointments.



Knowing How to be Legal

by Marge Murray

This is not a paper on avoiding lawsuits. With the overabundance of lawyers looking for work in America, and given the attitude of most people, we will always have that threat. This is how to diminish the threat by knowing who we are, how we fit into the wellness care picture, and how to make agreements.

Who are we?

We are people who use the Empirical Model of the body and the Self Responsibility Model

of the personality. We use kinesiology to ascertain the highest good of the person at the present moment and achieve it through muscle testing and corrections. We are people who set goals to move forward. We are people who allow the body to request the correction and honor that request by teaching the person how to do it.

What is the Empirical Model and how does it differ from the Medical Model?

What we do:

Our source of knowledge is observation, experience and results through the use of the muscle test.

We study growth and balance of life force or vital energy.

Our hypothesis is that the working of the life force is unknowable.

Symptoms mean little as we honor the uniqueness of the individual.

We use subjective sources of data from the individual.

We believe that the individual has an energetic nature and a spiritual dimension.

We allow the body to choose from cleansing corrections, sometimes causing a healing crisis.

We define health as an internal and environmental balance.

We use Wholistic Methodology. The body is considered in all of its aspects.

The client is the authority. By pushing on muscles and listening and honoring the information we gather, we allow it to choose.

What licensed practitioners do:

Their source of knowledge is logical analysis.

They study disease entities in order to diagnose and treat.

They follow the hypothesis of the germ theory, i.e. causation.

They classify common symptoms into disease entities that should fit all.

They use objective sources of data.

They believe that the individual is material, chemical and mechanical. It can be fixed like a machine.

They treat with contraries, seeking to remove the symptoms.

They define health as the absence of disease.

They use Reductionistic Methods. The body is considered as if it were small parts.

The Doctor is the authority. He is considered to be the only one with sufficient knowledge to make proper choices.

Touch For Health International Journal, 1995

What is the Self Responsibility Model? Many people think that they are using this model when they do their balances and talk to people about Kinesiology. As I listen to them, I hear many things that would make a "would be

litigator" rejoice. We have the right idea but not necessarily the right words.

What are the differences in the words we use?

Self Responsibility	Therapy
Teacher - Facilitator	Doctor - Therapist - Practitioner
Report results, information	Diagnose, advise, suggest
Client has the choices	You have the choices
The CLIENT is the authority	The Practitioner is the authority
Work through healing crisis	Get rid of symptoms
Clean out, cleanse	Hold or add toxins
Advocate	Alienate, victimize
Give choices	Prescribe, advise
Similar	Contraries
Communicate, interact	Analyze, isolate
Whole person	Part, symptom, dissect
Muscle test	Laboratory test
Client - student	Patient
Cooperate with the body	Fight disease and germs
Body as a process	Body as a thing
Make requests	Give commands and orders
Client fixes self with education	Doctor fixes patient
Recognition of client input	Discounting patient input
Empowering client	Empowering therapist
Energy tools, natural tools	Substitution tools, foreign tools
Moving toward wellness	Holding off death
Health names	Disease names
Partnership	Therapist fixes it
Educational resource	Authoritarian
Teach knowledge and skills	Keep knowledge to self
Request, do your best	Command, try
Push, check, active	Hold, resist, test, passive
Switched on or off	Strong or weak
Specific and individualized	Generalized - all same category
Many ways are right	One way is right
Results - empirical	Reasons - rational
Growth, independence	Decline, dependence
Listener	Teller
Relief from	Cure, fix, treat
Work with	Work on

Not only the words we use, but also the way we treat our clients is going to make a difference, Jerry Green JD says that legal battles arise out of disagreements. We can learn to treat our clients in an agreeable, but

not artificial way. A little bit from psychology might help this.

Maslow's Theory on the Hierarchy of Needs describes the most demanding need as the one

NOT met. There is an order of importance. The most important need is SURVIVAL. When that is satisfied, we seek PHYSICAL SAFETY. When we feel safe, we explore how we FIT IN, that is how we think we can get our needs met for growth, love and acceptance. When we see that we fit in (no matter how poor our interpretation), we develop SELF ESTEEM. When we gain that, we will be able to work on SELF ACTUALIZATION. Do you see a correlation between these needs and the levels of communication?

Most of us get stuck trying to figure out how we fit in. When others do not give us clear signals on how we fit in with them, we go back to our childhood misconceptions for survival of the ego.

1. I need attention to fit in. So I order, direct, command, interpret, analyze, diagnose, advise, give solutions and suggest. This makes me feel good, but others are not encouraged. They want to find their own answers.

2. I need power to fit in. So I moralize, preach, implore, nag, persuade, lecture,

argue, probe, question, and interrogate. This gives me a feeling of power. Others feel helpless, frustrated and put down. They want you to feel that they are OK and these techniques say that you want them to change.

3. If I can't get attention or power, I attempt to fit in by not fitting in. I take revenge. I judge, criticize, disagree, blame, call names, ridicule, shame, warn, admonish and threaten. I may feel fulfilled in revenge, but others feel rejected, maybe even hated. Who wants to listen to this?

4. I fit in by giving up. I praise, agree, flatter, reassure, sympathize, console, support, distract, divert and kid. These may seem like effective techniques, but they often hide true feelings. Others recognize them as insincere, especially when they are used often.

None of these techniques are effective when used trying to be agreeable with our clients. They fail because they all show non-acceptance. If we can make our clients feel as though they fit in, even with all their faults, they are less likely to sue.

Intelligent Movement©

by Paula Oleska

We all know that muscles can switch off because of blockages in the systems of lymph, circulation or meridians. Muscles can also switch off because of insufficient movement stimulation.

It is a well known fact that functioning of the brain depends to a large degree on receiving information from muscles and the sensory systems. Inactive muscles limit functioning of the brain and intelligence suffers, especially adaptability and new learning. By restoring mobility and expressiveness through flowing movements, we can enhance intelligence, communication and creativity. When mobility and expressiveness are present, we look more attractive and feel more alive.

Intelligent Movement©, an original system created by Paula Oleska, M.A. as a result of twenty years of research, restores mobility of muscles and joints through patterns of figure 8's, spirals and cross crawl. These patterns are combined with exercising the range of motion of many of the Touch for Health muscles as an additional way to switch them on.

These exercises have reduced pain and significantly improved energy in participants. A practitioner may find them useful as a new way of balancing, while a non-practitioner may enjoy them as a new way to exercise and improve their vitality.

Exercises

All the exercises to be performed in an easy, swinging, pendulum-like way. All movement activates almost all the body muscles. The muscles listed seem to be the ones most active for the specific exercises.

1. Foot Rolls

- a. Stand, both feet pointing forward, shoulder width apart. Roll both feet outward (arches up). Then roll both feet inward (outer edge up). Repeat a few times.

Muscles: This exercise alternately shortens and lengthens the Posterior Tibia and Peroneus.

- b. Stand, both feet forward, shoulder width apart. Roll to outside edge of right foot and inside edge of left foot shifting weight slightly to right foot. Reverse. Repeat a few times.

Muscles: As above.

- c. Expand range of motion from "b". As you shift weight, twist hip and bend opposite knee. Repeat a few times.

Muscles: As above plus Psoas and Gracilis.

- d. Expand range of motion for "c". As you shift weight and twist hips, gently twist torso. Arms will follow. As arms gently wrap the body, lead arm will rotate out (from body) and follow-up arm will rotate in (toward body). Repeat a few times.

Muscles: As above plus Subscapularis, and Teres Minor.

2. Foot Figure 8's

Stand, both feet pointing forward, shoulder width apart. Shift weight to left foot. Letting right leg hang from the hip socket, draw a sideways Figure 8 on the floor using full surface of the foot. Begin first loop by pointing the toes in. Rotate foot and hip out to begin the second loop. Repeat a few times. Change feet.

Muscles: Plantar foot muscles and hip rotators: Psoas, Iliacus, Piriformis, Gracilis, Sartorius, Fascia Lata, Adductors.

3. Knee 8's

Stand, both feet pointing forward, shoulder width apart. Shift weight to left foot. Letting right leg hang from the socket, bend at the knee and lift to Quadriceps position. Begin first loop by pointing right knee toward the left leg. Rotate knee and hip out to begin the

second loop. Repeat a few times. Change legs.

Muscles: Hip rotators plus Quadriceps, Hamstrings, Gluteus Maximus, Gluteus Medius, Adductors.

4. Arm Sway

Stand, both feet pointing forward, shoulder width apart. Stretch arms out to sides shoulder height. Swing arms to the right, let torso follow. Reverse. (Make sure follow-up arm doesn't break at the elbow.) Repeat a few times.

Muscles: Middle Trapezius.

5. Commanding the Winds

Stand, both feet pointing forward, shoulder width apart. Raise arms straight up overhead. Make gentle circles with arms. Movement originates from the shoulder. The rest of the arm follows lazily. Repeat a few times. Reverse direction of circle.

Muscles: Lower Trapezius, Upper Trapezius, Deltoids, Latissimus Dorsi.

6. Hug

Gently swing both arms out to sides of body, palms facing forward (arms creating either side of an "upside-down V"). Swing them forward to cross arms over chest, placing hands (palm down) on opposite shoulders. Repeat several times alternating arm that crosses in front.

Muscles:

7. Look & Listen 8's

Stand, both feet pointing forward, shoulder width apart. Turn head towards right. With nose facing forward, incline right ear "listening" to the right shoulder. Swivel the head to the right, nose facing side, "looking". From that position, incline left ear slightly "listening" and then "looking" over left shoulder. Repeat a few times.

Muscles: Anterior and Posterior Neck Muscles, Upper Trapezius.

8. Low Eagle 8's

Stand, both feet pointing forward, shoulder width apart. Rotate right arm in for the front loop and rotate it back and out to complete the figure 8. Repeat a few times. Change arms.

Muscles: Rotator cuff.

9. Eagle 8's

Expand "Low Eagle 8's" by enlarging the Figure 8. Rotate right arm in at shoulder height. Right arm draws large circle in front of body. Swing it back and out from shoulder height for the back loop. Repeat a few times. Change arms.

Muscles: As above plus Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi, Teres Major.

10. Cross Crawl 8's -- Small

Stand, both feet pointing forward, shoulder width apart. Combine "Foot Figure 8" with right foot with "Low Eagle 8" with left arm. Repeat a few times. Perform with right arm and left leg.

Muscles: Same as #2 & #8.

11. Cross Crawl 8's -- Large

Stand, both feet pointing forward, shoulder width apart. Combine "Knee 8's" with right leg with "Eagle 8's" with left arm. Repeat a few times. Perform with right arm and left leg.

Muscles: Same as #3 & #9.

12. Eagle Dips

Expanding on "Eagle 8's", stand, both feet pointing forward, shoulder width apart. Right arm swings down from PMC position, drawing the whole right side in; right leg swivels in on half toe and the knee bends in.

As arm rotates out for back loop of Figure 8, the leg swivels out on half toe, rotating the whole right side out. Repeat a few times. Change sides.

Muscles: Practically all long muscles, especially Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi, Teres Major.

13. Front Diagonal

With weight on left foot, raise right arm to shoulder height and turn it in, swinging it down and then up towards upper left corner. The body follows, extending the right leg until only the toes touch the floor. Look at the right hand. Shift weight to right leg, bend the right elbow and swing it back. The body follows into a twist, head looking back over the right shoulder. At the same time lift the left foot back toward the bent elbow to create cross crawl. Repeat a few times. Change sides.

Muscles: Pectoralis Major Clavicular, Pectoralis Major Sternal, Latissimus Dorsi.

14. Hip Ups

Stand, weight on left foot. Right leg crossed in front of left. Right knee is bent and right toe in dig position (heel raised, toes forward, ball in contact with floor). As you gently press ball of right foot into floor, push right hip up. Knees stay relaxed. Return to original position. Repeat a few times. Change legs.

Muscles: Quadratus Lumborum.

15. Rag Doll Side Bends

Begin in "Hip Up" position. Bend at torso, sideways, over left leg. Repeat a few times. Change sides and legs.

Muscles: Sacrospinalis.

16. Hip & Head 8's

Stand, both feet pointing forward, shoulder width apart, knees relaxed. Rest hands on your hips for concentration. Standing in the middle of a figure 8, ascribe it with your hips. (Isolate the pelvis in the hip joints, keeping the legs and the chest relatively still.) Repeat a few times.

Start a slow figure 8 with your head by inclining your left ear to the left shoulder. Roll the head back, come forward in the middle and roll to the right, inclining the right ear to the right shoulder. (Make sure to keep your neck loose, as the movement is done by the skeletal muscles, not the surface ones.) Repeat a few times.

Once you have both movements, put them together, in the same direction. When you master that, you can experiment with starting the pelvis to the left and the head to the right.

Muscles: Neck muscles, Upper Trapezius, Psoas, Quadratus Lumborum.

Retrieving the Soul, A Practical Guide to Getting All of the Pieces Back.

by Martin J. Patton, C. Ht.,CPLT

Retrieving the Soul

Have you ever tried to work with an individual on healing and they just wouldn't heal? Have you wondered whether you were doing something wrong or if the client was simply not cooperating? Just as Touch For Health® is an ancient practice so is the awareness that the client's soul must be in the body for any healing to work. The comments start "The soul can't leave the body!" or "That's nonsense, if the soul left the body the individual would be dead." The ancients knew that unless the soul reentered the body healing could not take place.

Where did the soul go? The soul goes into the aura. The aura is that shield around the body that protects and draws life energy to the body. When a trauma happens to an individual it is not unusual for the soul to quickly leave the body to protect itself, some are used to doing this, as have children who have suffered much abuse. The abuse may have been mental, physical or sexual, the habit that arose was the ability for the soul to leave the body. Abuse victims will tell about being up in the corner watching what was taking place, or, they'll describe a feeling of not being present, leaving the body to take the punishment and returning later. Later in life when faced with stress, or a chronic or terminal illness, or sometimes a minor illness or upset, they will go back to the old habit of dissociating from the body by having the soul leave so as to not feel the pain.

Case History I

Had a beautiful, successful professional lady in her late twenties who was in a relationship that was possessive and eventually codependent. Her way of coping was to leave her body. Sex was not enjoyable because she was not present and it actually revolted her at times. Thinking became erratic because the soul left. Her work began to suffer because of imagined illnesses that were fostered by her boyfriend; i.e., AIDS, chronic fatigue,

vaginitis, ovarian discomfort. She was eventually tested for all of these and was found perfectly normal except for the vaginitis. To cope with this relationship she left the body as a matter of habit. In her case as in most cases, the soul retreated into the aura. It usually will be to the left of the individual but not necessarily.

Method of Soul/Retrieval

This method may be done in the wide awake stage or in an altered hypnotic state of Alpha as the situation presents itself. The client will talk about the feeling that she or he is not present or the feeling that she or he is in many pieces. During the interview it is important to listen to the clues that jump up having to do with those feelings of not being present or the concept of "I'm beside myself!" "I feel I'm not here all the time." "I felt that I was watching myself as I argued with..." "I feel I'm just a pair of eyes." "I feel empty."

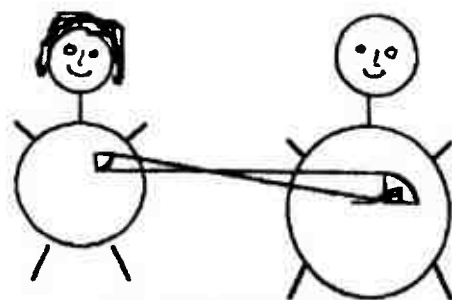
I then ask if they would like to feel whole again? And of course the answer is yes. I then ask them to close their eyes and first of all look down to their *solar plexus* and see if the White Light is within? Since they have already described a situation that indicates that they are without center, a White Light will not normally be present. Then I ask them to look over their left shoulder and they will see a small sun. Most will see the sun right away. If they do not, I ask that they scan their aura and find that sun that has left the center of their being. Very quickly they find the 'sun' and I have them actually reach out their hand and guide into their *solar plexus*, i. e. 'The Place of the Sun Within' and place it inside. This can be done in the altered state of Alpha but at this point they have not been hypnotized. As they work through the rest of the method they'll put themselves into an altered state.

We then expand the White Light, having it expand from their backbone to their

stomach muscles and from the left ribcage to the right ribcage creating a pool of White Light. Standing around that pool of White Light I want them to have all of their positive parts of themselves: the spouse, the mother or father, the lover, the sensual one, the sensitive one, the job they have; i.e., teacher, artist, policeman, marketing director, etc., and the particular skills that allow them to feel pride in themselves. When all of the positive parts have come forward we have the White Light push away all of the negative parts and energies. I then have all of the positive parts dive into that pool of White Light so that it splashes up over the shoulders and flows down through the torso to their toes and then back up to their head, so that from the top of the head to the tips of their toes they are 'White Light,' their White Light, **their 'spark of God's consciousness'** that was given to them upon their creation. At that moment they feel the soul in every part of their existence. All of the positive parts have integrated; they Immediately begin to think clearly again. I then have them anchor their soul within them by having them see and/or feel the White Light.

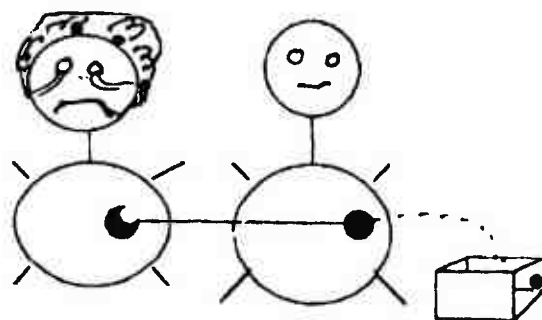
Now, we go after what caused this client to get into the dis-ease. First we verify that all of the pieces of the soul are returned and in place. The only times you may have pieces of the soul not present if the client or the other significant parties in their life have been into Satanic Rituals or Demonic behavior. While rare, this does happen and you must be prepared to retrieve the soul pieces that are held by others. Be especially prepared if in the interview they discuss ritual abuse.

The next pieces we go after are the pieces of the heart. In all good relationships a piece of the heart of one party is given to another and the other returns an equal piece of their heart to the other. Thus a committed relationship takes place. The problem in this world of commitment phobics is that one party gives a piece of his or her heart to an individual and gets nothing back, causing the giver to become very codependent and to weep (or bleed) all over the floor.



Equal Relationship
An equal part of each is exchanged

[sketch of good flow and relationship]



**A piece is given but
none is returned**

[sketch when the relationship is
without commitment]

So, we have to have that piece brought back within your client. Sometimes the client is the one with the piece and cannot understand how this other individual keeps ruining their life. In this case we have to have them return the piece that they allowed to be attached to themselves. It is interesting to note that they let it happen and even made room for the piece by placing their equal 'uncommitted' piece in a box down to their right side. So we have them open the box and replace their heart piece back inside. Also to protect our client's karma and to prevent the other person from bleeding all over the carpet, we have the client help the other person open the box they have in which they placed their piece and return it to their heart. In the spirit of the healing heart we have the client forgive the other person and release them to their own destiny under God.

Case History II

A lady come to me three years after a husband said one day that he was through and decided to drive away. She saw his red back lights as he drove down the road. From that day she started to cry at home and at work and became unglued to the extent her children would not allow her grandchildren to visit. She made the rounds of psychotherapists to see what could be done to lessen her tears, all to no avail. She was referred to me by another client and she came to see what I could do for her. What I did was to first of all get her soul back inside. Next we went under hypnosis to her marriage and looked at all of the instances that indicated a breakup was about to happen and removed the denial that she had placed around the situation. Then we brought back her heart piece that she had attached to her former husband and made her whole again. We also placed his reserved piece from the box to his right back inside of him and forgave him. She was instantly stronger. Her lawyer commented that it was about time.

In her previous condition he could not take her into court because of her emotional state. She improved steadily, becoming empowered. Her children have seen her emotional state improve and allow the grandchildren to once again be with grandma. She even got brave and tested the situation with a dinner date with the former husband and was completely herself, strong and empowered.

Case History III

A very handsome, very macho male nurse came to me with a broken heart. His wife had left him for another. In his free time he would follow her obsessively. He even broke into her apartment when he thought she was with another guy. She wasn't and he got cited for his aggressiveness. He described to me how he would sit outside when she was entertaining a male guest, and remark to me how awful it was that she would have someone in her apartment after 3:00 AM. As we worked, we first had to get his soul back inside so that he could think again and lessen the compulsiveness. Next we had to get him

to realize that he was jealous, compulsive and obsessive. He described meeting a new lady and how it was so wonderful that he was able to talk to her. I asked if he was intimate with the lady and he was outraged that I could think such a thing. I then asked at what time of night he left her house and he told me 3:00 AM. I asked how did that make it different from what his wife was doing, and I got his first AH-HA. I told him that before he could enter into a meaningful relationship with another he had to get his pieces back inside. We brought back the piece of his heart that he had attached to his former wife and placed it back within him. And in the *spirit of the healing heart* I had him open her box that she had reserved her piece and helped her place; that piece back inside of her heart. His obsessive compulsive behavior stopped at once. He merged into the relationship with the lady he was visiting. And has lived happily ever. This is not a fairy tale.

Case History IV

One of the first cases I did was with a former stockbroker, upwardly mobile typically yuppie in all of its meanings. She had been left at the altar - literally. Every engaged woman's nightmare. He just didn't show up. And she, in shame and embarrassment, suffered a nervous breakdown. As part of the treatment from a psychologist, he told her to imagine that this guy had died and in an attempt to reframe, that he had died on the way to the church. She got better and regained her job as an investment counselor. Until one day when she was at a typical yuppie hangout, across the bar whom should she see but the guy who had jilted her, who in her thoughts was dead. She entered into another breakdown and was taken to a psychiatric ward. When she came to me two years later she was in training to be a checkout girl at a local supermarket; she was without a center. She had lost all of her confidence. We took a full two hours just to get her soul back inside so that she could experience it; she had shut down her feelings so completely. Two days later, we worked on getting her heart piece back, mending that broken heart. We then worked getting her confidence back and

the release of the guy who jilted her. In the *spirit of the healing heart* we even worked on forgiving him for not showing up at the wedding. Everything started to jell; her confidence came surging back, her mental faculties were outstanding, she got her brokers license back. Everything was going great. She called my voice mail and she was in tears and laughing hysterically - I got back to her quickly and found that she ran into him while crossing the street. She said hello and he half expecting her to have another breakdown, responded. They chatted for a moment and they parted. Her call was to tell me how excited she was that she could run into him and not be affected in any manner. "Just as though I ran into a friend from college." She was whole and complete and has remained so. She is now happily married to a great husband.

Getting the pieces of the reproductive system back. A very sensitive issue. Here we have a client who has given his or her pieces away *looking for love in all the wrong places*. In some cases they gave a piece of themselves away looking for love. In others that piece was torn away. This tearing off of a piece of the reproductive system gives the most trauma. The effects of this can be serious and can lead to illnesses of the reproductive system. This behavior of looking in all the wrong places for love creates an added problem of lack of self-confidence and a lack being able to love yourself.

Case History V

A young lady of sixteen was adopted into a large family. She was sexually abused by the oldest son. She tried to tell, but everyone in the family said it must be her fault or denied that it happened. While he was away at school everything was okay; when he came home he would find a way to force her sexually. Feeling guilty and ashamed she ran away. And then started to use sex to live. When she came to me she said that she felt empty. She said that her reproductive system was like Swiss cheese with all kinds of holes in it. When we got her soul back inside and then had her retrieve all of the pieces of herself that had been tom off of her she became whole. She forgave herself for what she

had done *either real or imaginary*. The authorities assisted her in getting new living accommodations. She has continued to be a healthy attractive vibrant woman in her twenties, careful to look before she tries to use sex to find love.

Being whole again is a wonderful experience of completeness, of being centered. As the heart chakra and the reproductive chakra come into completeness, the body's endocrine system appears to come into balance. As the glandular system begins to balance, the client feels whole and complete, possibly for the first time since childhood.

Have you ever given a piece of your mind away? We joke about this a lot, but in all seriousness it can be very debilitating to those who make it a habit 'to give them a piece of my mind.' When we do this it appears that you remove from your mind an anger or a rage, a fear or an anxiety or a guilt or a shame. When we give that rage, anxiety or shame to someone, we, in effect, give away a piece of our mind. As we pull back those pieces we release the effects of those pieces on others and return those chunks of our intellect that we gave to others to complete our wholeness.

Expanding the White Light

We now have in my chair a person who is experiencing the soul within them and completely filled with White Light, their White Light, the spark of God's consciousness that was given to them at their creation. We could just leave it like that and hope that they would not lose that White Light. But the Creator Source gave us a helper for our therapy. No matter the religious beliefs of the client, there is in their belief system a strong White Light that is available to them. A Universal Light. A Light of the Holy Spirit. The White Light of the Great Spirit. The Light of Shakeena. The Light of Allah. The Light of Buddha. All our terms for a beautiful White Light or sometimes Golden (sun colored) White Light that is available to strengthen our own Soul Light. We now have the client look up to the crown of the head and as though they had a funnel on the top of their head we ask them to bring this White Light

down within them; and fill and mix their White Light with the White Light and feel it double and triple in intensity. As it doubles and triples in intensity we have the client let it pour out of every pore of the body, forming an egg of White Light all around them. As this forms a protection around the client it pushes away any negativity or darkness. We verify this with the client and as we so, the client responds sometimes pointing out that they can feel the White Light all around.

Next we form a shell of beautiful diamonds all around the egg of White Light. We choose diamonds because they are the hardest substance known to man, and cannot be penetrated by any evil or darkness and because it reflects out the client's White Light. It allows the client to give his or her White Light to all who are in need. But no longer are they drained when they help others. No longer can others take their White Light or enter into this shell of diamonds to remove their White Light from them. They are empowered. They can be a giver of White Light to all in their care. By 'giving care' they no longer 'take care' of others but they empower those with their own White Light and allow those others to increase their own White Light or get their Soul Light back inside.

Summary

The importance of being whole cannot be over-emphasized. Once the client is complete, then the healing process begins. In this way we find the individual becoming a participant in their wellness and in their fight for recovery. Keeping the White Light around them is important. This White Light is an inexhaustible supply and only the calling upon the Source and looking up will bring all of the White Light within the person and increase the egg of White Light that surrounds them.

A Caution

One of my clients-clearly taught me that there is a difference between Black and White Light and by just short-cutting it with the word 'Light' even though your intention is for White Light, you can bring in the Black Light and with it the forces of evil.

Martin J. Patton, Board Certified Hypnotherapist, Certified Professional Past Life Therapist, Attitudes For Wellness, 7835 Remington Rd., Montgomery, OH 45242 Phone: (513) 793-5777
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Tension Equalization Massage

T. E. M.

by Willy Penzel

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Presented by Ilse Jakobovits, RN

Excerpt from the authorized translation from the German by Horst-Ulrich Sikora of Vol. 1, 2d. Edition, Pub. by W. Penzel, Heyen

W. Penzel's primary interest is the Chinese Energetics, based on the ancient acupuncture therapy, our superior energy circuit system. It can be assumed that the massage of the acupuncture points represents the older form of the treatment, and the use of needles on specific points developed later.

Penzel's work: T.E.M, is based on the massage of the acupuncture points to unblock the energy paths with a massage stick, to obtain a balance within the meridian channels and a free flow of our Life-Energy. The Yang and Yin forms of energy, as well as the quantitative relationships of "surplus" and "deficiency" of energy are the fundamental considerations of his work

Acupuncture - Massage

The Chinese compare an illness with a plant, distinguishing between the visible branches and invisible roots. If an illness appears in the branches they search for its cause in the hidden roots. In acupuncture, the treatment of the roots means the balancing of the energies within the meridians. They attain this by applying the needles on special points, transferring energy from the surplus in a meridian to an energy-deficient meridian. ACUPUNCTURE - MASSAGE treats the roots, it is a nonspecific method which aims at

harmonizing the energy-flow within the system of meridians with the use of the TENSION - EQUALIZATION - MASSAGE (See the table at the bottom of the page.)

In contrast, the POINT - MASSAGE treats only the points, it is the branches, and it can be used after order has been restored in the energy household of the body with the help of the T.E.M.

The concept of the T.E.M. is like pulling a hoe along all the meridians, in a clockwise direction, in order to free the riverbed for the energy to flow. This will speed up the flow and have a strengthening and tonifying effect.

Working against the energy flow will slow it down, impeding the current and will have a sedating effect. If we want to sedate the Yin meridian, we will not treat the Yin meridian in question, but will tonify a Yang meridian. A sedation is achieved by an indirect influence.

The Bisection of the Energy Circulation

The "life energy" divides itself into the Yin and Yang. All the Yang meridians run in the back and the outsides of the extremities, and all the Yin meridians run on the front of the body and the insides of the extremities.

Our body has also a number of regulatory mechanisms to maintain the body's vitality, to balance actions and reactions, to insure

Acupuncture - Massage

Massage of Chinese meridians and points

Treatment of meridians		Treatment of points	
1.- nonspecific TENSION-EQUALIZATION-MASSAGE	2.- specific TENSION-EQUALIZATION MASSAGE	3.- rule oriented points	4.- acupuncture points

harmonious functioning. Our "inner physician" regulates overdoses, immunizes the body against an over-flooding of stimulations and stops functioning when it is overburdened with work, but becomes active again as soon as we give him the slightest opportunity.

Tension - Equalization - Massage: Dorsal

The TENSION - EQUALIZATION - MASSAGE - Dorsal: works in the Yang area of the body; it tonifies the Yang and calms the Yin at the same time.

Rather than treating conditions of surplus/deficiency individually, it would be better to approach the condition over the "inner physician", which is easily achieved with the TENSION - EQUALIZATION - MASSAGE.

Since only the Yang meridians are tonified, the largest part of the energy is shifted into the Yang and the Yin is emptied. This achieves an artificial disorder in the energy flow. Initially, we have a number of smaller energy-flow disorders simultaneously, leading to a variety of different ailments. After using the T.E.M. dorsal we have only one extensive energy-flow disorder. Now the "inner physician" steps in. The deficiency in the Yin must be filled again. The result is a counter-regulation of the body, which will fill the Yin and empty the Yang. W. Penzel calls this process the "EBB-FLOOD-EFFECT".

When we find conditions which point to a disturbance in the Yin, like circulatory, heart and digestive complaints, as well as fear and depression, we know that the Yin has a surplus of energy. This surplus has been drained from the Yang. An empty Yang can give pain in the head, back and joints based on the energy-deficiency.

The TENSION - EQUALIZATION - MASSAGE - dorsal changes the energy condition again: the Yang will fill up and the Yin will become empty. After a series of T.E.M.-dorsal, the energy conditions will be normalized, Yang and Yin will be in balance. Both will show a normal state of energy (fullness), and the patient will feel better.

The Tonifying Stimulating Strokes in the Yang

(Governing, Bladder, Gallbladder, Large Intestine, Small Intestine and Triple Warmer Meridian)

The Governing vessel - the first stimulating stroke

a) With the client in the supine position, place the stick at the tip of the nose and slowly draw the stroke, applying gentle pressure, down to almost the tip of the coccyx. To achieve the maximal effect it must be drawn exactly over the middle of the spine.

We can achieve the following effects:

In the area of the head the stroke runs over points which influence the central nervous system.

In the area of the upper thoracic spine over points that affect the psyche; on the lower thoracic and lumbar spine the stroke runs over points which influence the functioning of internal organs; the points over the sacrum influence the genital area.

By setting the energy-flow in motion, we influence all functions positively, simply because the "inner physician" always strives towards normalcy. We have an artificial, non-physiological energy distribution, we have artificially created a disruption in the energy-flow between Yang and Yin and now expect a harmonizing of the energy system over the "EBB-FLOOD-EFFECT"

Any disruption of the free flow of energy in the meridians should be taken care of by restoring the total energy in this system of circulation.

Note: Most scientific literature teaches that the energy in the Governing vessel ascends from the sacrum to the head. W. Penzel believes that, perhaps due to many translations, at some point the statement was made erroneously. He discovered the correct direction of the energy-flow during the treatment of hemorrhoids. Inflamed hemorrhoids are a state of energy surplus in the Yang, Governing vessel. Therefore, the aim of the treatment should be to reduce the surplus in the Governing meridian and to

tonify the Conception vessel. Tracing a stroke from the pubic bone to the lower lip will tonify the Conception vessel, and tracing a line from the tip of the coccyx to the root of the nose will sedate the Governing vessel, producing the relief of pain in the anal area. If the stroke is drawn in the opposite direction over the Governing vessel, the pain is aggravated.

**Tension - Equalization - Massage:
Ventral**

(Central, Kidney, Liver, Spleen, Stomach, Lung, Pericardium and Heart meridians)

The Conception Vessel - The tonifying, stimulating strokes in the YIN.

The TENSION - EQUALIZATION - MASSAGE - ventral tonifies the Yin meridian and sedates automatically the Yang meridian. The main application is for tense muscles in the back (surplus in the Yang).

The first stimulating stroke follows the course of the Conception vessel, which begins in the front of the anus, ascends over the linea alba and ends at the inner side of the lower lip. We place the stick at the symphysis and, pressing gently, draw it over the vessel to the lower lip. Since the abdominal wall usually has a soft consistency, the free hand must stretch the tissue.

The Conception vessel is directly linked with all Yin meridians. Through our tonifying stroke it draws the energy surplus from all the Yang meridians.

Since the head is exclusively supplied by the Yang meridians, the tonifying stroke over the Cv has a specially marked effect on motor unrest. It will also help for back pain, muscle cramps, insomnia, and induce a complete relaxation.

Dosage:

The dosage of the stimulating strokes: If the Yang or the Yin have been stimulated evenly in all of its sections we will have positive results. The back can endure stronger stimulations and pressure, therefore be careful not to give an overdosage of stimulation here.

In a single treatment session either the back or the stomach should be treated only, stimulating both is contra-indicated. All longitudinal strokes which are drawn with the stick are to be carried out three times, with the patient able to feel them distinctly. Strokes with the fingertips are to be repeated six times.

Ultimately it is not the number of strokes, but the reaction of the skin which determines the frequency of the strokes.

Tonifying:

The TENSION - EQUALIZATION - MASSAGE places only tonifying stimulations. Tonifying is a simple, quick method. If we want to sedate any given condition we simply tonify at a different location with the T.E.M., drawing the surplus of energy from the excited area.

APM - Cream:

To reduce the time required for each massage to an acceptable minimum and to give the client a long-term stimulus, use APM Cream. You can also use Aubry's Lotion.

Fundamental Principles and Rules of the T.E.M

Indications of the TENSION - EQUALIZATION - MASSAGE.

To summarize: The TENSION - EQUALIZATION - MASSAGE works over the bisection of the energy circulation or the division of the life-energy into Yang and Yin energy.

Effect of the T.E.M. dorsal is: an energy transfer from the Yin into the Yang

Effect of the T.E.M. ventral is: an energy transfer from the Yang into the Yin.

The motion of energy between the Yang and Yin is called the EBB-FLOOD-EFFECT. By a unilateral tonification of the Yang or Yin an artificial, non-physiological energy distribution takes place, which induces the "inner physician" to reorder the energy supply and to normalize the artificially created disharmony.

We apply the T.E.M. dorsal when there is a deficiency in the Yang or a surplus in the Yin.

Exception: Extreme tension of the muscles and acute pain in the Yang area contraindicates additional therapeutic stimulations in the Yang.

We apply the T.E.M. ventral when there are conditions of deficiency in the Yin or conditions of surplus in the Yang. The head (central nervous system) is Yang: motor unrest, nervousness are Yang conditions calling for a T.E.M. ventral.

The effects of a TENSION - EQUALIZATION - MASSAGE dorsal and ventral are:

- a) the meridians are cleared for the energy flow.
- b) an energy transfer from the Yang into the Yin and vice-versa takes place.
- c) the EBB-FLOOD-EFFECT activates the energy circulation.
- d) all the meridians are influenced
- e) treatment of the segments is affected by the transverse strokes
- f) the T.E.M. is a simple method to achieve self-regulation by the organism instead of exterior control through medications.

The Massage Stick

The massage stick we use for the tonifying stimulating strokes, is made out of wood or metal. (See Figure 1.) The variations in the spherical tip facilitates the dosage of the strokes.

The T.E.M. can also be performed with the fingertips, but the stick has certain advantages. It allows stimulations to be placed with greater precision.

The stroke with the massage stick places a red or white dermatographia, which will appear already after the first stroke on sections of the meridian, on other areas you can observe a

white line. The strokes must be repeated on this white lines until the whole meridian shows a red line. If the stroke creates a uniform redness that lasts for a few hours then you have succeeded in restoring the circulation in the meridian.

If the redness over the total course of the vessel fades very quickly, then the vessel lacks good circulation.

If the redness fades on a section of the meridian (this is often the case in the lumbar area) then the meridian in that section has a condition of emptiness. Since emptiness is a deficiency in the energy supply, the patient could show shortly ailments in these areas.

The Handling of the Massage Stick:

The stick consists of a shaft and a ball. The shaft lies in the palm, the ball is pressed into the end of the middle finger, almost disappearing in it. (See Figure 2.) The stimulating stroke is thus performed with the tip of the palpating finger and the stroke can be applied in differentiating and individual dosages by raising or lowering the wrist, so that the ball of the stick protrudes.

Success or failure of the TENSION-EQUALIZATION-MASSAGE depends on the correct direction in which the stimulating strokes are drawn. The stroke must ALWAYS RUN TOWARDS THE CENTER OF THE THERAPIST'S body. This is the most important element in this therapy. Therapist and client form a joint energy system during the treatment. By bending over the patient and placing the section of the meridian to be treated between his two hands, the therapist creates the closest contact.

It is important for the patient to cooperate by following certain regulations: avoid common massages, dry brushing, cold or heat treatments, extremely hot or cold showers, sauna or solarium for two days.

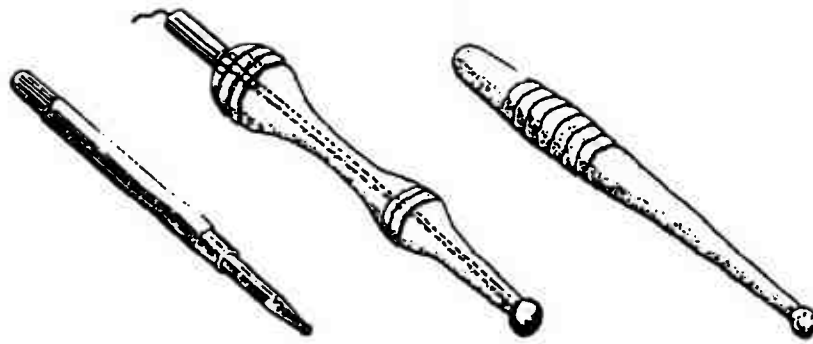
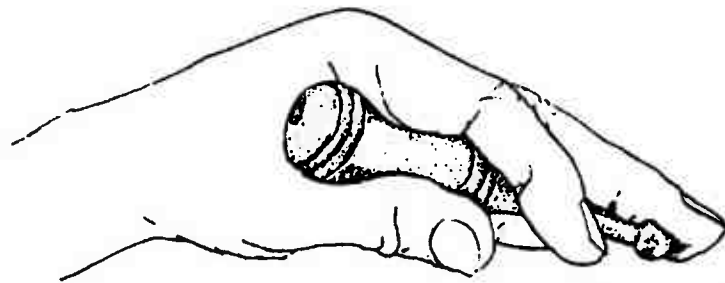
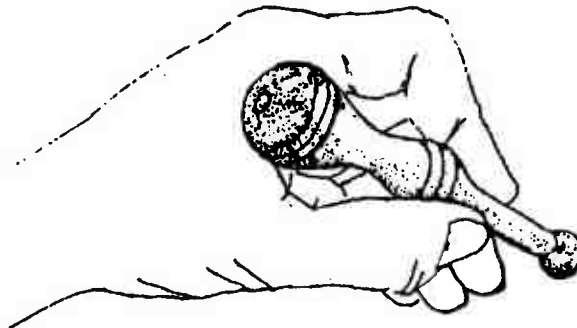


Figure 1 Typical Massage Sticks



Correct Position



Incorrect Position

Figure 2. Positioning of the therapist and patient

Toward Heaven on Earth

by Mark R. Pitstick, MA, DC

Namaste is a traditional Hindu greeting that means 'I recognize the Divine Light within you: I honor the place within where you and I are one.' We were created and co-created ourselves - to live a relative utopia on Earth. For most of us, a long, healthy, successful, happy, and prosperous life is our birth right. I use the modifiers "relative" and "most" because some **souls** choose to experience a shortened life with tragedy, suffering, and illness. Such "bad" or "unfortunate" events, however, are spiritually beneficial and are designed to learn lessons, work out "bad karma" or to teach others. The information, techniques, materials, and personnel are available for all to reach their optimal physical, mental, and spiritual levels and **awaken** to their true nature and purpose in life.

In years past, humanity has suffered under the illusion that they were a lowly creation, born in sin, weak, evil, and prone to error and mediocrity. This age of darkness has passed; now is the time for more and more persons to realize their lofty calling and great possibilities. The ushering in of a new age is recognized cross-culturally as the second coming by "fundamentalist Christians"; the Age of Aquarius and Extra™terrestrial assistance by "New Agers"; the beginning of Itza — the age of knowledge — by Mayans; or more secularly, a global economy and "shrinking" of the world. Whatever ones particular viewpoint, it is evident that we live in an exciting time of rapid change and vast potential.

Each of us plays a part in the unfolding of these new possibilities — the movement toward a relative heaven on Earth. Some persons live in a veritable hell on Earth, suffering from largely self-chosen and self-induced factors. Others experience a heaven on Earth-like existence while many live somewhere along that continuum. As our individual and collective hearts open, we each hear a **call**, a pull toward contributing our special gift to assist this age of love and light. We each have a mission, vision, and dream.

The secret to inner peace is identifying that calling and acting upon it.

The solutions to all the world's problems already exist. We have everything we need to establish a relative utopia. The keys to demonstrating this truth are to awaken to our true nature, to cooperate and share information, to practice self-responsibility **and** be other-directed, to be sufficiently disciplined to practice techniques and do our part in reaching a heaven on Earth. My perceived calling is to be a generalist as Bucky Fuller encouraged. My training and experience in life and health care fields has prepared me to write, teach, and personally demonstrate what we need to remember and do to aid our personal and global transformations.

Awakening to our true nature means **remembering** that we are each souls, spirit, eternal energy, part of that great whole we call God/life/cosmos/one. We are all brothers and sisters — children of the Creator — each a precious and beloved part of the Great Spirit that underlies all creation. Certain techniques and practices help us **remember** this even when we're surrounded by doubt, darkness, and confusion. Knowing our real, eternal nature helps us be impeccable warriors so we can rightly discern our own best path and let our light shine.

Cooperation, rather than competition, also characterizes this new age of cosmic humanity. The contribution of persons from all walks of life is important — educators, parents, senior citizens, health care professionals, legislators, ministers, friends, family, and business persons. Doctors, in particular, have historically been especially fractious and egotistical. We must realize the importance of all health care providers. The past non-cooperative stranglehold on health care was exerted by a largely philosophical materialist, caucasian, male, analytical, western, and christian factions. While there are many strengths in these perspectives, 21st century holism recognizes the contributions

brain hemisphere dominance, and religious viewpoints.

Achieving heaven on earth in our lifetime also calls for increased self-responsibility and prioritizing our own health and happiness. This is not selfishness or narcissism, but vital for self-esteem and self-caring that enables us to really help others. From a strong foundation of self-love and wellness, we can best share ourselves with a compassionate heart to address the needs and problems of others. We all benefit when we love, serve, and remember ourselves, each other, and our source. Love ones neighbor as ones self because we're all one.

Techniques or methods exist to assist this unfolding. We should keep a right perspective, however, and remember we're not just working our way to heaven on Earth. **Salvation** from spiritual, emotional, and physical ignorance and di—ease is achieved both through grace and works. That is, reaching harmony is largely a matter of unleashing inner potentials, of listening to the still voice within and following our inner wisdom. Knowing — really knowing, and internalizing the good news of the Kingdom of heaven within and all around is 90% of the process. **Demonstrating** the bounty that flows from this knowing involves, in part, **sharpening the saw** — keeping body, mind, and spirit fit and balanced.

Recommended methods or practices are a very individual matter and depend on where a person is. For example, an overly disciplined and hard driving person may need to let go, kick back, and remember "easy does it." A person with too little drive may want to turn up the fires a notch, and add some disciplines to their regimen. Each of us, however, ultimately are responsible for our own practices and chosen path. Who can judge or determine what experiences will best result in **optimal spiritual growth** — which what life is all about — for a person and those in his or her circle of influence? Remember to keep a cosmic, eternal, and enlightened perspective. **Toward Heaven on Earth** is about much more than producing healthy and lean bodies. Thus, the need for spiritual, mental, and physical practices. Then each person can listen quietly for the Tao, the middle road, the way toward their optimal life and peace.

The techniques I teach, then, are offered as **tools** that one may use as they discern. Physical practices include proper nutrition, exercise, rest, body work (through chiropractic, massage, and energy work), and a holistic/preventive health care and wellness orientation. Mental techniques include relaxation, emotional catharsis, healthy

relationships, a balance between work and leisure, sound financial practices, and emotional energy work. Spiritual methods include meditation, prayer, group work/sharing, spiritual study and reading, knowing the truth of ones eternal nature. Help and assistance are available from angels, guides, God, Christ, masters, and the entire heavenly host. Although described separately, these are really one phenomena of love/energy/bliss, and we each are an inseparable, integral, and beloved part of it all!

The establishment of heaven on Earth seems like a far-fetched or impossible goal to some, but Jesus and other great teachers have taught us to pray for it and showed us how to demonstrate that reality. Observe how seemingly insurmountable problems like the Berlin Wall and communism quickly dissolved. All of humanity's challenges can likewise heal when enough of us lend our contributions to the cause. Like the hundredth monkey phenomena, we never know which one of us will be the one that turns the tide. The solutions will come from within and all around, from our vast inner potentials and from the outer worlds both visible and unseen.

Consider these words and read them over during a quiet moment. Then listen for your inner response. What can **you** change, improve, and contribute to transform yourself and our world for the better? The longest journey requires that first step, so start today; explore and experience the many potentials and joys that lie waiting for you. Let your shine and brighten the corner where you are. Act as if you can't fail because you can't.

Namaste

Note: Dr. Mark R. Pitstick has 23 years experience in the health care fields including respiratory therapy, crisis and suicide prevention counseling, theological training, Masters clinical psychologist, Doctor of Chiropractic, author, and lecturer. His first book, *Balanced Living: Realizing Your Fullest Potential*, was endorsed by Drs. Wayne Dyer, Bernie Siegel, Deepak Chopra, Elisabeth Kubler-Ross, Lendon H. Smith, and others. He is currently writing *Toward Heaven on Earth: Healing Body, Mind, and Spirit*.

Switched On Creativity

by Sharon Promislow

This paper models a presentation originally created for the City of West Vancouver Arts Council and presented primarily to people interested in the arts. I have since presented it to other groups and as a one evening mini class.

"Want to break through the barriers to your full creativity in your vocation or avocation? Brain Integration and Stress Management Consultant Sharon Promislow will in a colorful, fun, interactive presentation teach you how to switch on your brain and body for outrageous, spontaneous creativity. Bring in sample tool of your craft: i.e., pen, paint brush, piece of clay, musical instrument, etc. We will be reeducating your eyes, ears, hands and body to use it with heightened ease, skill and pleasure, while you enjoy more confidence and fun!. You will come away with skills that are applicable to success in every aspect of your life, and will be able to feel the difference!"

Due to normal time constraints of 1 1/2 to 3 hours, it does not deal in depth with any of the multiple intelligences, and indeed explores only five of the seven. (ref 1) It is also designed to be very, experiential, emphasizing process rather than training in techniques. It however provides a good introduction to the power of integration with specialized Kinesiology, and a widening of the distinctions of what are the components of the creative process. Participants FEEL the difference. Obviously you will eliminate many of the processes if you are dealing in a short time frame, and can find delicious, fun processes to add if you have more than 3 hours for your class. I strongly suggest you first read Roger von Oech, *A Whack on the Side of the Head*, Warner Books, 1983, to put yourself in the right Frame of mind.

The brain/body re-education corrections used are primarily Brain Gyms ® as I find the Educational Kinesiology models of Brain theory, Noticing and learning through movement the most user-friendly concepts to quickly communicate with a crowd. If you wish to teach this class with integrity, using Brain Gym languaging, I suggest you certify

as a Brain Gym Instructor with the Educational Kinesiology Foundation. (ref 2)

The last module on affirmations I created based on the work of Dr. Wayne Topping and Jan Cole. This I use only if there is enough time. With three hours, one could do it all with lots of time to explore each activity in depth. I have been presenting it to novices with only the anchoring of Noticing. Obviously, at the Touch For Health Conference we can add the option of muscle checking.

This paper is mostly expressed in the first person, and should not be approached as a formal journal paper, but as a face to face experience.

1. Introduction

A. INTRODUCE SELF.

B. INTRODUCE THEME:

What is creativity to you? (**Mind Map people's impressions of creativity**)
What limits you from full creativity? (**Mind Map group's response.**)

If I waved a magic wand, what would be different for you at the end of this presentation? What would be easier? What could you do better? **Partner with a neighbor. (1 minute each) Then share with me. (Mind Map the results)**

Dictionary Definition of Creativity: To cause to exist; To bring into being.

Creativity is the ability to think of things - and do things - in new ways. Creating new linking in neural netting of what we already know, and what we already can do.

Today is about unsticking our perceptions about our abilities and limitations for creative expression with our minds and our bodies. Today we will be process oriented; we want you to experience a noticeable difference in your brain body integration and a

breakthrough in your creativity. We invite you not to worry about the theory and science underlying the processes; there are many wonderful books and additional classes you can access after the fact.

C. INTRODUCE NOTICING

We will give you the chance to notice how you function in the face of different aspects of the creative process: we will do activities to open up your body/mind to more ease and enjoyment, and then have you notice the improvements

D. PUT THEM INTO SELF RESPONSIBILITY

Remember, the only expert on you is you. Do only what feels comfortable, and follow the instructions of your licensed medical practitioner.

E. PREVIEW WHAT WE WILL EXPLORE

We will explore 5 areas of creative expression: and culminate with your favorite hobby, skill or avocation.

1. Perceptual - Seeing
2. Verbal Language, involving our logical, symbolic brain
3. Spatial - artistic expression
4. Musical
5. Dancing

2. Pre-Activity - Group Creative Role Play

If instructor has the time, one could have individual performances by class members, or have group divide down into pods, and perform for their pod.

If time is an issue: Invite group to:

Think of yourself performing brilliantly in your chosen creative process. Ideas and technique flow through you intuitively, as you become an instrument of creativity. Move, and activate all those senses and muscles that you need to serve you to actualize your freest and most inspired activity. **(Group can do it all at once: the energy is fabulous: waving paint brushes, dancing, playing an instrument, singing, sculpting all going on at once for 1 minute.)**

Invite group to NOTICE how their body reacts to the activation of their body. Do detailed NOTICING PROCESS (ref 3) to anchor in a baseline for body and sensory tensions and/or muscle check.

3. Pre-Clear (PACE Process)

Let's start our journey toward more creativity now by bringing our bodies into calm center and equilibrium,

Guide group through Edu-K PACE process (ref 4), or

1. DRINK WATER
2. PLUG IN FOR BALANCED ENERGY
3. CROSS PATTERN
4. RUB EARS
5. RUB EYE POINTS. (ref 5)

4. Balancing Five Areas of Creative Expression

1. PERCEPTION

A. VISUAL PERCEPTION

We need the ability to unlearn what we know - See the positive as well as the negative. To see beyond our preconceived labels and see new wonder and applications in the ordinary.

PROCESS HANDOUT: optical illusion: do you see a young girl/old woman, or other 1 positive/negative illusion,

What do you see: NOTICE how you feel in body. Strain? Confusion? (And/or muscle check.)

Lead Group In:

LAZY EIGHTS FOR EYES
BRAIN BUTTONS
EARTH BUTTONS
FOOTFLEX
CALF PUMP

Look again at optical illusion. Notice. Is visual perception less stuck? Can you switch easily between positive and negative images? Muscle check for high gear.

**B. SHIFTING SELF PERCEPTION -
UNLEARNING WHAT WE BELIEVE OUR
LIMITATIONS TO BE.**

Everybody stand and swivel at the waist as far as you can without pain. Point to a spot on the wall that shows the maximum you can rotate.

Lead group in:

POSITIVE POINTS (ESR)

and visualize turning like a pretzel, with great flexibility. etc.

Now go back and turn again, and notice how much further you can rotate. Now do other side, so you aren't lopsided in your flexibility! and/or muscle check.

2. VERBAL LANGUAGE

Creative thinkers break the rules. They feel free to go after sacred cows, and eliminate preconceived notions. Let's explore what it's like to think something different.

Process Handout: Think something different.(ref 6) Photocopy a sheet with verbal or logical brain teasers

Do sheet 3 minutes.

If time permits, play with LANGUAGE AND METAPHOR. Metaphors help us understand an idea by linking it with another. We look for patterns and interesting new connections and viewpoints.

THE MEANING OF LIFE: i.e.LIFE IS LIKE a donut because

Do a metaphor LIFE IS LIKE

Notice how you feel in your body (and/or muscle check)

Lead Group in:

WATER

BRAIN BUTTONS

CROSS PATITRNING

POSITIVE POINTS

LAZY EIGHTS FOR WRITING

Return to problem and complete the sheet.

Notice the difference and/or muscle check.

3. SPATIAL, ARTISTIC EXPRESSION

Creative Thinkers ask "What if...?" questions. Use wild ideas as stepping stones to new solutions.(ref 7) i.e., What if human legs were hinged the other way at the hip and the knee? What would a chair have to look like? DRAW IT if you are comfortable. Otherwise:

Everybody draw something, color, paint or play with playdough to explore the SPATIAL, ART INTELLIGENCE.

Those who feel they cannot draw creatively, do a simple abstract art process with me.

HANDOUT simple art process or freehand draw or playdough.

Have group notice body/mind response and/or muscle check.

Lead Group in;

**LAZY EIGHTS FOR DRAWING
on all surfaces.**

**DOUBLE DOODLE
SPACE BUTTONS**

Draw or explore playdough again, and notice the difference and/or muscle check.

4.MUSICAL EXPRESSION

Have everyone sing some non-threatening song: Happy Birthday to you, Row Row. row your boat, etc..

ANYONE WITH AN INSTRUMENT HERE WHO WISHES TO PLAY FOR US?

Anyone with a musical instrument plays it. (Band instruments for people to try are good).

Notice what it feels like in your body and/or muscle check.

Lead Group in:

ENERGY YAWN

BELLY BREATHING

**LAZY EIGHTS FOR THE
TONGUE**

THINKING CAPS

OWL

DOUBLE DOODLE

Do activity again and notice difference and/or muscle check.

**5. DANCING AND ACTING - EXPRESSION
With OUR BODY.**

Let's move to different music.

Have a variety of experiences for group: about 45 seconds each. i.e., Stravinsky, Fire Bird

Nylons or other good quality jazzy music

Handel's Water Music - be the water and birds.

Ethnic music.

Have group Notice how you feel - self-conscious, tight or loose. And/or muscle test.

Lead group in:

GROUNDER

FOOTFLEX

GRAVITY GLIDER

ELEPHANT

Now we will move again, and notice differences, and/or muscle check.

**5. Moving into Your Creativity with
Affirmations**

So to live and be with creativity, we must break through our old misperceptions and stale notions. Use Play and laughter. Humor forces you to combine ideas previously unrelated. Be willing to be the fool. Let a random piece of information stimulate your thinking.

Deliberately reverse your viewpoint. Play the devil's advocate. Hold back from judgement or conclusion.

Research has been done on the difference between Creative vs. uncreative people. The results were startlingly simple. Creative people are those who believe they are creative. Non creative people are those who believe they are non creative.

To shift that belief in your creative potential, work on these affirmations, using Positive Points and a full eye rotation. (ref 8)

Affirmations to free us to accept our own creativity:

1. I like myself
2. I deserve full creative expression
3. I believe I am creative
4. I want to be creative
5. I appreciate my creative talents
6. Others appreciate my creative talents
7. My body and mind totally flows in creative expression
8. All my senses and intelligences are on and in harmony to support my creative expression.
9. I am discovering new talents inside myself all the time
10. I use my creativity to enhance the world around me.

So believe in the worth of your ideas and goals, and have the persistence to build on them. Risk more, play more and laugh more.

And allow noticing - the information sand-which - to help you use brain/body integration to support in creativity and performance beyond your wildest dreams.

If time at end, and size of group permits, hand out cards from Roger Van Oech's Creative Whack Pack. Have people break into pods and read to each other, and draw significance from them - a fine example of random stimulation helping make new connections.

6. Post Activity

Have everyone role play their original creative expression.

Have them notice if they feel better, freer, if it is easier, if they are more alert, fluid and happier; and/or muscle check.

CELEBRATE.

HAVE GROUP MIND MAP WHAT THEY HAVE LEARNED THAT gives THEM NEW INSIGHT INTO THEIR CREATIVITY.

HAVE GROUP MIND MAP, OR DISCUSS WITH A PARTNER, WHAT BRAIN GYMS OR

OTHER ACTIVITIES THEY ARE GOING TO USE TO SUPPORT THEIR NEWFOUND INTEGRATION AND CREATIVITY.

References

1. This presentation can be easily adapted into a presentation on the 7 intelligences by simply adding experiential balancing for the interpersonal and intrapersonal intelligences. The other intelligences are all touched upon. For more insight, read any book touching on Multiple Intelligences, first developed by Howard Gardner: *Frames of Mind: The Theory of Multiple Intelligences*, New York, Basic Books, 1985
2. Educational Kinesiology Foundation, P. O. Box 3396, Ventura, CA, 93006-3396
3. See Promislow, Sharon, *Noticing The Difference, Reactive corrections for a Crowd*, Touch For Health Journal, 1994, pp. 138, sec. B for a model of how to take group through a Noticing Process, and the elements of the information sandwich.

4. Dennison, Paul E. PhD. and Gail, *Brain Gym Handbook*, p. 5.

5. See Promislow. Sharon, *Top Ten Stress Relasers*, Enhanced learning & Integration, 1994

6. See Von Oech, Roger , *A Whack on the Side of the Head*, 1983, p.8. or hand out some other sheet of visual and mental brain teasers.

7. de Bono, Edward, *Lateral Thinking, Creativity Step by Step*. New York: Harper & Row, 1973

8. IBID ref 5, pp 24-25

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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 regression 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 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 hum." 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.

Relieving Pain with Over Energy

by Jim Reid

Traditional acupuncture teaches us to draw over energy to under energy. We do this in Touch for Health when we do a five element balance. One night I was wondering what would happen if we broke that rule. The time of day balance that I discovered some years ago and taught at one of our annual meetings follows that principle. This procedure carries the principle one step farther. However, it is easier to demonstrate than it is to explain, so I will demonstrate.

1. Have client put a number on his/her pain on a scale of ten.
2. Do a Jim Reid time of day balance:
 - A. Rub vigorously the neurolymphatics for the central and governing meridians.
 - B. Rub the neurolymphatic for the main muscle of the meridian that is active at whatever time of day you are working.
 - C. Hold the neurovasculars for that same muscle.
 - D. Run that meridian three times.
3. Have the client re-evaluate the pain. It may be gone or significantly reduced.
4. If the pain is still present, check the alarm points to see which is over charged.
5. Go to the main muscle of that meridian and:
 - A. Rub the neurolymphatics.
 - B. Hold the neurovasculars.
 - C. Run the meridian three times.
6. Re-evaluate the pain. It should now be gone.

Body Typing

by Rev. J. R. Schroeder, MT

I know the session is going to be a difficult one when I hear the client say, "I don't eat anything with a face on it." Sometimes it's, "All that fat.." or "You don't mean real eggs, do you?"

I've heard these responses before -- countless times -- and it's getting worse. After 21 years at one of the oldest natural clinics in the country, I'm still having to invent new ways to open up minds to the possibility that maybe our ancestors ate differently than we do now and it certainly didn't kill them. In fact, maybe that's how they survived and played with a full deck. If we don't get a handle soon on real nutrition, we might not be so lucky.

Although for 40 years nutrition was always our strong suit at Beechwold Clinic in Columbus, Ohio, not until 1986 and the publication of Dr. Abravanel's landmark book, *Body Type Diet*, did the answers to some of our most perplexing cases become self-evident.

Not everyone is physically built the same and not everyone should eat the same diet. Of course, for years we recognized fast and slow oxidizers, hypoglycemics and diabetics or heart and head cases, but with the ability to body-type a person, a system was available that was quick to administer and easy to understand, and offered all we ever could have wanted: Just determine the glandular type and suggest the patient eat accordingly.

Maybe I should qualify the phrase, "easy to understand." That should read, "easy to understand, hard to accept." With the current fads of low-fat, no-meat, high-carbohydrate diets, the odds are stacked against any program recognizing the need for such ancient foods as butter, organ meats, fat and scavengers (shrimp, clams, scallops, etc.). The beauty of the program is that by the second or third week the participants are eating crow in addition to their new food items.

Basically, the program determines which of four body types a person is, based on body structure and personality profile. Most clients easily fall into one dominant type - with a secondary type which is less obvious. After a one-month trial period during which the client eats the foods for his/her type, we evaluate and determine whether the level of health is improving. If not, another body type is tried and usually success is achieved.

Though no program is 100% fool-proof, Abravanel's plan is the best we've found and deserves serious consideration in any holistic environment. "Just try it--you'll like it," is not some recent concept of the advertising industry; it's the way ancient peoples determined which foods worked, and those who ate the wrong ones didn't become our ancestors.

Let's hope we wake up before we become extinct.

Spiritual Empowerment

by Rev. J. R. Schroeder, MT

One of the benefits of working in a holistic clinic for over 21 years has been the opportunity to observe health care evolve during perhaps the most explosive period for Body/Mind connection work. Whereas, the mental state as a causative factor in the individual's health has rarely been given credence except as a last resort, the emphasis has shifted to early mention of such things as "Mind is the builder," or "Thoughts are things."

Of all the possibilities being explored in progressive medical environments, the one most intriguing and volatile is the reevaluation of ancient psychologies based on some knowledge of spirit influence and possession. As a natural outgrowth of hypnosis and regression, reports of multiple personalities, spirit possession and other external entity influence is beginning to filter into medical literature. Usually reserved for religious practices, spirit exorcism has become a viable option in some cutting-edge holistic establishments.

Throughout history, most medical concepts at the primitive level employed some form of spiritual release; in fact, rarely do we find healing taking place in the absence of release.

In my own practice as a pastoral counselor, spiritual empowerment has often meant dealing with this delicate issue and many times has been imperative in the case of addiction.

In the case of a chain smoker who has passed into spirit, many clients are amazed to learn that the deceased smoker still wants a drag but can't find satisfaction until he or she can vicariously enjoy one through the addiction of an individual still in the physical realm. A whole list of addictions can easily fall into this category: alcohol, drugs, sugar, sex, obsessive/compulsive behavior, etc.

The holistic/metaphysical community has always been quick to acknowledge the possibility of positive spirit influence, i.e., angels, The White Brotherhood, ancestors, elementals, etc. but we can't accept one energy without considering the other.

Though to equate all psychological dysfunction with spirit influence is foolhardy if not ludicrous; some acknowledgment of our past, as well as the success achieved by those who came before, is in order.

What Every Kinesiologist Should Know About Geobiology

by Jimmy Scott, PhD

Our work as Kinesiologists is to balance and correct energy structures. Geopathic energies can disrupt the natural energy structures of both living and non-living things. Geopathic energies will un-do our work, meaning that our energy corrections/balancing will not be permanent and that client improvement will not last. This is equally true for the physical, mental, or spiritual bodies. For the most effective work, the Kinesiologist must be aware of this possibility and learn what to do about it. Even if you as an individual Kinesiologist do not care to learn how to correct these environmental energies, to be fully professional in your work you must be aware of the possibilities and where to find appropriate help for your clients.

Geobiology:

1. The study of the nature of a wide variety of environmental energies and their effects on living entities.
2. The study and practice of the techniques for detecting environmental energies.
3. The implementation of a variety of corrective measures for neutralizing, blocking, or transforming geopathic energies.

Geopathic Energies:

1. Energies which are detrimental to life, whether human, plant, or animal.
2. Naturally occurring, deleterious earth energies.
3. Naturally occurring benign earth energies, distorted and rendered harmful by modern construction methods.
4. Electromagnetic pollution.
5. Localized deleterious psychic energy.

Suspect geopathic energies when:

1. Trees grow at an angle or in a spiral.
2. The people who live in a home or office are consistently ill. Often many things help, but not permanently.
3. Stationary machinery repeatedly breaks down.

4. Inexplicable cracks appear in a building, sidewalk, pavement, or retaining walls.
5. The basement is moldy but there are no water leaks. (Water can rise on geopathic currents.)
6. Paint peels or requires frequent maintenance.
7. Plants or pets get sick or die.

General Characteristics of Geobiologic Energies

Our universe is electromagnetic. Everything, whether organic or inorganic, animate or inanimate, is made of atoms, sub-atomic particles, and waves of energy which are electromagnetic in nature. In centuries past, our ancestors were cognizant of energies radiating from the earth (telluric energies) and from the sky (cosmic energies). They knew how to locate, avoid, and manipulate these energies, and they called this art/science 'geomancy.' They knew how to construct buildings and earthworks that would alter these energies, both for good and for ill, and to stimulate or sedate. The traditional Chinese discipline, feng shui, is another, related, system of manipulating the energy of a home or office for the benefit of those who use it. In the 20th century, the ancient art of geomancy is appearing with a new name: 'geobiology.'

Geobiologic energies have traditionally been detected by dowsing with rods or pendulum. Certain people are also able to perceive these energies directly, without any sort of tool. In Health Kinesiology classes we teach the use of muscle-testing instead of dowsing tools to detect energies. It is interesting to consider that many animals base their homing instincts and patterns of migration on geobiologic energies. Geobiologic energies are both subtle and variable. They can vary with the season, time of day, temperature, aurora activity, solar activity such as solar flares, changes in earth's magnetic fields, lunar cycles, and larger cycles in the solar system and beyond. Geobiologic energies often change when the

ground is disturbed by excavation, construction, or seismic activity.

We describe the specifics about geobiologic energies in the HK Geobiology Course Manual. For now, here are some of the general characteristics of these phenomena. They can be man-made or natural. Some are associated with water, others with stones, still others with electromagnetic devices. Some are linear, others are more contained forms. Some energies flow in a line, others spiral or are static, pulsating, or undulating. They can revolve in either a clockwise or counterclockwise direction. The flowing energies can exhibit variation in their flow in response to the sun, seasons, temperature, etc. Their flow can be coherent (smooth and harmonious) or turbulent (chaotic and disturbed).

Geobiologic energies can be shaped like a point or circular area, a line, or a wall. The linear energies can flow within the ground, above the ground, or at an oblique angle - beginning in the ground and extending diagonally upwards through the air. They can have an electrical charge which is positive or negative, strong or weak, steady or fluctuating. In short, they can have an almost infinite range of qualities.

Resonance

According to *The Concise Oxford Dictionary* resonance is "a condition in which an object or system is subjected to an oscillating frequency close to its own natural frequency." As with many dictionary definitions, this one is not adequate since it neglects to mention that when exposed to its natural frequency, the system or object will vibrate sympathetically, sometimes to the point of breaking.

Everything has its own natural frequency, a rate of vibration with which it is in harmony. This is the resonant frequency. When a wine glass is rubbed on its edge with a wet finger it vibrates, producing a musical tone. Each individual glass has its own tone, its own resonant frequency, according to the size and shape of the glass and the type and thickness of the glass material. You have seen the demonstration a singer hits a specific loud

note and the glass breaks. When exposed to its resonant frequency sounded sufficiently loud and long, the glass shatters. **When two objects are in resonance the maximum energy transfer occurs.** When the singer sings in resonance with the glass, it absorbs the sound energy. If more energy is present than the glass can absorb, its molecules vibrate more and more wildly until they cannot remain in their crystalline matrix and the glass breaks apart. *In The Cancer Cure that Worked*, we learn that Royal Rife helped cure people of cancer and other diseases by pinpointing the resonant frequency of the disease organism and using colored light with the same resonant frequency to shatter the disease organism.

You can easily demonstrate resonance with a piano. Slowly depress the middle C key, making no sound at all. Now strike the C one octave lower. Make it loud and short. Listen to what you hear. It's the middle C quietly humming. Why? Because it resonates with the low C. In fact, middle C is one of the "overtones" (harmonics) of low C and is actually contained within the low C sound. Depress the middle D key and strike low C again. This time nothing sounds because the D does not resonate with the low C.

Resonance has to do with vibration in any part of the electromagnetic spectrum. All geobiologic energies have their own frequencies, as do our own bodies and internal organs. When our internal systems resonate with external energies the results vary. Sometimes we are stimulated, sometimes calmed. Sometimes we hum along with external energies, like the middle C, and sometimes we shatter, like the wine glass. The shattering is what we are especially concerned with in Geobiology.

The human body often shatters surreptitiously, cell by cell, resulting eventually in illness or impaired healing abilities. Since everyone has their own unique pattern of resonant frequencies and overall level of wellness, different people vary in their susceptibility to specific geopathic energies. With the advent of widespread, technologically generated, electromagnetic radiation and modern construction techniques,

geopathic energies are much more of a concern now than in previous centuries.

It is possible to neutralize existing geopathic energies and to plan new construction so as to minimize geopathic effects and enhance positive geobiologic effects. The purpose of this class is to help you begin to do just that.

The HK Geobiology Session

Compared to a Dowser's Session

Dowsers have traditionally done geobiologic work, or geomancy. HK recognizes many of the same geobiologic energies as do the dowsers, and some of the corrective measures we use originate within the dowsing tradition. There are a few key differences between the way the dowser and the Health Kinesiologist do this work, however.

HK practitioners begin geobiology sessions by HK Meridian Energy Balancing both themselves and their client. This maximizes the accuracy of the testing session.

Most traditional dowsers work on-site to do geomancy, although they use map-dowsing when studying very large areas. When you are physically present in geopathic energies, they can confuse your dowsing results. For this reason a traditional dowser doing on-site work can miss or misinterpret certain geopathic energy effects. HK consultants typically do geobiology sessions in the office. They work from a precisely drawn floor plan of the home or office in question. To gather information, they use kinesiology rather than dowsing with rods or pendulum by muscle testing an individual who is well energy-acquainted with the space. This way minimizes the confusion that can result from testing while within the geopathic place itself. Also, traditional dowsers must, themselves, know the various energies. If they do not know about an energy they may overlook it. In HK, we test a person who lives or works in the space, we keep working as long as our testing indicates there is still another energy affecting that person. In other words, as long as there is an energy affecting our client, we can work on it, whether or not we personally are familiar with that energy. Keep in mind, however, that the more energies the

practitioner can detect and recognize, the better and easier the job will be.

Traditionally, dowsers have certain neutralizing techniques that are used with particular geopathic energies. Another important difference in the HK approach is that we are not concerned with matching a particular correction with a particular energy. Instead we take stock of the overall energy configuration and draw from our entire list of corrective measures to create the most effective energy modification.

Doing the Work

The most common way that the experienced HK geobiology consultant works is to simply map out the corrective measures with details of how to apply them. It is only for the edification of the client, or for our own energy-identification practice, that we actually map out the geopathic energies in a place. Depending on the type of correction used, energy can be reflected, blocked, transformed, or neutralized.

The goal of geobiology is to leave the space energy-beneficent for all who live there, whether human, plant, or animal. We also take into account the surrounding environment when we work. We do not deflect geopathic energies into someone else's home or office. This is particularly relevant when energy-correcting an apartment or office suite. In fact, when possible, we find it preferable and easier to adjust the energy in an entire building, rather than in a single apartment or office within that building.

Types of Geobiological Energies

Geobiologic Energies

Black Line: 4 Types

Black Water: 4 Types

Curry Network

Electromagnetic Fields

Energy Cloud

Energy Column: 4 Types

Energy Drain

Energy Vortex:

Clockwise

Counterclockwise

Hartmann Grid

Ionizing Radiation (radioactivity)

Man Made:

Construction Lines
Ley Lines & Circle Lines
Other

Paranormal

Schumann Waves:

7.8, 14.1, 20.3, 26.4, 32.5 Hz

Water, Water Lines, Water Domes

Other

Energy Characteristics

Electrical charge may be:

+ or or 0.
high or low intensity.
steady or fluctuating.

Energy may:

flow or be static.
change direction in complex ways.

Energy flow may be:

linear, counterclockwise / clockwise,
spiraling.
pulsating, undulating, or oscillating in
any direction.
coherent (harmonious, smooth) or
turbulent (chaotic, disturbed).
into or out of the ground at any angle.
underground, above ground, or both.

**Summary of Health Kinesiology's
Methods of Balancing, Correcting, &
Neutralizing Geopathic Energies**

For the Environment

Aluminum (paint, foil, sheets)

Artwork, Forms, & Symbols

2-Dimensional, 3-Dimensional

Coils (copper spirals)

Construction

Crystals

Feng Shui

Light, white or colored

Magnets

Metal Plates, galvanized

Mirrors

Photographs

Plants

Proprietary Devices

APOPI Spheres, Cosmic Batteries

Schumann Wave Generators

Other

Rods

Walls, Floors, etc.

Color / Texture

Structure / Shape / Placement

Wire

For the Person

APOPI Spheres

Cosmic Batteries Gizmos

Life Transformers:

Protection from Geopathic Stress

Psychic Protection

Others

Schumann Wave Generators

Tape Head Demagnetizer

Other Proprietary Devices

Selected Readings

These references are only some of the English language materials available. Considerable further information is available in French, especially, and German. A more complete listing is available in Health Kinesiology's Reading List and in the Geobiology Course Manual.

Bailey, Arthur, *Dowsing for Health Quantum*, Berkshire, 1990, ISBN 0-572-01560-7

Becker, M.D., Robert O. *Cross Currents* Jeremy P. Tarcher, Inc., Los Angeles, 1990, ISBN 0 87477 536 1

Becker is a pioneer in using small magnetic or electric currents to promote healing and studying the effects of electromagnetic fields on life.

Bird, Christopher *The Divining Hand* Dutton, New York, NY, 1979, ISBN 0-525-09373-7

Superb survey of dowsing and its history. The new edition is now available.

Brodeur, Paul *Currents of Death* Simon and Schuster, New York, New York, 1989, ISBN 0-671-67845-0

Coghill, Roger *Electro Pollution* Thorsons Publishing Group, Wellingborough, Northamptonshire, 1990, ISBN 0-7225-2307-6

Touch For Health International Journal, 1995

Fidler, J. Havelock *Earth Energy* Aquarian Press (Thorsons), Northamptonshire, England, 1988, ISBN 0-85030-681-7

Retired scientist's careful investigation of Ley Lines. Superb book on scientific procedure, too.

Girdlestone, B.Sc., Rodney *Electro Stress* England, 1990, (no ISBN)

Graves, Tom *Needles of Stone Revisited* Gothic Image Publications, Glastonbury, Somerset, 1978, ISBN 0-906362-07-5

Graves, Tom & Janet Hoult *The Essential T.C. Lethbridge* Routledge & Kegan Paul Ltd., London, England, 1980, ISBN 0-7100-0396-X

Heselton, Philip *The Elements of Earth Mysteries* Element Inc., Rockport, Maine, 1991, ISBN 1-85230-228-3

Howard, Michael *Earth Mysteries* Robert Hale Ltd., London, England, 1990, ISBN 0-7090-3933-6

Lethbridge, T.C. *The Power of the Pendulum* Arkana, Penguin Group, London, England, 1976, ISBN 0-14-019046-5 One of the best dowsers ever. Must read his works.

Lethbridge, T.C. *The Legend of the Sons of God* Penguin Group, London, England, 1972, ISBN 0-14-019262-X

Lonegren, Sig *Spiritual Dowsing* Gothic Image Publications, Glastonbury, Somerset, 1986, ISBN 0-906362-06-7

Mann, Ph.D., W. Edward *Vital Energy & Health* Houslow Press, Toronto, Canada, 1989, ISBN 0-88882-112-3

Mermet, Abbé *Principles and Practice of Radiesthesia* Element Books, Ltd., Dorset, England, 1987, ISBN 1-85230-007-8

A pioneer in use of the pendulum. One of the best dowsers ever. His work was officially approved by the Pope. First published, in French, in 1935.

Merz, Blanche *Points of Cosmic Energy* The C.W. Daniel Company Limited, Great Britain, 1987, ISBN 0-85207-194-9

Pennick, Nigel & Paul Devereux *Lines on the Landscape*, Robert Hale Inc., London, England, 1989, ISBN 0-7090-3704-X

Pennick, Nigel *The Ancient Science of Geomancy* Thames and Hudson Ltd., London, England, 1979, ISBN 0-500-27215-8

Smith, Cyril W. & Simon Best *Electromagnetic Man* Dent & Sons, London, England, 1989, ISBN 0-460-04698-5

Up-to-date review by a physicist of the electromagnetic effects in our world.

von Pohl, Gustav Freiherr *Earth Currents: Causative Factor of Cancer and other Disease* Frech-Verlag, Germany, 1987, ISBN 3-7724-9402-1

Walters, Derek *Chinese Geomancy* Element Books Limited, Longmead, Shaftsbury, Dorset, 1989, ISBN 0-85230-058-2

Watkins, Alfred *The Old Straight Track* Abacus, London, 1990 (originally 1925), ISBN 0-349-13707-2

The original book about Ley Lines.

Watkins, Alfred *The Ley Hunter's Manual* The Aquarian Press, Wellingborough, Northamptonshire, 1989, ISBN 0-85030-894-1

Wethered, Vernon D. *An Introduction to Medical Radiesthesia and Radionics*, C.W. Daniel Company, Ltd., Essex, England, 1957, ISBN 0-85207-109-4

Radiesthesia uses a pendulum for dowsing. He also discusses geopathic stress. Notice the date of publication.

Geobiology Glossary, Selected Items

These items are selected from a larger Glossary included in the HK Geobiology Course Manual.

BLACK LINES: GEOPATHIC energies flowing along or above the surface of the earth in a specific pathway. These are not LEY LINES, CURRY NETWORK LINES, or HARTMANN GRID LINES, though they have some similarities in that the energies can reverse direction, the energies have a CHARGE, etc. There are

probably at least four types of adverse black lines.

BLACK WATER: GEOPATHIC energies emanating from certain (but not all) underground water. The energies appear to be more intense when the water is 1) flowing faster, and 2) when the water is changing strata rapidly. There are probably at least four types of adverse black water energies. They tend to flow directly up out of the ground or down into the ground.

CURRY (NETWORK): A global network of energy lines which run diagonally to the poles, e.g., northeast-southwest and northwest-southeast. The distances between lines can vary but is commonly 24 to 26 feet (8 meters). The lines tend to alternate direction of flow and electrical charge, both with adjacent lines and over time. CURRY line crossings can be particularly adverse. See GEOBIOLOGY.

DEGAUSS: Gauss is one unit of magnetic field strength. To de-gauss, then, means to de-magnetize. A Tape Head Demagnetizer is traditionally used to de-magnetize the recording heads on tape recorders, but is used in HK to help desensitize a person to ELECTROMAGNETIC fields. Doing so is only temporary and is not a correction. Also, it is not the case that the person is magnetized and we are de-magnetizing them! It is only that the strong alternating magnetic field produced by the degausser causes the energy system to be less sensitive for a while.

ELECTRICAL CURRENTS: Electrical current is produced any time two dissimilar metals are in an electrolyte solution. Metal fillings in teeth are good examples. The resulting currents are often stronger than the natural currents of the body and thus can cause great stress. HK has two methods of reducing or eliminating the effects of these currents. These corrections are part of the energy Control System Factor.

ELECTROMAGNETIC: There are four fundamental forces: gravity, strong

interactions (within the nucleus), weak interactions (within the nucleus), and electromagnetic. Thus, electromagnetic covers a very wide spectrum, ranging from very low frequencies (long wavelength) through heat and light to beyond gamma and cosmic waves (short wavelength). Power lines and audio frequency (from loudspeakers, not the sound itself) waves are very low frequency. Conventionally, however, the term is used primarily to refer to those waves produced by mechanical contrivances such as radio, TV, computers, power lines, etc. Whenever a person is in RESONANCE with an electromagnetic wave then the person absorbs energy from that wave. If the wave contains enough power, it disrupts the energy system of the person. Because the electromagnetic spectrum totally overlaps the energy spectrum of the person any electromagnetic field can be harmful to any person. That is why HK considers electromagnetic pollution the most serious problem on earth today. See DEGAUSS.

ELECTROMAGNETIC SENSITIVITY

TEST: Have the person touch bilaterally the points halfway between the stomach and spleen meridians at the level of St 24. (It does not matter who touches the reflex points, it is just that the Kinesiologist will be using both of their own hands for the testing). Simultaneously test an indicator muscle while moving progressively closer to the person an electromagnetic field (EMF) source. The distance to the electromagnetic source indicates the person's sensitivity. Always use the same source, such as an electric (quartz, battery) watch. When the person's electromagnetic sensitivity is normal even a strong EMF source will not weaken them. A typical client will initially weaken to their own watch at a distance of 3 or 4 feet (1+ meter) or more.

ENERGY INTERRUPTERS: Any substance which blocks the flow of energy is called an energy interrupter. Quartz crystals are probably the best known, but most crystalline structures also work. Aluminum, elm wood, and many other natural molecular structures will interrupt

or change energies. In most cases any given substances will affect only certain energies, not all. See GEOBIOLOGY.

ENERGY PATTERN: An energy pattern is the characteristic array of energies associated with any given object, thought, or substance. Everything has its own energy pattern and so is distinguishable from everything else.

ENERGY COLUMNS or SPOTS: An energy structure in the shape of a column. The energy may be static, flowing along the column up out of the ground, or flowing into the ground. If the energy is flowing in a spiral then the spot is called an ENERGY VORTEX.

ENERGY VORTEX: An energy structure which has a spiral shape and has energy flowing along the spiral. A spiral shaped structure in which the energy is not flowing along the spiral is called a column or spot. If the shape of the spiral begins in the center and expands outward in a counterclockwise direction (viewed from the top) it is called a counterclockwise vortex regardless of which direction the energy flows within the spiral - from the center outward or the reverse. The energy may have a positive or negative charge, and may also flow into or out of the ground. Vortices occur in any combination of these four parameters, along with variations of size (diameter and number of turns in the spiral, width of pathway in spiral), intensity, and frequency. Depending on the various factors a person may experience many different sensations when exposed to a vortex. Most vortices range in size from 2 to 4 feet (60 to 120 cm) in diameter and usually appear in pairs with opposite direction spirals located perhaps an average of 15 feet (4.5m) apart. See ENERGY SPOTS, GEOBIOLOGY, COILS.

GEOBIOLOGY: An ADJUNCTIVE FACTOR. There are numerous energies present on the earth, both natural and human-made. Since these energies may RESONATE with parts of our bodies they can affect us. GEOPATHIC energies are

those which adversely affect someone by causing the person's energy patterns to break down, in turn producing severe physical and psychological problems. In the 1920's it was definitively demonstrated that most cancer was caused by certain geopathic energies. Thousands of cases have been documented of these energies causing any number of "diseases." HK recognizes some 20 different types of geobiological energy and utilizes numerous methods to neutralize their effects. In many cases the person cannot get healthy so long as they remain in the presence of geopathic energies. Geopathic energies can cause perfectly well done energy corrections to break down. Every health professional needs to know about geopathic stress.

GEOPATHIC: Any GEOBIOLOGY energy which is harmful to a person, animal, or structure is called geopathic. It is very important to note that any given energy may be geopathic to one person and not to another (see RESONANCE). Duration of exposure and the exposure to other energies partly determine if any given energy is harmful.

GIZMO: The Gizmo is a small disk-like proprietary device which is extremely effective in protecting people from certain ELECTROMAGNETIC fields. It also virtually eliminates the effects of jet-lag when worn while travelling. The device seems to be effective because it can correct the disturbance in energy SPIN caused by the electromagnetic fields. The manufacturer is located in British Columbia.

HARTMANN LINES (GRID): These are naturally occurring lines of energy on the surface of the earth, Running north-south and east-west, they are spaced about 2m between N-S lines and 2.4m between E-W lines at moderate latitudes. Alternate lines tend to have positive and negative electrical charges respectively. These charges can change. Notice that where lines cross they can produce double negative charges, double positive charges, or one positive and one negative charge in the same spot. The direction of energy

flow along the E-W lines is toward the sun; e.g. in the morning the energy flows to the east, switching to west at local noon. The flow along the N-S lines is more complex and is not fully understood. The width of the lines also varies and averages about 29 or 30 inches (75cm). They are not necessarily geopathic. Natural or man-made structures can modify their direction, spacing, and flow. See CURRY LINES, LEY LINES, GEOBIOLOGY, and GEOPATHIC.

IONIZING RADIATION: High (physical) energy level particles or rays (e.g., X-rays, cosmic rays, or gamma rays) can break apart atoms or molecules, forming ions. GEOPATHIC energies can include ionizing radiation. Obviously, if molecules within the body are ionized, physical damage has occurred.

LEY LINES: See CURRY LINES, HARTMANN LINES, BLACK LINES, GEOBIOLOGY.

LIFE TRANSFORMER: A proprietary product which emits specific energy patterns worn in order to support, and eventually help balance, people's energy in some particular issue. For example, there are LT's for Getting Unstuck, Overcoming Fears, Expressing Myself, Smoothing the Emotions, Psychic Protection, and many others. The LT for Protection from Geopathic Stress seems also to correct problems with the energy SPIN. People who wear LT's report great benefit.

LIGHT: Light is energy. In HK we use light as an adjunctive factor and also for energy corrections. We might use white light, polarized light, ultraviolet light, or various colors, either on the entire body, some particular part of the body, the eyes, or any reflex point. Multiple combinations might be needed. Light and colors may be needed for GEOPATHIC corrections (in the environment).

MAGNET: In a properly balanced and functioning muscle, the north-seeking pole of the magnet will weaken / unlock the muscle when placed over the body of

the muscle. This is probably due to the effect on the SPIN of the energy. The north-seeking pole forces the energy to spin clockwise and the south-seeking pole will force the energy to spin counterclockwise. Also, the magnetic fields will deflect the path of the energy flow. Furthermore, in the case of hand-over-the-navel the magnet can be placed over the body of any muscle and the indicator will still weaken / unlock, so this is always preferred. See MAGNET POLES.

MAGNET POLES: In HK the terms south-seeking and north-seeking are used to describe which pole of the magnet is which. The north-seeking pole of the magnet will, if freely suspended, point toward the magnetic north pole of the earth. These terms are used because which pole of the magnet is called the north pole of the magnet varies by convention in certain countries, and so is confusing unless that information is known.

MIRRORS: Just as mirrors reflect light they reflect certain other energies. In GEOBIOLOGY, then, mirrors can be used to reflect away adverse energies. Great care must be used to insure that these reflected energies do no harm elsewhere.

PYRAMIDS: All shapes and forms have energy qualities, pyramids being no exception. They seem to be able to amplify energies, both adverse and beneficial. In GEOBIOLOGY we might find them useful but only after the adverse energies are under control, or else we might make things worse. Unknowledgable experiments with pyramids can be detrimental to the body's energy system.

QUARTZ HALOGEN: Often a very white light is needed. Sunlight is the standard for white light but is not always available. Since glass does not transmit ultraviolet light very well, and due to other physical chemistry effects within the light bulb, a standard incandescent lamp does not produce very white light. A quartz halogen lamp is the whitest light available

inexpensively. Quartz halogen lamps are superb for use in color therapy.

RESONANCE: When two objects or energy systems vibrate at the same frequency they resonate. When one is vibrating the second absorbs energy from the first. They then tend to become synchronous, or vibrate in step with each other. At the resonant frequency is when the maximum energy transfer takes place between the two objects. See ELECTROMAGNETIC and GEOBIOLOGY.

SCHUMANN WAVES: These are five naturally occurring ELECTROMAGNETIC waves which humans need to have present. Many modern buildings block out or distort these waves and so contribute to GEOPATHIC stress. Installing a simple "antenna" for these waves can reduce the geopathic stress. Their frequency is very low: 7.8Hz,

14.1Hz, 20.3Hz, 26.4Hz, and 32.5Hz. NASA spacecraft have artificial Schumann wave generators on board.

SPIN: As energy flows through the system, it rotates or spins. A counterclockwise spin is calming, relaxing, (and usually) balancing. A clockwise spin is stimulating, exciting, (and often) unbalancing. The direction of energy flow is not related to the direction of the spin, and these are often confused. MAGNETs, GIZMOs , and certain LIFE TRANSFORMERS , all can affect the energy spin, as can HK meridian energy balancing. Note that the balancing tap is done in a counterclockwise direction and that the HK sequence is in a counterclockwise direction around the navel. Spin corrections are part of the energy control system procedures.

Transformational Kinesiology Unfolding Human Potential

by Karen Sellhausen, M.A.

Transformational Kinesiology (TK) is an exciting tool for healing and for spiritual advancement. TK is a specialized form of Kinesiology that uses the bio-feedback tool of muscle testing to uncover beliefs and energy blocks within us that prevent us from manifesting our dreams, goals, and desires. Such beliefs and energy blocks work against our taking the needed steps to create the life we desire. Once these beliefs are identified and are balanced on all levels -- physically, emotionally, mentally and spiritually -- by means of a TK process, we find new ability to pursue these dreams.

TK is developed, continuously expanded, and tested by Grethe Fremming and Roll Hausboel in their GRO Institute in Denmark. Grethe and Rolf were Touch for Health® instructors who researched and expanded the emotional repatterning work to include, at this time, more than forty Balances which they teach in practicums throughout the world. Many Balances are based on the information contained in the Ancient Wisdom such as is included in the writings of Alice Bailey and Torkom Saryadarian. Grethe Fremming and Roll Hausboel define TK as "a holistic energy balancing method based on the ageless wisdom utilizing muscle testing, transpersonal psychology and counseling, visualization, meditation and acupressure to facilitate personal and spiritual growth"

TK is a powerful adjunct to traditional counseling. TK also stands alone and brings about healing on all levels. It is an excellent tool for healing the effects of pain associated with our past, concerns in our present, and fears related to our future. In TK we balance for physical traumas, negative emotional programming, limiting beliefs, past-life experiences, and more. This balancing enables the person to develop potentials and to come into contact with the true self--the Higher, Spiritual Self. It is through this Self that healing comes.

In TK the facilitator uses muscle testing to assist the client in the Balance procedure. The client chooses an area of life in which change is desired--stress reduction, manifestation of potential, improved skills, or expanded consciousness. A goal statement is identified and refined. That goal statement then attracts psychic energy for the work to be done.

A process of prechecking then occurs, which further draws soul energy for the goal statement. Prechecking consists of verbal checks on the physical, emotional, mental and spiritual levels, during which beliefs are verified or denied through muscle testing. Verbal checking explores past, present and future. Prechecking further identifies physical and etheric symptoms related to the goal. These include body areas that are symptomatic, senses, organ reflexes, aura and chakras.

Upon completion of prechecking, a balance procedure is identified and performed. After any needed integration time, post-checking is done. Homeplay is identified. Homeplay is most often recitation of the goal statement combined with a Kinesiology integration technique that is performed for a specified number of days. As the person does homeplay in the days following, psychic energy is maintained for manifestation of the specified goal.

An example of a TK Balance is one that focuses on integration of our physical, emotional and mental bodies by means of a visualization taken from psychosynthesis. This TK process balances the system for any identification it might have with one of the personality bodies. By dis-identifying with these attachments we realize that we have a body but that we are not our body; we have emotions but we are not our emotions; we have an intellect but we are not our intellect. This dis-identification frees us to function from our Higher Spiritual Self--a place from

which we are capable of mastering and managing our thoughts, feelings and our physical body. It is a Balance that exemplifies the spiritual focus of TK.

Think about the implications of this in our healing journey. We know the prolonged pain or even immobility that is possible when we are identified with emotions. Identification with such feelings impedes consciousness. Just consider shame, rejection, or fear. Yet when we allow such emotions to be experienced as a part of our humanity, and as bringing us valuable information and opportunities for healing, then we can go through them with purpose. We can benefit from the learnings and recognize that they offer us the opportunity to move forward spiritually. We benefit when we recognize that these are experiences and are *not who we are*.

We apply the same discussion to our physical body, to our beliefs and to our thoughts. Again, identification with perceived physical imperfections or limitations can produce inner struggle, discontent and prolonged pain. When we can dis-identify with our overweight body, with an injury, or even with ongoing pain, we can begin to recognize these as experiences we are having, knowing that our true Self is not identified with these experiences. Likewise, we can dis-identify with a belief about how something "has to be" and can transcend the struggle our personality is locked into because of such a belief. During this and other TK Balances we can actually feel energy shifts in the physical body and sense alignment with the specified goal statement. We clearly move into new energy patterns, new perspective, and new clarity about resources that support higher functioning.

Beyond Relaxation The Trager - Kinesiology Partnership

by Karen Sellhausen, MA

The Trager® Approach is a psycho-physical re-education process that uses gentle, rhythmic, non-intrusive movements to facilitate the release of painful holding patterns that may be related to past trauma. Through Trager® movements these holding patterns are reprogrammed at the level of the unconscious mind. Physical patterns of pain, stiffness and stress are released, fatigue is dissolved, and physical comfort and flexibility are restored. Trager® movements create ease in movement as well as a sense of lightness, integration and well-being.

By introducing Kinesiology to the Trager® session, we both deepen and broaden the effectiveness of this work. Adapting the Transformational Kinesiology process, the practitioner and the client together identify the information that is *priority* for that person's system at that time. The Trager® experience now becomes a Kinesiology balance, bringing in another level of information and intentionality as we work with the system's energy in the healing process.

After clearing the system we muscle test to identify and refine a goal statement. The goal statement is created from a desire or an irritation that the person is experiencing. The most effective goal statement is a push--what do you dare do or be? An example of this is, "I boldly act on my intuition." My experience in using goal statements with Trager®, Reiki and other bodywork, is that they are related to higher level goals and are expansive, rather than limited to physical comfort. Not the expected, "I move with comfort, but a higher goal such as, "I safely take the next step on my path."

The goal statement now becomes the focus for the energy work during the session. The entire system now focuses *intentionally*, drawing psychic energy for manifesting the specified goal. A muscle test at this time, to check the person's belief regarding the goal, most often switches-off. For example, "I boldly act on my intuition" indicates NO--the person does not have this belief and does not boldly act on that intuition.

Further muscle testing, then, indicates which of the vibrational qualities of color, sound, and fragrance are to be used. Through muscle testing we identify how these energies are to be included. Typical examples are: a color lamp is to be used, the color is to be visualized in a specified area, the color is also visualized in the practitioner's hands, the sound is to be vocalized by practitioner and directed into a specified area of the client's body at the pitch of G, the fragrance is to be inhaled by the client every fifteen minutes, or the fragrance is to be put on the forehead. Using the intuition of both practitioner and client, we get the needed information.

Still further muscle testing can indicate if emotions, senses, glands, organs, chakras, or symptoms are to be included in this Balance. These may be identified through circuit locating or through verbal checking. It is wise to muscle test: "Something needs to be done with this emotion, sense . . . ?" If "yes," explore what needs to be done -- if "no," identification is all that is needed.

When all this prechecking is complete, the system indicates permission for the bodywork. The Trager® session then occurs utilizing all identified information. Upon completion, the goal statement is pretested for the person's belief. As a result of the session, the statement now most often indicates a switched-on muscle response, indicating the desired change in the person's belief and in the symptoms, organs, glands, and chakras that had been identified. Homeplay can be identified to help maintain psychic energy for

the goal statement and for the Trager® session.

The Kinesiology setup for a bodywork session can take as little as five minutes, depending upon the person's readiness to receive this work. My experience is that it takes longer in the initial sessions. Once the person is familiar with muscle testing, however, they come in ready to work, often with their goal statement in hand.

Doing a Trager® or a Reiki session with Kinesiology feels natural to me and it provides a richness, a completeness that I miss when excluded. Clients have excitedly reported results from the combined approach, noting increased physical comfort, progress on their goal, and a heightened sense of well-being.

Karen Sellhausen (Shiranda Deerwoman) is a practitioner of Trager®, of Reiki, (Second Degree), and of Transformational Kinesiology (TK). She has a background in education that includes a Master's degree in counseling. Her counseling background enhances her skills in working with persons in the Kinesiology sessions. Karen has received advanced training in TK from the developers in classes hosted in Columbus, Milwaukee and Minneapolis. She has targeted TK and related information as a life study. Karen plans to relocate to Albuquerque later in July.

Maharishi Ayur-Veda
A Comprehensive System of Natural Medicine
and Preventive Health Care
Introduction and Research Review

by Hari Sharma, M.D., FRCPC

I. Introduction

Ayur-Veda is the oldest existing health care system, originating in the ancient Vedic civilization of India. The word Ayur-Veda is derived from two Sanskrit roots: *ayus*, meaning life or life span, and *Veda*, meaning knowledge or science. Ayur-Veda is therefore translated as the "science of life", and is strongly prevention-oriented. Ayur-Veda has a detailed scientific literature consisting of classical medical texts, and an uninterrupted oral tradition of classical knowledge predating the written texts.

In recent decades, the ancient Ayur-Vedic wisdom has been brought to light in its completeness by Maharishi Mahesh Yogi, who introduced Transcendental Meditation to the world in 1957, and is currently establishing Maharishi Ayur-Veda Universities and Maharishi Vedic Universities in all parts of the world. Understood and applied in its totality, in accordance with the classical Ayur-Vedic texts, this complete science of natural health care is known as Maharishi Ayur-Veda.

The aim of Maharishi Ayur-Veda is to create perfect health - full development of mind and body. Maharishi Ayur-Veda contains twenty approaches to the prevention and treatment of disease, that act in four fundamental areas of life: mind, body, behavior, and environment. These approaches are natural, easily applied, and free from harmful side effects. They promote balance by bringing mind and body into harmony with natural law. The approaches of Maharishi Ayur-Veda have been adopted by physicians and health care professionals throughout the world.

II. Correcting Imbalances in the Mind and Body - Balancing the Doshas

According to Maharishi Ayur-Veda, biological intelligence expresses itself in the physiology through the operations of three fundamental expressions of intelligence, called doshas, which regulate the different functions of mind and body. These doshas are Vata, Pitta, and Kapha. Everyone is endowed at birth with some value of all three doshas, but in each person the exact proportions vary. The three doshas are further divided into numerous subdoshas with different locations and functions throughout the body. In the Ayur-Vedic framework, imbalance in the doshas and subdoshas disrupts normal function and structure, and is seen as the ultimate cause of disease.

The Ayur-Vedic diagnostic process, including a uniquely sophisticated examination of the pulse, enables the physician to detect and evaluate any imbalance in the three doshas and their subdivisions, and in the *dhatus* (tissues of the body). The Ayur-Vedic texts classify all therapeutic modalities, including diet, herbal supplements, and sensory inputs, according to their effects on the doshas and subdoshas. These approaches treat specific illnesses by promoting balance in the doshas, and are effective in prevention because they correct existing imbalances before they manifest into disease.

Knowing which doshas and subdoshas are out of balance enables the physician to determine the underlying basis of the patient's health problems and tendencies toward specific diseases. At the same time, the patient gains greater insight into his or her own specific needs, which increases compliance with treatment recommendations.

III. The Mind-Body Connection - Development of Consciousness through Transcendental Meditation

Because Ayur-Veda recognizes the mind-body connection to be central in creating health, there is a long-standing Ayur-Vedic tradition of using mental techniques for the prevention and treatment of disease, for reducing stress, and for developing mental potential. The most important of these techniques are the Transcendental Meditation (TM) technique and the more advanced TM-Sidhi program. Transcendental Meditation is a simple, effortless, natural technique that allows the active mind to settle down and experience its least-excited state, Transcendental Consciousness. The experience of this field of pure consciousness induces an integrated physiological response that restores balance in the entire physiology. Subjectively, this is experienced as a state of "restful alertness" -- maximum mental clarity along with deep physiological rest -- as indicated by decreased respiration rate, increased basal skin resistance, lower plasma lactate levels, lower cortisol levels, and increased global EEG coherence during TM, compared to simply resting with eyes closed.

Repeated experience of these psychophysiological state changes during TM gradually produces lasting beneficial trait changes in health. For example, in a five-year study of medical care utilization, TM practitioners showed better health as indicated by reduced illness rates compared to a normative data base, including 87% less heart disease and 55% fewer malignant and benign tumors. TM also reduces several cardiovascular risk factors, including cholesterol, cigarette smoking, high blood pressure, and anxiety. In residents of homes for the elderly who practiced TM, significant improvements were seen in systolic blood pressure, word fluency, and cognitive flexibility, in comparison to those practicing mindfulness training and a mental relaxation technique, and a no-treatment control group. All members of the TM group were alive 3 years after the program began, while the survival rate for the other groups was significantly less than 100%.

IV. Using the Intelligence of Nature - Maharishi Ayur-Veda Herbal Food Supplements

Ayur-Veda contains a detailed and comprehensive description of the use of medicinal plants and herbal food supplements to restore balance to the mind and body. This includes knowledge of timeliness of plant collection, storage, steps of manufacture, and correct application. The classical Ayur-Vedic texts describe certain herbal preparations for specific disease-as, and other preparations called "rasayanas", which are proposed to promote general health by increasing resistance to disease, activating tissue repair mechanisms, and arresting or reversing the deteriorative effects associated with aging. Each herbal preparation may contain 10-20 separate herbs, each herb having hundreds or thousands of chemical components. According to Ayur-Vedic theory, one principle is paramount: the appropriate portion of the plant should be used in its entirety in preparing herbal mixtures, not just the active ingredient. The use of the entire portion is held to produce a synergistic effect among its many chemical constituents, which also mitigates harmful side-effects. Commonly, many whole plant components are compounded together to form a more balanced preparation.

The majority of the research on rasayanas has involved two compounds collectively called Maharishi Aretit Kalash CMAK). These two compounds are designated MAK-4 (M-4) which is in paste form, and MAK-5 (M-5) which is in tablet form. M-4 and M-5 are distinctly different herbal mixtures. Although they contain different herbs, both have been shown on analysis to include a mixture of low molecular weight substances and antioxidants, such as alpha-tocopherol, beta-carotene, ascorbate, bioflavonoids, catechin, polyphenols, riboflavin, and tannic acid. Research on M-4 and M-5 has shown they have antineoplastic, cardioprotective, immunomodulatory, and antioxidant effects, and they reduce toxicity induced by the chemotherapeutic drugs Cisplatin and Adriamycin, and the solvent toluene.

V. The Current Crisis in Health Care

Health care everywhere is in crisis. Nowhere is this more apparent than in the United States. Critical problems which beset the current health care system include: continuously escalating costs; lack of a comprehensive approach to the prevention of disease; emphasis on treating the symptoms or superficial level of disease rather than treating the root cause; and serious, even life-threatening side-effects of pharmaceuticals and other medical treatments.

With the cost of the current health care system spiraling out of control, government, health agencies, insurance companies, and concerned individuals are looking for new approaches to health care. At the root of this search is the realization that contemporary medical practice alone is unable to provide solutions to the complex health issues which we face today. Unfortunately, our present medical system often contributes to the health care crisis through use of costly and sometimes questionable therapies, production of iatrogenic disease (disease caused by the side-effects of treatments administered), and most importantly, through inadequate preventive measures.

One consequence of this situation is a widespread and growing interest in natural and alternative medicine, among the general public and within the health professions. A recent Harvard Medical School study found that alternative medicine is increasingly being utilized by the American public and has a significant impact on the U.S. health care system. The researchers found that one in three Americans uses alternative medical therapies, and the number of visits to providers of alternative therapies in 1990 was over 400 million--"greater than the number of visits to all primary care doctors nationwide."

Another indication of rising interest in alternative medicine is establishment of the Office of Alternative Medicine by the National Institutes of Health. This new office, established under Congressional mandate, is investigating alternative medical practices for their possible inclusion in the mainstream American health care system.

This expanding interest in natural medicine is a reflection of the rise of collective consciousness in society, which is demanding solutions to the pressing problems of contemporary health care. Our current health care system requires new and profound knowledge -- knowledge of prevention of disease, treatment of stress-related and chronic diseases, and a comprehensive approach to promotion of health which takes into account the relationship between mind and body.

Maharishi Ayur-Veda, the most ancient comprehensive system of natural medicine, addresses the key areas of need in contemporary health care. It is:

- time-tested and authentic;
- prevention-oriented, with systematic approaches for the detection and elimination of imbalances before they manifest as disease;
- holistic -- aimed at promoting balance of mind, body, behavior, and environment;
- oriented to treating the root causes of disease -- violations of natural law, expressing themselves as imbalances in the body's self-repair mechanisms -- rather than treating the superficial symptom level alone;
- and natural and free from harmful side-effects.

VI. Gaining Self-Sufficiency in Health Care

The therapeutic methodologies of Maharishi Ayur-Veda have been time-tested through thousands of years of clinical experience, and are now demonstrating their efficacy through the scrutiny of scientific research. Among its approaches, Maharishi Ayur-Veda incorporates the following:

- programs for development of consciousness and stress management, including the Transcendental Meditation and TM-Sidhi programs;

behavioral and lifestyle approaches;

diagnostic techniques, including pulse diagnosis, to detect imbalances not yet fully manifested as disease;

dietary programs tailored to the individual's dosha imbalances;

herbal dietary supplements;

- mind-body exercise programs, including neuromuscular and neurorespiratory techniques;
- sensory approaches for creating psychophysiological balance;
- physiological purification therapies; and
- programs for collective health.

The goal of Maharishi Ayur-Veda is the achievement of self-sufficiency in health care -- the individual should be able to maintain a stable state of mind-body balance which naturally resists disease and upholds physiological integration and ideal health.

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Acknowledgements: This work was supported in part by the Maharishi Ayur-Veda Foundation of America, and the Department of Pathology, The Ohio State University.

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Aromatherapy: Fragrant Vibrations to Keep Energy Flowing

by Sandra L. Smith

Introduction

Aromatherapy is an ancient art of using essential oil from the plant kingdom to promote balance of mind/body/spirit. Even though the healing powers of plants and herbs have been used for thousands of years, the art and science of Aromatherapy is just now being recognized in this country. I was guided in this direction almost three years ago and have been continually excited and amazed by the power with these oils. What I am presenting here is a balancing technique I developed while using essential oils with clients to open blocked physical or emotional energy. I will discuss two important aspects of essential oils — fragrance and vibration — that I feel are significant in the healing process.

Background

Aromatherapy acts in accordance with holistic principles: it awakens and strengthens vital energies and self-healing capabilities of the individual. Essential oils can deeply influence our psychic equilibrium or psychological well-being and regulate physical imbalance; removing the "soil" on which illnesses flourish. It is believed that essential oils retain the "life-force" present in every living plant. We can make use of this life-force to improve our mental and physical state.

The vital energies that move in/out and through our bodies, vibrate at different frequencies. Blocked energy is of a lower vibration and may have physical and/or emotional manifestations. Einstein stated that energy is not created or destroyed, it can only be transformed. So our power lies in bringing in a higher energy (vibration) to heal a lower energy, thus transformation. In the wealth of information that was channeled from Djwhal Khul through Alice Bailey, one of the basic concepts is the seven rays and how all kingdoms evolve through their use. Within this framework plants are referred to as the vegetable kingdom and are said to express three rays where as all other kingdoms,

including human, express two rays. Thus the vegetable kingdom is at a more advanced state of its evolution than other kingdoms. An outer effect of this coalescing, fusing and blending of three rays along a major line of force (2-4-6) is the perfume of the flowers, as found in the higher units of the vegetable kingdom. Because of this Bailey states that the outstanding contribution of our Earth to the general solar plan is the vegetable kingdom. What this means is that the plant kingdom can offer us a higher vibration to transform our energy.

This may also explain why flower essences are so effective. In the book *Vibrational Medicine* by Richard Gerber, he compares the energetic difference between various vibrational modalities (flower essences, gem elixirs and homeopathic remedies) in their abilities to affect the many bioenergetic levels of human functioning. He found flower essences to have the strongest influence on all levels of the multidimensional human system, physical body on up to the higher subtle and soul levels.

The famous author and clairvoyant Barbara Brennan in her most recent book, *Light Emerging states*. "There are aromatics to take you into different states of being. There are different aromatics to energize and balance each chakra." "... aromas act directly and very rapidly to affect physiological responses. When used properly they can help us create very fast healing responses". She also states that she can see more going on than just the limbic system response. She further states, "It appears to me that some of the aromatics used in healing are actual auric essences that go directly into the auric field, providing it with the energy it needs ..."

Lets now turn our focus on the fragrance of the essential oils to understand the impact of the olfactory system on our well being. Olfaction (smell) comes into play when essential oils are inhaled. An immediate reaction is triggered in the limbic system of the brain. The olfactory membrane is the only

place in the human body where the central nervous system is exposed and in direct contact with the environment. The cells of the olfactory membrane are brain cells. Fragrant substances pass on to the limbic system without being registered by the cerebral cortex, they reach the innermost control centers in our brain. Before we consciously know we are in contact with an aroma, our subconscious receives and reacts to it. This is unlike hearing and seeing which can be analyzed by the cerebral cortex before reaction takes place. Illness has its beginning in the brain and it may grow in the soil of an attitude or preception. Subconscious attitudes, smells, moods, and both short-term and long-term memory which are linked together are stored in the limbic system. Our subconscious provides a never-ending resource of creative impulses that can be affected by essential oils.

With these powerful components of essential oils (fragrance and vibration) we can muscle test to find the individual oil/s which will bring about the desired healing. So with this knowledge at hand I will go through one form of application.

Procedure:

1. I ask the client to either focus on a particular aspect of their life they would like to work with or muscle test (looking for an indicator) for the highest level of balance at this time, scanning the following areas:

- physical
- emotional
- mental
- spiritual
- financial
- other

2. Then with this identified, I ask the client to hold this thought while I muscle test the 14 muscles to find which meridians are weakened (under energized). Then I use the thumb and middle finger held together to test, asking for an indicator while I scan the 14 muscles for an over energy (emotional blow out).

3. If there are any meridians with over energy I muscle test to identify the emotion/belief and if its on line now or an age

in the past. If an age in the past, I muscle test to identify the age. Then I ask the client to repeat the age and emotion/belief and muscle test for an indicator.

3. With all this information I then muscle test while scanning the bottles of essential oils asking for an indicator for those oils that will bring balance of all energies.

4. Once these oils are identified I muscle test the number of drops needed for each oil and the time needed to cleanse the aura and for inhalation. You can also test to find any particular spots on the body or in the aura that might need the essence held there longer.

5. I put the drops on a non-scented cotton pad and move it through the aura, holding at any point that intuitively calls me or on any particular spot the client muscle tested for. I ask the client to be aware and notice for any body sensations, thoughts, emotions, visions, whatever may come to them and allow these to just be.

6. I then retest the 14 muscles and use finger testing to test the emotion/belief.

The results are amazing. Not only are the energy blocks cleared, clients have always reported feeling relaxed, calm and energized. I also find it important to allow a few moments for the client to reflect on the experience and share as they feel comfortable. I also think its important for me to share any intuitive impressions I receive.

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The Divine Dance Of Loving™

by Patti Steurer

The Spirit of The Healing Heart is The Divine Dance of Loving™.

What a fantastic theme for this year's Touch For Health Conference - Spirit of the Healing Heart. It really got me to thinking. I kept asking myself, "What is the spirit of the healing heart?" It was easy for me to bring to mind several people who I consider to have healing hearts: Mother Teresa, Mary Manin Morrissey - the minister of my church the Living Enrichment Center, Mother Meera and Amachi, Gay and Kathlyn Hendricks, my husband David, etc. The quality I experience from all these healing hearts people is love. Love for Life. A free flowing, life honoring, life giving, Love.

I had the opportunity to literally put myself in the arms of Amachi. She is a woman from India who travels the world sharing her deeply spiritual love, the love of Mother Divine, with all people. She is very small, maybe about 4 feet tall. She's round and very beautiful. When I first saw her I was standing in a line of people waiting to greet her as she came into the hall. When she saw us she smiled and put her hand on her heart and seemed to allow herself to let in all the love that was flowing towards her. She sang for us for many hours and I felt I could see her filling up with spiritual bliss and love from the Universe. She spoke for a short time and then came off the stage, seated herself on a chair at ground level and asked to receive the children and families first. What I watched was astounding to me. Each person was held closely, touched, stroked even, spoken too, given a present of oil on the third eye, flower petals sprinkled over the head, a sweet or something. She was so full of love and it seemed to pour out of her in continuous streams of sweet nectar. I inched my way up to be next to receive her loving touch, enjoying how everyone before me was appreciating their unique experience.

Finally, I was there, on my knees in front of her, and then a child came up with a concerned look. Amachi took my head and put it in her lap and just let me rest there while

a translator helped her understand the child's question. I felt like I was swimming in a pool of love. Once the child was satisfied Ma picked up my head and laid it on her shoulder. She whispered "Ma, Ma, Ma, Ma," in my ear. She rubbed my back and hugged me tightly. My tears flowed freely and she whispered again, "Ma". After just a very short time that felt like an eternity to me, she put both hands on the sides of my head and pushed me away from her warm body. She looked me in the eyes and laughed whole heartedly and gave me a Hersey's kiss.

That was the sweetest chocolate I have ever eaten. I had truly spent a few moments in the spirit of a healing heart the essence of which was love.

Many teachers have advised loving as a pathway to healing ourselves and others.

Bernie Siegal says in his book *Love, Medicine and Miracles*, "... love is the most powerful stimulant to the immune system, The truth is love heals. Miracles happen to exceptional patients everyday; patients who have the courage to love."

John Bradshaw encourages; "To truly love yourself will transform your life. In order to heal the shame that binds you, you have to begin with self acceptance and self love."

Emmet Fox writes; "It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all."

I decided to make learning to love myself a life process after I had the opportunity to work with Gay and Kathlyn Hendricks. Gay has written two very simple and yet powerful books with titles specific to this subject. One is called *Learning to Love Yourself* and the other is *The Learning To Love Yourself Workbook*. Recently I heard him speak where he made a very profound statement. "All the major lessons I have ever learned and needed to learn revolved around learning to love in a deeper way in my life. I used to think that I

experienced love and that it saved my life. Now I realize that Love invented me to carry it around from place to place."

The Spirit of The Healing Heart is a heart that carries love around from place to place.

So, let's agree that love is key to the spirit of a healing heart. Would anybody agree with me that loving can be challenging and especially loving self?

In church recently I was once again presented with a profound teaching of Jesus, "Love God, and love others as your. As I thought about this teaching I realized the foundation of it is loving myself. Unless I could truly, authentically accomplish loving myself, loving others and loving God would be weak at best and probably non-existent in reality. Now this was a challenge for me. You see I am much better at criticizing myself, feeling guilty, putting myself down, and generally being hard on me than I am at loving myself. I may not do it aloud, but the volume on the inside can be deafening. Can anybody relate?

When I realized about 7 years ago that loving myself needed to be a number one priority and a life long process (at first I wanted to do it and get it over with), I decided I needed some coaching.

Jack Boland was an early teacher of mine in a loving technique that I have used to love myself and others for years. Jack was a Unity Minister in Detroit, Michigan for years, a recovering alcoholic and the creator of the Master Mind Process. He tells a story about his ex-brother-in-law, Garnet. This man had really done some very off-the-wall things to Jack. There wasn't anyone who wouldn't agree with Jack that this guy had done some really "bad" stuff. Jack found that he had developed a very strong hatred for this man and this hatred was fixed in his mind. He also realized that this hatred was taking an incredible amount of energy away from life - his life. One day he knew that he wanted to forgive Garnet, not for Garnet (he was long gone), but for himself.

Jack prayed for guidance in this case because he was at a loss as to how to start.

He had an idea. He would hold the idea of Garnet in his mind and start pouring love in

that direction. So, he held the face of Garnet in his mind and ... hatred came. And, he held the face of Garnet in his mind and ... he felt hatred come again. He prayed for more guidance and got a new idea. He could hold the face of his child in his mind, feel all the natural love he felt for his child, and while he was feeling that love slip the face of Garnet in there.

The first few times he was doing this, as soon as he'd picture Garnet instead of his child, his loving feelings would completely disappear. But over time he began to change. He truly wanted to let go of his hatred for Garnet and to forgive. In time, he would think of Garnet in his mind and very easily he was able to wash a mental picture of Garnet with love. He found compassion developing in him for this man who had hurt him so badly. He said over time, "I felt healed!"

Jack knew he was healed when he was driving down the street one day in Detroit, came up to a stoplight, happened to glance out his driver's window, and there was Garnet at the wheel of a brand new Cadillac. He said, "I felt glad for him. I felt good for him. Things are going well for him. He's got a new Cadillac. Good for him." Jack knew these to be authentic feelings. He was healed.

I learned a refinement of this technique from Gay Hendricks in a workshop a number of years ago. Here is my interpretation of what I learned from Gay in the form of a loving yourself practice.

#1 Think of a person, place, or thing that you love. Really feel your loving feelings. Notice how you feel them and let them grow. Turn the volume up and magnify these feelings.

#2 Now send these feelings out from your heart to a mental image of the person, place or thing you have imagined. Beam these feelings out and wash them over a mental image of the person, place or thing you are holding in your mind.

#3 Now redirect this beam. Curve it back around and let your loving feelings wash over you. Go ahead and let yourself really feel your love for you. When you feel that the flow of love has stopped or diminished begin the process again with step one.

I have found this exercise extremely powerful in developing love and compassion for myself ... to start a very deep process of self forgiveness ... and to create a flow of revitalizing loving energy that flows through my entire body. Try it, I am sure you will benefit.

David and I do a lot of kinesiology balancing with each other. I have been a Touch For Health instructor since 1984 and Touch For Health is our main Specialized Kinesiology tool. We tend to be very eclectic in our use of all the kinesiologies and often use a wide variety of tools to bring balance to our bodies. In our menu of tools we have a category called "loving ourselves or others". I can't tell you how often we get to this point. The healing power of love definitely brings balance to the body. Take the opportunity to add to your menu of tools to balance the body learning to love yourself and others activities. You can find them in many different places. I have suggested some at the end of this paper. I believe that doing a Touch For Health balance is a very rich act of loving.

The Spirit of the Healing Heart is The Divine Dance of Loving™.

The Spirit of the Healing Heart is a heart that carries love around from place to place.

The Spirit of The Healing Heart is sharing Touch For Health with yourself or others.

Enjoy!

Additional "learning to love" ideas for Specialized Kinesiology balancing.

- What makes people feel loved.
A research study of 20 thousand randomly selected people across the U.S. revealed what is now called 6 love supplies. In priority order these are:
 - #1 being listened to.
 - #2 praise and acknowledgement
 - #3 being touched
 - #4 being told the truth - feedback
 - #5 privacy - freedom to create alone time and a sense of personal self
 - #6 keeping agreements

Use these 6 love supplies to determine what aspect of loving self or others is necessary to restore balance.

- Louise Hay was asked, "How do you help people to put love first?" She said, "When they come in for counseling, I invite them to ask five questions.

- #1 Who do you need to forgive?
- #2 What resentment are you holding?
- #3 What is your body telling you?
- #4 What is your inner child afraid of?
- #5 What is the truth that needs to be told?"

Use these questions and the answers that come forth to balance for loving.

- Gay and Kathlyn Hendricks prescribe 3 techniques they feel supports loving self and others.

- #1 Feel all your feelings.
- #2 Speak the microscopic truth.
- #3 Keep all your agreements.

Maybe doing one of these actions will be just the ticket to bring balance into life.

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The Divine Dance of Loving™ is the name of the newest StarFire workshop designed to align the heart, mind and soul in the loving of self, others and God. We support people to **go beyond their personal** limits to loving and self expression. For more information, please contact us at Starfire, 2615 NW Lee Ave., Lincoln City, OR, 97367
Phone: 1-800-397-1047, FAX 5030996-2206

What Muscle Testing Can and Cannot Do

by Gordon Stokes

As a muscle testor, your one and only job is to facilitate the test results, without putting in your own opinions. Stick to the ONE BRAIN system. Honor what your testee's arms have to say. Keep your personal Belief System out of the picture. Your testee's Belief System is what counts.

Psychologists say we use only 10% of our brain's full capacity. To the extent we believe ourselves capable of doing so, we can activate different parts of the brain which we may not have been utilizing.

Our brains distinguish a vividly remembered *past* event (as we've perceived it) from a right/now happening. We're able to know the difference between memory and what's happening in Present Time. This gives us a clear relationship to Present Time and what our Belief System is right now. In fact we have a specific brain center to do just that. It's called the Common Integrative Area (CIA) and is located on the posterior surface of the left temporal lobe, the decisive operative of the whole brain.

This "CIA" enables us to function consistently according to our current Belief System. It takes note of all immediate sensory input, compares that with our past perception and causes us to react in keeping in accordance with past patterns. Our attitudes and habits "live" in the CIA.

Muscle testing puts us in contact with more of the brain than the CIA alone. It permits us to reach into the memory banks to contact core feelings and beliefs which are not clearly on-line in Present Time. It lets you know how a person felt about experiences which are not clearly remembered on a conscious level.

By defusing the Negative Emotional Charge associated with past experience we can actually change the *effect* of past memories upon Present Time. Changing the emotional effect of past experience can change our future by releasing us to make different CHOICES in the present.

Suppose as a youngster you had a particular vocational goal in mind toward which you worked. Your intent, images and desires focused your imagination into the future, seeing yourself being in this field, i.e. doctor, minister, lawyer, teacher, fireman, farmer, etc.

Now as an adult, you have some decisions to make and do not know which way to turn. Your confusion may develop from a Belief System which has negated your assurance to achieve what you desired. You may sense a swerving from your purpose. Muscle testing can identify your past experiences that cause this self-doubt and the emotional stress it causes you *subconsciously* in Present Time. With the defusion of the Negative Emotional "Charge" attached to the past emotional stressor you may suddenly find that you feel free to make the decisions necessary to reach your goal.

Example: A dedicated, knowledgeable young Chiropractor had already suffered a heart attack before the age of 24. His beautiful office was at the best address in a wealthy town in Texas, but he was going broke. Deep in debt to his father, he "had to" keep borrowing more.

In the session we found that his father expected him to make a great deal of money - as he himself had. This father had spared no expense paying for his son's schooling. Only the best was good enough for his son. On the other hand the young man really saw himself as a country doctor in a small town dedicating himself to the community. The son wasn't following his own dream; he was trying to live up to his father's expectations.

Once he got back in touch with his dream (through Age Recession) he was able to recognize and release the effort to please his father and take direction over his life. He contracted to repay what he owed and moved to another state to set up a practice near the mountains where he could live out his dream. Now success began to happen for him.

Obviously, he wouldn't have "made it" by living out his father's dream. His acceptance of himself and his own integrity gave him the power to alter his future by defusing the past.

What muscle testing CAN do is to put you in touch with the Self you projected into the future years ago.

With Age Recession, it can identify the traumatic past situations which block Present Time progress. It can also identify the specific energy blockages that lock negative emotion into past experience. The results of such muscle testing encourages you to continue to create the life and reality you truly want to have.

If you have a loving regard for yourself, then you will trust in your own direction - and your own CHOICES. That is why we tell our Three In One Facilitators not to make decisions for their clients. It makes no

difference what we believe "would be best for you to do."

The only solutions that work come from the person with the issue. It's always an individual matter, based on what that person **believes** is true. No one can progress beyond the boundaries of his or her Belief System.

It's futile to compare yourself to another's experience of life. It is equally futile to make decisions for others or try to *rescue them*. No one has had exactly the same experience of life; no one fully understands another.

Muscle testing, however, brings you as close as possible to another's individual truth.

As testors, our job is to make that close connection - and at the same time to honor the person's individual experience of life.

Positive Regard; Life-Long Learning and Spiritual Commitment

by Mel Suhd

Abstract. Techniques for finding and balancing chakra disturbances are described with emphasis on the use of symbols.

I will be presenting three aspects of my healing heart that are integrated and have occupied my life rather fully these past few years; "Positive Regard", "Summit University of Louisiana," and the "Association for the Integration of the Whole Person". The following are brief descriptions of each, taken from source materials:

From the book, *Positive Regard, Carl Rogers and Other Notables He Influenced*.

This book grew out of the idea for a "bioanthology" — a mosaic of biographies that connect one noted person to some of the people who drew inspiration from him or her. Focusing on a principle person or charismatic leader, this format recognizes others as part of a whole - a *gestalt* - and as part of a human continuum that spans continents and disciplines.

Aside from acknowledging and honoring the central figure, this format helps change the way we understand and write about people, their work, and their effect on the rest of us. I believe we can pay homage to special people without deifying them on unattainable pedestals. We need not perpetuate history as a description of elitists who acted alone, created great ideas in a vacuum, and were unreachable. Ideas do not have to die with a single person or freeze because others saw that person's master scheme as impenetrable.

The persons we honor can be human beings who walked with us and helped us reach higher levels of consciousness. We can advance the "good life" by paying respect to more of our peers and showing how our lives and ways of thinking are interwoven. Showing our uniqueness as well as our togetherness, we can develop a sense of interdependence that moves our world to greater peace and love.

I wanted to help create a book about Carol Rogers and people in his "extended family" because so much of their work is about interconnectedness. Each life story in this book represents someone who has made his or her own contribution to the greater community, and all are connected in that they acknowledge Carl's influence.

Our world thrives according to whether and how we recognize our interconnectedness as people in the human family. Without denying our differences with each other, we may do well to experiment with other perspectives about our conflicts and our unity. On a global scale, as Robert Spitzer has said, an extraterrestrial anthropologist viewing Earth from millions of miles away might see us as billions of homogenous creatures moving together, connected in some unheard rhythm of rising, moving around, and relaxing again in the course of a day. We might be called the Dancing Planet.

Summit University of Louisiana: A brief description:

Summit University of Louisiana (SUL) is the only community assessment university in the USA that evaluates an individual's life-long learning and issues BA, MA and PhD degrees. SUL believes that a school campus, a classroom, a required course, an assigned professor, are not the only route to achieving knowledge and wisdom. SUL respects learners' use of community resources; learners and their resources together enliven education Through SUL's assessment of community learning, learners gift themselves an Associate of Arts degree; the Associate of Arts degree is often a powerful incentive to continue their process of pursuing academic validation. Degree programs are in any field of personal interest that is uniquely the learner's and meets the learner's life, career, and academic goals. Empowerment of the learner is fundamental to the philosophy of

SUL. The Learner is the central figure in determining what is to be done and how it gets accomplished.

Excerpts from the Association for the Integration of the Whole Person materials:

AIWP Mission Statement:

The Association for the Integration of the whole person was funded so that spiritual persons, prepared to serve their communities, can do so in ways that ensure the blessings of Self-Empowerment, psychologically and educationally, leading to peace for persons of good will.

The Association for the Integration of the Whole Person (AIWP) appoints qualified people who can perform the functions sought by individuals in their pursuit of self-fulfillment.

AIWP was established because there is a need for people to join together in re-affirming their right to share and use their knowledge and skills for serving self and others. Our goal of integrating the whole person is in itself a religious commitment, but must be free, within the tenets of the association, from the dictates of church doctrine or state regulations.

Integrating Emotions into Your Touch for Health Balance

by Wayne W. Topping, PhD, LMT

Abstract. Your clients will receive more benefit from their Touch for Health balances if you incorporate work with their priority emotions. Use of simple techniques such as the priority mode, LAN Y, and More Mode quickly identify the relevant (biokinesiology) emotions and confirm when the emotional work has been completed. Tapping acupuncture points CV9, CV24 and GV26, then physically rebalancing gives a more profound balance.

Why Work with Emotions?

One of the major contributions Biokinesiology has made to the Specialized Kinesiology has been to show how important it is to work with emotions (ref. 1). In Biokinesiology, we have always used a wholistic approach so that for each tissue we might work with a series of specific emotions, passive position-releasing exercises (biokinetic exercises), sometimes acupressure points, and nutritional recommendations. In Touch for Health I, we are primarily working on physical corrections (NLs, NVs, tracing meridians, etc.) although we teach the emotional stress release (ESR) technique for dealing with current emotional distress. In TFH2, we extend use of the ESR technique into the past and future, and in TFH3, we do postural stress release because we've recognized that often balancing a person after an accident is more temporary or doesn't eliminate all pain unless the emotional components are also addressed. In TFH3, we are also introduced to some key emotions long recognized by the Chinese as being associated with the law of the five elements model. Once we get into the Professional Kinesiology Practitioner (PKP) program, we notice a significant shift. Here we find an emotion for us to be consciously aware of whenever we do any correction procedure. Why? Because it has been realized that physical corrections are longer lasting if we address the emotional components. The emotions used come from the law of five elements, Biokinesiology, Edu-Kinesthetics, etc.

For many years, I have been balancing the meridian system with biokinesiology emotions (ref. 2) with great results in ways similar to the balance I'll be outlining in this paper. Before describing the balance,

however, let's introduce some of the components.

The Priority Finger Mode

If an indicator muscle (IM) unlocks, the facilitator (or client) can place their middle fingernail into the first joint on their thumb. If the IM then locks, this is the top priority to be worked with (as presented by Dr. Sheldon Deal at the 13th Annual Touch for Health Conference, July 14, 1988).

The More Mode

After strengthening an IM by using emotions or a physical technique, such as the neuro-vascular holding points, we can use the More Mode as a non-verbal way to find out how to proceed further.

The pad of the middle finger is placed on the thumb nail and the pad of the index finger on the nail bed. If the IM unlocks while facilitator or client holds this mode, we know something more is needed. With only the index finger on the thumb, an unlocking of the IM indicates that more of the same is needed, i.e. continue to do more of the correction procedure you were just doing. With only the middle finger on the thumb, an unlocking of the IM indicates that more of a different type of correction is needed (ref. 3).

LAN Y

In January 1981, fellow Biokinesiologist Doug Wickham and I discovered a location on the governing meridian on top of the head directly above the ears that can be used as a major input center into the brain and body. For example, if Latissimus dorsi unlocks, the facilitator can point the fingers of one or both

hands directly down into the top of client's head and say "you feel accepted", then recheck the muscle. If Latissimus dorsi locks, we have confirmation that we are working with the spleen meridian. If it remains unlocked, again point down into LAN Y, say "neutral neutral" to cancel the previous input, then say "you feel forgiveness". If the muscle now locks, we are working with the heart meridian.

Stressing the System

Many of us are familiar with situations where a patient has pain relieved through chiropractic adjustments only to have the pain recur when they leave the office. So as not to have the same thing happen in my work, I have incorporated use of three acupuncture points first presented to us at the 13th Annual Touch for Health Conference, July 14, 1988, by Dr. Sheldon Deal. These points are usually used when the client complains of an ache or pain that occurs under certain circumstances, but is not present at the time you are about to balance them.

To deliberately stress the client to recreate the imbalances typical of the times when the symptoms are experienced, tap each of the following three acupuncture points 7-8 times:

1. CV9 (one inch above navel)
2. CV24 (lower lip)
3. GV26 (upper lip)

The imbalance thus created will last for about 20 minutes.

I have found it useful to balance the client, then tap the three points described above. If the meridians become imbalanced, I strengthen the indicator muscles with physical techniques (NLs, NVs, meridians) then I retap the three acupuncture points. I repeat this procedure two or three times until no further imbalances are created through tapping the three stress points.

The Balance

There are a number of ways emotions can be incorporated into a Touch for Health balance. What follows is one way. The client could also be balanced for a specific goal or we could balance indicator muscles for all 20

meridians (eight extra and 12 regular meridians).

1. Have client describe "symptomology", extent and quantitative measure of pain on a 1-10 scale, etc.
2. Do clearing tests (hair tug, switching, overenergy, etc.)
3. Test each of 14 indicator muscles and note imbalances.
4. Use Priority Finger Mode to determine which meridian will balance the others.
5. Put the primary positive emotion for that meridian into LAN Y and retest priority IM to see if it locks (it almost always does, even if there is a secondary emotion that is more relevant).
 - (a) IM locks. Say "neutral, neutral" to regain unlocked IM, then go the Step 6.
 - (b) IM unlocks. Go to Step 6. If a secondary emotion doesn't cause IM to lock, repeat procedure with the positive primary emotions for the other meridians, then repeat Step 6 again.
6. Repeat Step 5 with the secondary emotions for that meridian, testing the IM to see which one or more cause it to lock.
7. Repeat Step 5. Oftentimes, the primary emotion will no longer respond now that one or more secondary emotions have been identified.
8. Test an IM such as Pectoralis major clavicular or Anterior deltoid on both sides of the body (a) in contraction, (b) in extension, (c) in contraction then extension after sedating the muscle with spindle cells, then (d) after manual tonification of the IM.
9. Have client hold thumb and ring fingers together (tip to tip) and retest IM after:
 - (a) Client says "My name is ..." (IM should lock, otherwise do ESR). Repeat for other arm.

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- (b) Client says "I'm a little green frog" (both IMs should unlock).
 - 10. Have client say "I feel..." (inserting positive emotion to be worked with.) Test IM, then client repeats statement and you test other arm.
 - (a) Both IMs unlock: Have client do eye rotations (refs. 4 & 5) with finger tips on frontal eminences in one direction, then the other direction, while continuing to repeat the statement out loud. Repeat Step 10.
 - (b) One IM locks, other IM unlocks: client does Brain Integration technique (refs. 4 & 5): place arms out to sides and visualize left and right brain hemispheres coming together as client says statement and physically brings arms together to interclasp fingers. Repeat Step 10.
 - (c) Both IMs lock: go to Step 11.
 - 11. Facilitator states "We need to be more specific" and retests an IM.
 - (a) IM unlocks ("no"), go to Step 12.
 - (b) IM locks ("yes" response). Say "In the present" (check IM), "In the recent past", etc. Find timing of incident, who was involved, if needed, then repeat Step 10. Keep doing age recession until IM indicates that we have done all the emotional work we need to.
 - 12. Retest IMs for the priority meridian: should now be locked.
 - 13. Do More Mode: If IM unlocks, determine whether (a) more of the same, or (b) more of something different, is required (check NLs, NVs, meridians).
 - 14. Recheck More Mode. Once priority meridian IMs remain locked, recheck all previously unlocked IMs. If any are still out of balance, use Priority Finger Mode to get next priority then go back to Step 5.
 - 15. Once all IMs for all 14 meridians are locked, tap 7-8 times.
 - 1. CV9 (one inch above navel)
 - 2. CV24 (lower lip)
 - 3. GV26 (upper lip)
 - 16. Recheck previously unlocked IMs. If any are once again unlocked, determine top priority and challenge to find whether NLs, NVs, or meridians are required. Check with More Mode after balancing.
 - 17. Repeat Steps 15 & 16 until everything stays in balance.
 - 18. Check to see if growth work is needed for any of the emotions worked with.
 - 19. Re-evaluate "symptomology" as in Step 1.
 - 20. CELEBRATE!
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Appendix

EMOTIONS

MERIDIAN/ORGAN	NEGATIVE	POSITIVE
Central	OVERWHELMED Over-taxed Shattered Forsaken Abandoned Unsuccessful Clingy Longing Yearning Unmotivated	SUCCESSFUL Restored Composed Accepted Included Successful Adjusted Fulfilled Comfort Motivated
Governing	UNSUPPORTIVE Can't help Guilty Repulsive Abhorrent Vindictive Unhelpful Irresponsible Uninterested Bored	SUPPORTIVE Helpful Innocent Acceptable Adore Forgiveness Helpful Responsible Interested Enthusiastic
Stomach	UNRELIABLE Repulsive Disgusted Discontent Impatient Nauseated Resentful Unsubmissive Rebellious Upset	RELIABLE Acceptable Patient Content Patient Comfortable Appreciative Submissive Accepting Calm
Pancreas	REJECTED Sorrow Pity Unaccepted	APPROVED Joy Grateful Accepted
Heart	INSECURE Bitter Broken-hearted Unloved Defeated Sour Disgusted Forgotten	SECURE Forgiveness Loved Loved Success Agreeable Empathetic Remembered

Small Intestines	UNAPPRECIATED Forced Obligated Pressured Compelled Ungiving Selfish	APPRECIATED Helpful Willing Desirable Eager Cooperative Unselfish
Urinary Bladder	FUTILE Weary Tired Embarrassed Shy In Vain Wasted Impossible	HOPEFUL, ASSURED Refreshed Rested Modest Bold Useful Fulfilled Productive
Kidney	DISLOYAL Ashamed, At Fault Aggressive Intolerant Hate Revoltng Anger Injustice	LOYAL Steadfast to Right Mild Understanding Affectionate Attractive Patient Justice
Circulation-Sex	WORRIED Misunderstood Dirty Unfruitful Unproductive Misjudged Unresponsive Frigid Unfulfilled Dishonorable Wrong Unrecognized Thoughtless Unaffectionate Lie, Deceive Unfriendly	ASSURED, SATISFIED Respected Natural Fruitful Productive Respected Responsive Warm Fulfillment Fine Understood Accepted Thoughtful Thoughtful Truth Friendly
Thyroid	SHAMED, HUMILIATED Fearful Terror Unrespected Unworthy Defensive Stupid Made a fool of Put down	SERVING, GOODNESS Courage Secure Respected Worthy Listen Reasonable Compassion Respected

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Gall Bladder	<p>TOO PROUD Egotistical Stuck-up Disorganized Haughty Smug Arrogant Hurt Confused</p>	<p>HUMBLE Modest Sympathetic Organized Meek Compassionate Listening Comfort Confident</p>
Liver	<p>DISTRESSED Hopeless Despair Helpless Incapable</p>	<p>CONTENT Trusting Faith Powerful Understandable</p>
Lungs	<p>DEPRESSED Grief for others Grief for self Sad Criticized Recluse Out of sorts Unfriendly</p>	<p>CHEERFUL Fellow-feeling Fellow-feeling Glad Appreciated Sociable Up-build Friendly</p>
Large Intestines	<p>EXASPERATED Forlorn Lonely Left out Envy Craving Doubt Cut off Barrier Disunited Incomprehensible At wits end Lost</p>	<p>MILD, MERCIFUL Hopeful Befriended Included Supportive Satisfied Certainty United Clear United Understood Able Enlightened</p>

Seven Element Figure 8's

by Richard D. Utt & Dr. Charles Krebs

Abstract. This article introduces an expanded concept of the Tibetan Figure 8 Energies. Previously, in Touch For Health, there were six Figure 8's - 3 in front and 3 in back. This article proposes that there are 14 Figure 8's - one for each of the 12 regular meridians and one each for the extra meridians of Central Vessel and Governing Vessel. Techniques for correcting imbalances in the Figure 8 energy flow are presented in detail. Punctuating the concept that altering electromagnetic energies will ultimately manifest in physical changes of the reality of the human environment, these simple correcting techniques will allow practitioners to enhance their existing work at the level of the Figure - 8 energies.

The Aura/ Body Interface:

The aura or energy shell that surrounds the human body is connected to the physical body via three major energy systems; the Acupuncture Meridian system, the Chakra system, and the Tibetan Figure 8 Energy flows. Of these three energy flows, the one most intimately in contact with the physical body is the Acupuncture Meridian System. The Chi (energy) flowing through the meridians has the most direct effect on the physiology of the body as each meridian provides essential Chi energy to a specific organ system and muscles within the body (the basis of muscle balancing). Chinese Acupuncture balances these meridian energies via the **Five Elements**.

The chakras penetrate all levels of the etheric body from the spiritual to the physical and provide a conduit for cosmic energy to be transduced or stepped down to physiological levels via their relationship to the endocrine system and the autonomic nerve plexuses. Each of the seven major chakras is also supported in function by two of the fourteen major meridians of acupuncture. The Yogic system balances the energies of the body via balancing the chakras with their accompanying effects of the endocrine and autonomic nervous systems. This in turn helps to balance the meridians associated with each chakra. Conversely, the chakras may be balanced using acupoints related to the associated meridians, the basis of the Seven Chi Keys chakra balancing in Applied Physiology.

Seven Element Figure 8 Energy Flows:

The **Seven Element Figure 8's** Energy Flows as recognized in Tibetan medicine are a series of major energy flows circulating above the body in the pattern of a figure 8. Above the surface of each major segment of the body (the head, the trunk and the legs), there are Seven Element Figure 8 flows. Therefore, there is a Seven Element Figure 8 flow on the trunk above the chest, above the back and on each side of the body. On the trunk the energy flows from shoulder to shoulder, then diagonally crosses the body to the opposite hip, then crosses to the other hip and up diagonally to the opposite shoulder to complete the Seven Element Figure 8. These Seven Element Figure 8 flows crisscross at a mid-point exactly in the middle of each body segment. The Seven Element Figure 8 flows are repeated over each surface of the head and legs, giving twelve major Seven Element Figure 8 flows over the body surfaces. There are two additional Seven Element Figure 8 flows, one above the head and one below the soles of the feet, giving a total of fourteen major Seven Element Figure 8 energy flows.

Seven Element Figure 8 Energies:

Although the Seven Element Figure 8 energy flows do not contact the physical body directly, they are in intimate contact with the acupuncture and chakra energies which do interact with the physiology of the body. Imbalances in Seven Element Figure 8 energy flows can, however, create imbalances in both the acupuncture meridian and chakra systems which may then manifest as physiological

disturbances within the physical body. Indeed, it is because of this three dimensional matrix of the three major energy systems and the inclusion of Governing and Central meridians as Air, the seventh element, that these energy flows are called the Seven Element Figure 8's in Applied Physiology.

Because the Seven Element Figure 8 flows occur in the less dense etheric energies (higher vibrational energies) well away from the surface of the physical body, they are the first energies to be unbalanced by physiological stresses developing within the body. They can, therefore, be thought of as the "Early Warning System" of the body's energy systems since imbalances in the Seven Element Figure 8 flows will occur before major disturbances have yet to appear in the chakra and acupuncture systems and well before any physiological disturbance can be perceived. For instance, when you start to come down with the flu, you often feel "out of sorts", or a bit spacy but with no specific symptoms. If your Seven Element Figure 8 energy flows were checked at this time, they would almost always be out of balance. Even more impressive, if your Seven Element Figure 8 energy flows were rebalanced at this point, you may never develop the flu.

Seven Element Figure 8 Flows in Balance:

When in balance, Seven Element Figure 8 energy flows are not actually flowing in the normal sense of the word but rather oscillating---flowing first clockwise, then counter-clock-wise in the top and bottom halves of the Seven Element Figure 8 pattern. One of the first ways that Seven Element Figure 8 flows go out of balance is to lose this even oscillation and begin to flow predominantly in one direction, clockwise or counter-clockwise. The more out of balance they become, the more rapid the flow of energy becomes in one direction. This is the basis of the kinesiological monitor for Seven Element Figure 8 flow imbalances---stroking across the direction of flow in first one direction, then the other.

Traditional Location and Balancing of Seven Element Figure 8's:

If the Seven Element Figure 8 flow is in balance, this movement of your hand and its electromagnetic flux will only momentarily disturb the oscillation, which will be quickly re-established as your hand departs the Seven Element Figure 8 flow. If, on the other hand, the Seven Element Figure 8 flow is already circulating more clockwise than counter-clockwise in that part of the Seven Element Figure 8, and you move your hand clockwise through the Seven Element Figure 8 flow, this will increase the initial imbalance causing a full-fledged imbalance that will be clearly detected upon muscle monitoring. However, movement of your hand counter-clockwise (against the direction of imbalanced flow) will reinforce the weaker flow and momentarily rebalance the Seven Element Figure 8 flow---creating a positive muscle response. Correction of imbalanced Seven Element Figure 8 flows can thus be accomplished by stroking the Seven Element Figure 8 pattern in the opposite direction of weaker flows until it balances the stronger flow, once again creating an even oscillation of flows.

However, how do you know if a Seven Element Figure 8 energy flow imbalance exists? In both Touch for Health and One Brain Kinesiology, you can apply the "Fuzzy Glove" technique of passing the hand over the body from head to toe and back with a waving motion. An indicator change identifies a Seven Element Figure 8 imbalance some place on the body. But where is it? Trial and error stroking with muscle monitoring will eventually locate the imbalanced flow. However, this is a time consuming method of finding it.

Two Seven Element Figure 8 Systems:

There are two systems of Seven Element Figure 8's that are used in Applied Physiology. The first system is described in detail in this article. The second system will be described briefly at the end of this article but requires a five-element chart or the color-coded system available through Applied Physiology. A detailed description of the second system, and all the necessary charts, are available in the chapter on the 7 Element

Figure 8's, Acupressure, in the AP text "Stress, The Nature of the Beast". The 7 Element Figure 8's are also available as a separate text through Applied Physiology. We at IIAP felt that exposure to the concept of Figure-8's and their simplified use would help the practitioner in dealing with a myriad of electromagnetic imbalances.

Like the Lazy-8's used by Dr. Paul Dennison in EK (Educational Kinesiology), we have found that balancing the 14 Figure-8's reestablishes the oscillations and opens up neurological communication between the right and left sides of the brain through the corpus callosum. The result is increased internal feelings of trust and confidence. Almost every imbalance created in human existence is preceded somewhere by lack of trust and confidence which manifests as out-of-balance Figure-8's.

Applied Physiology Approach to Locating and Balancing Seven Element Figure 8 Energies:

Applied Physiology has developed an alternative method to indicate, locate, and correct Seven Element Figure 8 energy flow imbalances. If Spl-21 on the left side is challenged, and/or is touched by the monitor and an indicator change occurs, this indicates that a Seven Element Figure 8 flow imbalance is present some place on the body.

AP research indicates that the relationship of the meridians to the Seven Element Figure 8 energy flows on the body and found that each of the twelve regular meridians was represented by one of the twelve Seven Element Figure 8 flows on the head, trunk or legs, and that the Seven Element Figure 8 flows above the head and below the soles of the feet are represented by Governing and Central meridians respectively. Once the challenge of Spl-21 on the left has been pause-locked, then by simply circuit locating each alarm point, the location of the Seven Element Figure 8 energy imbalance can be rapidly ascertained.

Although Seven Element Figure 8 energy flows are usually thought of as being shaped like the number 8 with rounded ends, they can alternatively be visualized as two triangles

touching point to point (apex to apex). In visualizing the Seven Element Figure 8 flows in this way, there are four "corners" to the flow which could be labeled A, B, C, and D in the clockwise direction of flow (clockwise across the top of the flow).

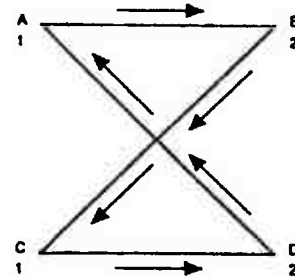


Figure 1

If there was insufficient flow in the clockwise direction as indicated by muscle monitoring, then by tapping the "corners" of the Seven Element Figure 8 in the order A, B, then C, D, the energy will be enhanced in the direction of flow. Repeating the taps in this pattern for approximately 30 seconds will correct the previous imbalance. Tapping should be conducted in a one,two, one,two cadence (see Figure 1).

Seven element figure 8 energy flows and correction by tapping:

If flow A to B is diminished, tapping first A then B will augment the flow from A to B with a accompanying increase in the flow from B to C. Tapping C then D will increase the flow of C to D which will return increased flow to A. Repeated tapping will correct the initial imbalance.

Seven Element Figure 8 Imbalances: Location and Correction:

Even after the balanced, even oscillation of flows has been created and the Seven Element Figure 8 flow now monitors in balance, more subtle Seven Element Figure 8 energy flow imbalances may still persist. These more subtle imbalances will often, over time, recreate the more obvious imbalances that were rebalanced by simple flow or tap corrections. We conducted research to develop a method to evaluate and correct even these more subtle Seven Element Figure 8 flow imbalances. We found that the Seven Element Figure 8 pattern of flow has a

correspondence to the pattern of the five elements in Chinese Acupuncture, or Five Houses of Chi in Applied Physiology. Each of the "corners" of the Seven Element Figure 8 pattern represents a command point in one of the single elements of the Five Houses, and the center crossing point of the pattern represents the double Fire Element.

Therefore, as you look down at each Seven Element Figure 8 flow, the upper left corner represents the Wood Element, the upper right corner represents the Earth Element, the lower left corner represents the Water Element, and the lower right corner represents the Metal Element. The middle crossing point represents the Fire element.

To check for Seven Element Figure 8 imbalances, the specific indicator point for Seven Element Figure 8 energies, Spl-21 Left is challenged (touched by the monitor). An indicator change indicates that one of the subtle Figure 8 flows is out of balance.

By circuit-locating the alarm points, the meridian representing the Seven Element Figure 8 flow that is out of balance will cause an indicator change. Then, by circuit locating and pause locking the respective corners two at a time in the Seven Element Figure 8 flow as located above, and muscle-monitoring, an indicator change will show which command points are involved. Once these are located, the two command points involved are then circuit located and pause locked. By stroking the Seven Element Figure 8 flow between the corners represented by these two command points and muscle monitoring, the direction of low imbalance can be detected. A correction to the weaker flow is needed until it balances the stronger flow, once again creating an even oscillation of flow. Correction is accomplished by applying a series of strokes with the hand along this part of the Seven Element Figure 8 flow in the direction causing the indicator change or by tapping the first point in the direction of flow, then, the second in a one,two, one,two cadence. When stroking from a corner toward the Fire command point in the center, be sure to stop at the center and lift the hand straight out away from the body. An odd number of strokes is considered best with seven or nine providing a good

correction, or tapping for approximately twenty to thirty seconds.

Seven Element Figure 8 Energy Correction: "Fine Tuning":

Locating and correcting the Seven Element Figure 8 energy imbalances can be considered "fine tuning" the Seven Element Figure 8 energy flows of the body. This fine tuning is often the difference between a "quick fix" and a long-lasting correction. The acupressure points of command used in the Five Houses of Chi are used to do the rebalancing.

Seven Element Figure 8 Acupressure Technique:

To check for Seven Element Figure 8 acupressure, the monitor must challenge Spl-21 on the left while simultaneously holding the Five Houses of Chi finger mode to create an indicator change.

Figure 2
Five House of Chi (light touch)



The indicator change should then be pause locked. The next step is to circuit locate each alarm point until a priority indicator change is located and pause locked. Once the specific Seven Element Figure 8 is located with the priority alarm point, go to that Seven Element Figure 8 and flick each individual section of the Seven Element Figure 8 along the lines outlined. [Example: Earth to Wood, Wood to Earth, Wood to Fire, Fire to Wood, Earth to Fire, Fire to Earth, Fire to Water, Water to Fire, Fire to Metal, Metal to Fire, Water to Metal or Metal to Water, twelve possible directions.] The priority indicator change will be the points that are used to correct. Look up the specific two points on your A P

Acupuncture Chart (or your own Acupuncture-puncture system chart) by first going to the meridian matching the alarm point that originally circuit located. Then go to the appropriate points that matched the indicator change that caused the priority flick. If the flick went from water to metal, then the water point would be stimulated first, and the metal point would be stimulated second. [Example: Stomach meridian alarm point was priority indicator change and a priority flick between water and metal occurred. The two points would be located on the stomach meridian. St 44 represents Water, St 45 represents Metal. Tap St 44 then St 45 in sequence approximately seven times. This will balance the specific energy imbalances.]

Recent research has found that each of the possible sequences match up with other individual electro-magnetic imbalances. Correction in the Seven Element Figure 8 energy corresponds to corrections in other electromagnetic circles. This could very well be a tremendous new observation and explain why the Seven Element Figure 8's have such tremendous power in eliminating confusion in the nervous system.

In conclusion, a practitioner using the Figure 8 system described in this article can bring about a multitude of changes in the electromagnetic flux of the body. A state of confidence and trust begins to manifest. Ultimately, physical manifestations of these corrections will alter physiology and create a new reality of anatomical health.

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A Kinesiological Approach to Chi-Kung

by Hugo Vermeesch

Dr. Sha (haaaaa-haaaa) has been a source of much humour and conversation since his informal at the '94 Touch for Health Conference in Vancouver. His antics were laughable, but his techniques seemed to work. His was only one of perhaps thousands of types of Chi-Kung (also spelled qi-gong and chi-gong). If I were to tell you that I know about Chi-Kung, it would be like saying I know music. Your next question would probably be, "What kind of music?" We have a choice of rock & roll, country & western, jazz, blues, classical, rap and the list goes on. If that wasn't enough, each classification has hundreds, perhaps thousands of styles depending on the artist. Chi-Kung is very similar. Each master applies his own style to the basics and over a period of thousands of years we now have a tremendous variety of Chi-Kung styles. The basic principles however, don't change. All Chi-Kung practitioners understand that ill health and disease are caused by an imbalance in body energies and although the techniques may differ, the goal is the same: to bring balance to a situation of under or over energy in the body. This is most often accomplished by directing energy with the hands. A Chi-Kung practitioner becomes a master only after years of study and training to know where to place the hands and how long to hold them.

After some experimentation with kinesiology I discovered that we can eliminate much of the study time by asking the body (muscle testing for weak IM) where to place the hands and how long. By no stretch of the imagination does this mean that with the help of a little muscle testing I have become an instant Chi-Kung master. Chi-Kung holds a wealth of wisdom that is well worth many years of study. The combination of muscle testing and a smattering of Dr. Sha's style of Chi-Kung however, can add a very powerful tool to our toolbox. The following is a technique I have adapted (with permission from Dr. Bruce Dewe) from the *Tibetan Energy and Vitality* workshop.

To direct energy with the hands we need to appoint one hand (usually your strong hand) to be the 'positive' hand, and the opposite one to be the 'negative' hand. The objective is to cause energy to move. We need not know if the situation is one of over energy or under energy; the body's bio-computer takes all of that into consideration. The strong or 'positive' hand will act as the driver to push energy toward a given point. The opposite or 'negative' hand then will act to draw energy through the same point. The result is that the energy blockage is removed in a way similar to TFH. (Aren't we surprised?)

To begin: Use basic "switching on" techniques: run central meridian backwards, test both anterior deltoids for switching, tug hair while muscle testing (water test), etc.

Lock in this statement with an IM, "The body will show where to place the 'positive' hand."

Testing: The "fuzzy glove".

This is called the 'fuzzy glove' test because it utilizes the fact that the aura surrounding the hand is just like a 'fuzzy glove'.

1. Move your hand from left to right and back again several times as you draw the hand slowly downwards and up again just 2 inches off the body and legs. Follow this procedure for the front, rear, and both sides of the entire body.

2. Test the indicator muscle (IM)

IM unlocks = the spot will be on this side.

IM locks = the spot is not on this side.

3. Now divide the indicated side into three areas (head, upper body, and lower body) and use the 'fuzzy glove' technique on each area, one at a time.

4. Test the (IM) as per 2.

5. When the area is indicated, do a 'scan' to find the exact spot.

Repeat the preceding procedure for the 'negative' hand.

*** These points may not have any apparent relationship to the area of pain or disturbance. i.e. - For a pain in the shoulder a point may be in the stomach area.

6. When you have determined the spots to place both hands:

Using the IM ask how long the hands should be held. e.g. 10 to 20 seconds, 20 to 30 seconds, etc.

Find an emotion that is related to this problem using whatever list or method you are comfortable with.

Correction: Hold the 'positive' hand approximately 4 inches from the body directly over its indicated spot, and the 'negative' hand about 20 inches from the body directly over its spot for the required time while the subject concentrates on the emotion.

Use your creative visualization technique to "see" the energy moving from the positive to the negative hand. (***) yelling Haaaaaaaaaaaa-

haaaaaaaaa as did Dr. Sha during this procedure is optional, not compulsory.)

The subject may feel a sensation of something like a rope being pulled from the positive to the negative spots.

Chi Kung purists will definitely not be impressed by this technique, but for those of us who wish to "cut to the chase" of the matter this can be a very powerful tool and another way to incorporate something new into our 'bag of tricks'.

In closing I recommend that you learn the basics of Chi-Kung so that you can keep your own energy at a comfortable level. There are a number of basic exercises that are designed to do just that.

Now go out and play.

For more information, please contact Hugo Vermeesch at Life Enhancement International, 76 Timms Road, Salmon Arm, BC, V1E 4M3 Phone: 604-833-0523
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Shapes of Stress

by Hugo Vermeesch

Finger Mode: EM finger to pad of palm

This new finger mode was discovered quite by accident; actually by a combination of curiosity and sloppy practice. As a practitioner in my clinic I kept running into the PKP mode for Shapes of Emotions (or so I thought). The description in the PKP III manual explained only that this was a Three in One Concepts technique, that it used some sort of cards, and it is "Very powerful and a reason to take the 'Structural Neurology' workshop." The fact that I had never taken this workshop and yet this mode kept reoccurring during the course of my balances was a source of frustration and prompted me to experiment with some 3x5 cards on which I drew various common shapes such as the list below. Each time the mode occurred I was able to get a weak IM when the client looked at a specific shape. It wasn't until almost a year later that I discovered I had been placing the EM finger on the pad of the palm instead of the base of the thumb. I later discovered this was an emotional release point on the lung meridian.

Now that we have the mode, let's take a look at what we can do with it. You will notice that the shapes in the list below are common everyday shapes that we see around us constantly. Can you imagine the effect on the body if one of these common shapes is creating an energy disruption every time you inadvertently look at it. That is exactly what is happening in the world around us. How does a shape become a stressor? By doing some creative detective work during F/O holding, I've discovered that in most cases the particular shape was present at a stressful or

traumatic incident. From that point on the body associates that shape with the previous incident and basically relives it every time the shape comes in view. The following is the procedure I have developed over the past few years to correct the problem.

Testing:

1. To find which shape is the stressor test for a weak IM while the subject views the list of shapes one at a time.
2. Find the emotion.(use whatever list or method you are comfortable with.)

Correction:

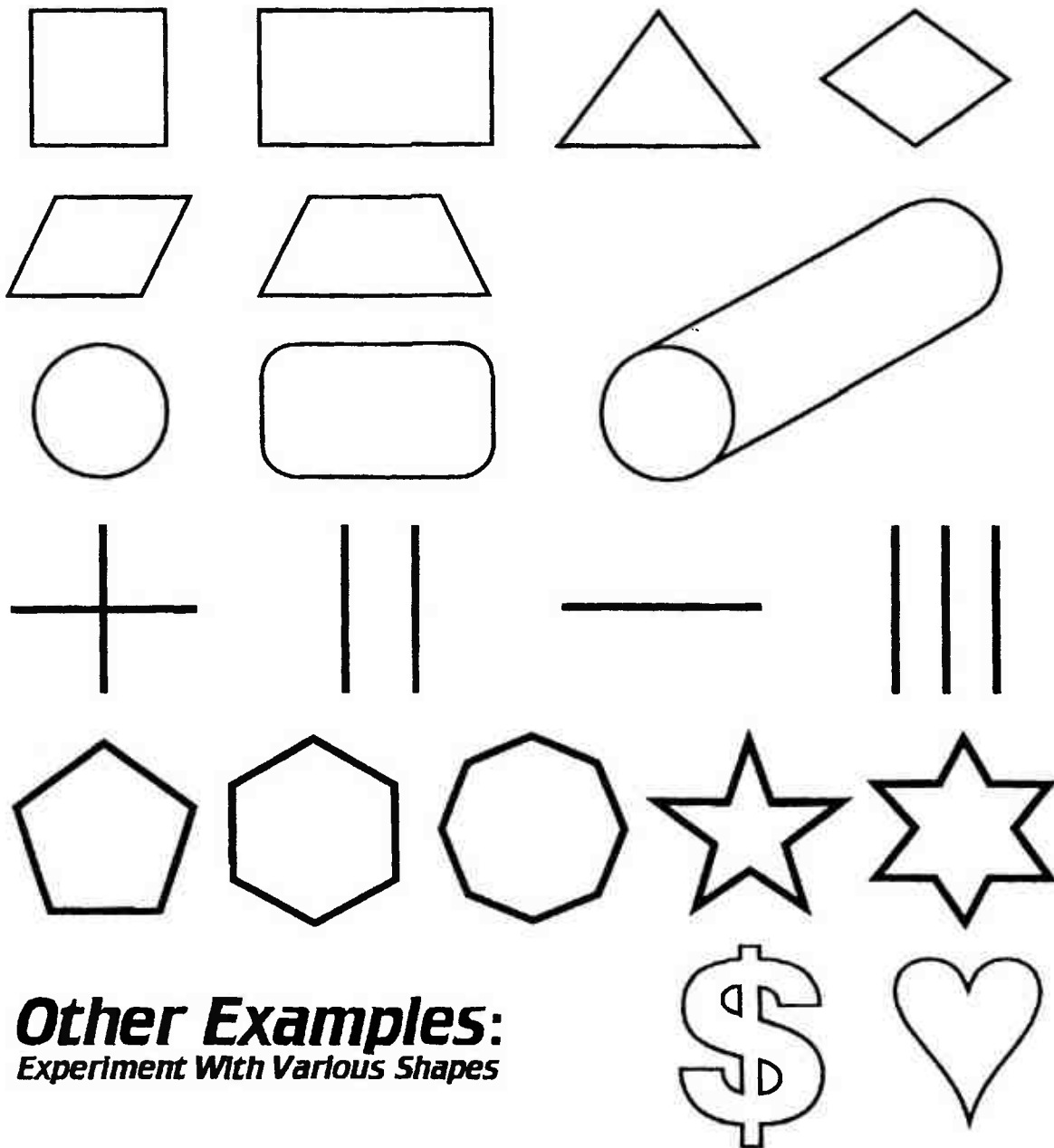
1. Ask the subject to visualize the shape while you hold the ESR points or do F/ O holding.
2. Discuss the relationship of the shape and emotion while F/O holding.
3. It may be necessary to recreate the incident by visualization or role playing while F/O holding OR:
4. Muscle test to find a shape that will neutralize the effects of the stressor and have the subject visualize while F/O holding.

This is an extremely powerful technique. Be prepared for a strong emotional release.

For more information, please contact Hugo Vermeesch at Life Enhancement International, 76 Timms Road, Salmon Arm, BC, V1E 4M3
Phone: 604-833-0523

SHAPES OF STRESS

BY HUGO VERMEESCH



Other Examples:
Experiment With Various Shapes

Enhance Your Chi Energy

by Ron C. Wagner, DC

Abstract. Stimulating new ideas on the importance of working with and assisting the person to self heal their whole body.

This paper will cover the following topics:

1. Overcoming fatigue syndrome.
2. Understanding Chi Energy.
3. Electrical-magnetic-polarity energy field.
4. Clearing out blocks.
5. Rivers of energy flowing.
6. Triangle of health.
7. Slipped disc, ruptured disc, degenerative disc, causes, etc.
8. Dis-ease, Balance of Yin and Yang.
9. Energizing the NV points.
10. Balancing the anterior and posterior NL points.
11. Healing Energy and using Surrounding the Dragon technique.

Release All Blocks and Let the Life Energies Flow

In 1968, when I was in Viet Nam, I met and studied with Mr. Joe, a Korean Master of the Martial Arts. Ever since that year, I have searched, studied, researched and correlated everything he could about the energy fields.

The common concept or belief in the western world by some medical professionals is that no matter what you eat, drink, or think about, none of it will affect your body. They treat each organ as a single unit and then it can only be treated with drugs and/or surgery.

Many people in the western professional healing arts are always racing through their treatments. Treating only one part or parts of a person's body instead of seeing, feeling, and observing the whole body as being one unit.

It is very important to see the whole picture and treat the whole body as a complete human being. Many times, stress is the main cause of our problems. Stress can be from one or all of the following: Structure, Nutrition, Mind and Emotion.

The Applied Kinesiology Triangle of Health is Structure, Chemical & Mental. I use the Triangle of Health with Structure, Nutrition and Mind and the Spirit Energy is All In One.

Again, it is very important to correlate and visualize the whole body being one unit. Our car needs a good grade of gas to keep it running good, and we also need to eat good food to keep our bodies healthy. Cars need clean air filters, and we do not need to smoke and pollute our lungs and system unnecessarily. Cars need batteries, a generator, headlights, and many people never realize that we also have an electrical system within our body. Cars need lubrication, and we need to drink water for our lubrication, not coffee, pop, carbonated drinks, salt preservatives, or any other irritating material. Our bodies run with oxygen and hydrogen, H₂O, (water) which is better than anything else. Oxidation is the function of every energy action in our bodies.

Our bodies are like rivers of energy flowing. In the acupuncture healing arts, these rivers are a vital energy flowing along the meridians.

When there is an energy decrease, a congestion, a blockage or a dam in the river, the energy cannot flow like it should. The body will be out of harmony, having discomforts, dis-ease or possibly in the future a pathological disease, breaking down or eating away of tissue or even death.

In front of the dam, there is an emptiness, lack of feeling, lack of sensation, lack of function, decrease in circulation, coldness, lifelessness, degeneration, numbness, tingling, body aches, stiffness and soreness etc.

Behind the blocked dam, there may be an excess of pressure building up, a congestion, swelling, pain, tightness, tension, headache, colds, sinus, asthma, pimples, irritations,

inflammations and infections, excess growth (tumors), etc.

We need to find and release all blocks, so the body's chi energy can circulate, flow with healing and repair the body.

Everything around us and in us is energy. From the smallest atom with the electrons flowing around, to the universe with the solar system, everything is an electrical-magnetic-polarity-energy field.

Some people doing TFH, massage or any other type of treatment feel overcome with tiredness, fatigue symptoms, their energy is drained or they feel totally wiped out after a session or a treatment. These people are using their energy and draining themselves. This is like having your car lights on, without the motor running, and draining your battery. Many of these people are trying to help everyone and feel like a failure when they could not help someone. They take on the person's burdens and stresses, only weighing themselves down.

Always remember, that some people do not want to get better. This is like the biblical statement, "Do not cast or throw pearls before swine." No matter how much energy you give this person, they are only feeling better temporarily and then they are back into their old rut or habit. The difference between a rut and a grave, is that you can always get out of the rut.

The TV picture does not come from the antenna, it comes through the antenna. When working with or on another person, the energy should not be coming from our body, we should be relaxed and let the energy flow through us and not from us. Instead of draining our batteries, we need to visualize God or the Universal Energy flowing through us and not from us. We are the instruments to direct the energy into the best location on our partner.

When you take an electrical wire apart, you will have a dead wire. When you take the body apart, you will have a dead body. The two are one, "physical and energy" or "physical and spiritual".

We need to stimulate points and release blocks, increasing the life force energies to flow within our body.

When you receive a small cut on your finger, cut into a carrot or a tree limb, with enough time, the innate, inner intelligence, inner self or the doctor within, will heal and repair the cut again.

Whereas, when you cut a steak or some piece of meat, it will not heal, because it is dead. No matter how many ointments, salves or stitching and bandaging you do, the piece of meat is still dead.

The meat is dead according to us, yet it has a new energy life force in it by giving energy to our bodies, with the proper acids and digestive juices to break it down for proper digestion and absorption.

When we leave this piece of meat sit in the open air, another energy force goes to work and starts the breaking down and recycling process of the cycle of life. Everything in life goes through birth, maturation, and degeneration to be recycled again and nothing is wasted.

The cycle of life is an exchanging of energy. Just like the cycle of water:

1. The water is evaporated.
2. With condensation of moisture, it rains,
3. The rain water makes things grow, with the excess running off and stored in ponds (the ocean is a big pond) and the cycle keeps going on and on and on, etc.

All living things, including human beings, are in this self healing and self producing cycle of life.

Here I would like to add a spiritual touch for all who are spiritually minded. We are made in the image and likeness of God. We are children of God. We have the power of Almighty God within us; to create; to heal; to make new; to clear out the old and unwanted and bring in the new; to bring in God's riches; His blessings; His Love. With the Power of Almighty God flowing through us all, we can accomplish everything we want; need; or desire.

God is perfect and we are His children. We do not need to be perfect. All we need to do is our best and give the rest back to God and let Him take care of everything. Some people surrender their problems to God and then do not believe that God can take care of it and they feel that they must continue to stress themselves about it. "Oh ye of little faith."

We need to love God; Love ourselves; Then we can love others. When we do not love ourselves, then who will? What you always put out, you will always get back. You will always receive what you always got, when you did what you always done. Therefore, as long as you condemn someone else, something; your life around you; yourself or any part of your body, then the problem will always be there to deal with.

Instead of condemning anything, we need to believe, love and accept what we have and then visualize how we would like to make it better. We need to use positive thinking and visualization. When you like a thought, be happy with it. When you do not like it, how would you make it better? Rewrite the paragraph, the chapter, or maybe the whole book. Your mind is your computer, what you think is what you create. So make it good!

Working with the mind is only one part of the Triangle of Health. We need to correlate the whole picture of Structural, Mind, and Nutrition. The Spiritual is the life within us all, the aura around us and our emotional vibrations, stresses or burdens that we carry and worry about. Remember, the more a person worries, the more it weighs them down toward depression.

When someone is not holding their correction, then reevaluate their whole body. What is their body trying to tell us. Find the cause, instead of naming and treating the same symptom over and over.

When a person has a weak muscle, usually from being fatigued over a period of time, this will let the bone rotate out of alignment. This can be caused from gradually overloading the body from excess coffee over a period of time.

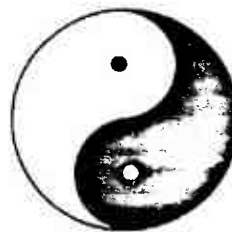
When there is an irritation or trauma to the body, this may spasm the muscle and pull the bone out of alignment. A good example of this, is when a person drinks eight quarts of pepsi or coke.

Remember the swinging door with the two springs. When one spring gets sprung the other spring will naturally tighten up. Instead of grinding on the tight, spastic muscle, let us evaluate what went weak to let the bone go out of alignment.

Chiropractors put the bones into alignment, acupuncture doctors balance the muscle energy and yet when the treatments are not holding, it may be that we are causing the problems ourselves. As the saying goes, "We are our own worse enemy".

When a toaster is short circuited, the wire gets hot and blows the circuit. When we irritate or overload an organ, it may be one of the main causes why people do not have the best results with their treatments. Instead of labeling the dis-ease and naming problems, we need to find the cause and not just treat the symptoms.

Everything has a cause and effect, especially with the balance of the Yin and Yang. This is demonstrated with the acupuncture symbol called the "Monad" or "Tai ji" meaning great polarity.



Everything in the universe and all creations are a result of harmony or disharmony between Yin and Yang.

The Yin and Yang are best described as in the table on the next page:

yin, female	YANG, MALE
earth, mother earth	SPACE, FATHER SPIRIT
in, within, interior, inner	OUT, OPEN, EXTERIOR, OUTER
solid, short sound	HOLLOW, LONG ECHO SOUND
dark, night, moon	LIGHT, DAY, SUN
autumn & winter	SPRING & SUMMER
north & west	SOUTH & EAST
cold, moist, water, low temp.	HOT, DRY, FIRE, FEVER
dirty & cloudy	CLEAN & CLEAR right LEFT
non-active, retiring	VERY-ACTIVE, ADVANCING
chronic, lingering & slow	ACUTE, HASTY & FAST SPREADING
parasympathetic	SYMPATHETIC
quite, timid voice & action	LOUD, FORCEFUL VOICE & ACTION
weak, breaking down, decaying	POWERFUL, GROWING, FLOURISHING

History of Oriental Healing Arts

Frances M. Tappan, on page 133, in her book, *Healing Massage Techniques*, states, "The earliest known text on acupuncture is the *Nei Ching*, or *Classic of Internal Medicine*, Traditionally ascribed to the legendary Yellow Emperor (Huang Ti, believed to have lived from 2697 - 2596 BC), the *Nei Ching*, remains the basic reference on the subject and is the foundation for all development in acupuncture to the present century ... Acupuncture has a known history antedating Christianity by 2000 years ..."

When there is a nerve involvement, the whole nerve is sensitive. This traces back to an impingement or pressure on the nerve supply, with a slight rotation of a joint, usually by the vertebral level on the spine. These nerve involvements are not only on one vertebrae level, they can be located at several vertebrae above or below the actual cause, affecting the organs and muscles related to those various levels.

This is the same procedure with the acupuncture meridians flowing throughout our body. Every point on the body is some type of reflex or acupuncture point affecting other parts of the body.

Many people have sensitive spots or areas on their skin surface. When examined more carefully, you will find a series of sensitive

points along a channel called a meridian. These meridians correlate with chi energy to organs, muscles and every part of our body's physiologic functions.

There are many more western healing professionals who know and work with the nerve supply and circulation, assisting the person to function better with the healing and repairing of their own body. The doctor, chiropractor, or massage therapist are only able to assist a person's body, with as much as their body is capable of repairing.

Some people in Western world are now recognizing the importance of using the acupuncture meridian for balance with the yin and yang, and the chi energies. They are now treating the person's whole body as being one unit, with their mind and body being one.

The term acupuncture derives from the Latin word "acus" meaning needle and puncture in English. Thus, we puncture the skin when we use acupuncture needles. With acupressure you use a light, firm pressure on these same points. Acupressure works much better when you have skin contact on the point, without any buffers or clothing insulators.

Remember, you find more energy activity and life in the valley than you do on a hilltop. When searching for any acupuncture points, you will always find more energy activity in

dips and hollows of the body and less on the high bony places.

The meridians are the electromagnetic chi energies flowing throughout the body and an acupuncture point is where the chi energy comes near the surface.

When looking for an acupuncture point, some people can put their hand lightly over the area and sense the energy flow to the points.

Some people can see auras, the energy field around the body. It is possible for highly tuned-in individuals to see the chi energy pathways and the acupuncture energy points.

These acupuncture energy points are miniature chakras. Most people know the chakras as energy centers or nerve bundles, usually on the front of the body. In the Western world these energy centers are called Ganglions and Plexuses.

In the Acupuncture Oriental Healing Arts, there are two main philosophies of working with the body. They are the surface energy flow of the meridians, and the inner connections with the 5 star pattern.

Meridian Therapy is working with the Chi Energy or Life Force within the body. Chi is often spelled "Qi" in Chinese acupuncture books. Both "Chi" and "Qi" are pronounced "chee". In Japanese and in Korean cultures they spell their chi with a "Ki" and pronounce it "kee".

Ted J. Kaptchuk, O.M.D. on page 35, in his book, *The Web That Has No Weaver, Understanding Chinese Medicine*, states, "The idea of chi is fundamental to Chinese medical thinking, yet no one English word or phrase can adequately capture its meaning. We can say that everything in the universe, organic and inorganic, is composed of and defined by its Qi (Chi). But Qi is not some primordial, immutable material, nor is it merely vital energy, although the word is occasionally so translated. Chinese thought does not distinguish between matter and energy, but we can perhaps think of Qi as

matter on the verge of becoming energy, or energy at the point of materializing."

Physics states: "The lowest form of energy is matter and the highest form of matter is energy." The slower someone moves, the more sluggish they become. This is called "static gravity" where they keep getting slower, becoming stiffer, sorer and an arthritic type of person.

The more people become stimulated, excited, enthusiastic and energetic, the more they become mobile, faster moving, looser, lighter, freer moving and vibrating at higher levels. This is called being energized. Most people feel relaxed and energized after working with "Joint Tension Release" (my chi energy treatments of releasing blocks throughout the whole body). This is especially true after receiving a relaxing and uplifting, "Chi Energy Massage".

The more we become aware and centered within, One with our inner self, then we can become One with the universe, and in-tune with the universal world around us. Whether or not we realize it or want to, we are all interacting with each other, every moment of our life. This minute is the first minute for the rest of your life, so make it good, do your best and continue to climb the mountain of life.

Dr. Ron C. Wagner has been working with chiropractic and holistic health services for 20 years, correlating structure, mind, chi energy and nutrition. He is a Certified Instructor for: Touch For Health and Kinetic Integration. In the CHI ENERGY CENTER, he uses and teaches the following techniques: Joint Tension Release, Muscle Testing, Applied Kinesiology, Meridian Therapy, Touch For Health, Kinetic Integration, Acupressure, Massage Therapy, CranioSacral Therapy, SomatoEmotional, Educational Kinesiology, Magnetic Fields, Polarity Balancing, Trigger Point Therapy, Nutrition Counseling, Positive Thinking and Visualization. He may be contacted at the CHI ENERGY CENTER, 4222 Milwaukee St. Madison, WI 53714, (608) 244-0211

A New Healing Paradigm

by Robert Waldon

Philosophical Premise: The purpose of the world (and of being in the world) is to return to a remembrance of our Oneness and a recognition of our right relationship with God.

The World:

The world is a teaching device for bringing us home, not for making us comfortable in our separation. We punish ourselves (and use the world to punish ourselves) rather than simply waking up and choosing again.

Under everything we do or say or want is an underlying desired experience of Oneness and return to Source. Our job is to recognize the true underlying call and return to Source. The world is the wake-up call to let us know we are off track and, as such, was created to serve us. When we get confused, we end up serving the world. Where we are "bumped" is where we need to clean up our own life. We are mistaken when we end up trying to fix or change the world so we don't get bumped. In essence, we end up trying to erase the message without fully getting it, so it just keeps getting sent. We end up creating more of what we are trying to erase or fix. We need to remember that we are at being served by the world and not become at the effect of the world.

Two Healing Paradigms:

Old Paradigm = Seeing ourselves separate from those around us and either being a victim of the world or acting out to conquer the world (and others) in order to survive and prosper.

Transition = Moving into relationship with others to strengthen our position in the world. Joining in an effort to overcome the world and situations confronting us.

New Paradigm = Recognizing our interconnectedness, our oneness, with others and taking full responsibility for our part in this creation.

The Old Paradigm is a Victim model acting on the belief in and external "persecutor" and therefore requires an external "savior". It is a fear-based system of healing relying on "fixing", being with", etc.

The New Paradigm is a Sovereign model acting on the belief in internal cause and, therefore, internal savior. It is a love-based system of healing relying on co-creation, change, choosing again, etc.

Three Responses To The World:

The three possible categories of response to any uncomfortable or stressful situation (i.e. filled with learning or growth potential) in which we find ourselves are:

1. Remove yourself from the situation.
2. Remove the stressor or change the situation.
3. Change your response to the situation.

Old Paradigm is based on the first two possible responses to the world (remove yourself or remove the stressor) and, as such, handles only the immediate situation and doesn't guarantee the stressful situation will not repeat or that we will handle it any better when it does. The New Paradigm allows for adaptability and the possibility that, while the external circumstances may recur, the internal stress or pain will not.

Addictions:

All worldly addictions represent our attempts to get what we know (on some level) we can only get in our relationship with God. Their purpose is to help us see where we are "wanting" and come back into right relationship with the true Source of all we ever really need.

Relationships:

Underlying all special relationships is anger at our perceived separation from God. We can either use the recurring patterns in our relationships to learn where we separated from God and to come to peace (i.e. come back into right relationship) or to continue to attempt to get what we had (have) in relationship with God from our worldly relationships.

Sickness:

All forms of sickness or dis-ease are for the purpose of leading us back into real relationship with God. All of our "losses" are merely taking away from us the distractions or coping mechanisms we use to keep us from relationship with God. When the rules of the world and our ways of being in the world no longer work, its because we got comfortable thinking/feeling/acting separate from God and began to believe in the world and forget our real direction, purpose and mission.

Emotions:

All emotions (both "positive" and "negative") are a wake-up call to 1) cause us to take notice of something we might otherwise have missed and 2) give us the energy to take action on what we have noticed. When we don't allow ourselves to notice and/or prohibit ourselves from taking action, the emotion gets "stuck" and we perceive ourselves as victims of the world and/or our emotions.

Weakness:

What we perceive as our greatest weakness is, in most cases, the source of our greatest strength. Our "weakness" is actually born out of our mistaken attempts to "own our power" by looking outside of ourselves rather than looking within.

The power of **Choice** is expressed as helplessness when we look for it in others.

The power of **Action** is expressed as paralysis when we become dependent on or wait for others.

The power of **Excitement** is expressed as depression when we need validation or agreement from the world outside of us.

The "sin" is not in having the "negative" feelings. It is in perpetuating the old paradigm of seeking more outside. Our negative states are a wake-up call inviting us inside to the true source of our power.

Healing Needs:

Healing needs are an excuse to be in relationship. What is needed is real relationship with Self and Spirit. Whenever we go to an outside authority or healing facilitator, it is imperative that the facilitator be very clear (no judgments, no attachments, no interfering belief systems) so the client can use that relationship to come back into relationship with Self rather than being further distracted by the world or have old worldly beliefs reinforced.

Healing:

Awareness with love is healing. All other forms of healing grant a false sense of reality (and importance) to the world and worldly manifestation and effects (e.g. the body) and lead to stuckness. Judgment is a mistaken perception which stops the natural flow of energy, expression and development. Awareness with love leads to freedom. In order to "heal", to change our old patterns of stuckness, we need to:

1. Notice the pattern, behavior or condition.
2. Look at what is the "real" intention behind our actions, what we really want to accomplish or receive.
3. See how what we are doing (or have been doing) isn't really effective or has unwanted side effects and look at the negative effects of continuing the current pattern.
4. Choose to own the New Paradigm and create a new pattern of response to the world.

Effective Therapy:

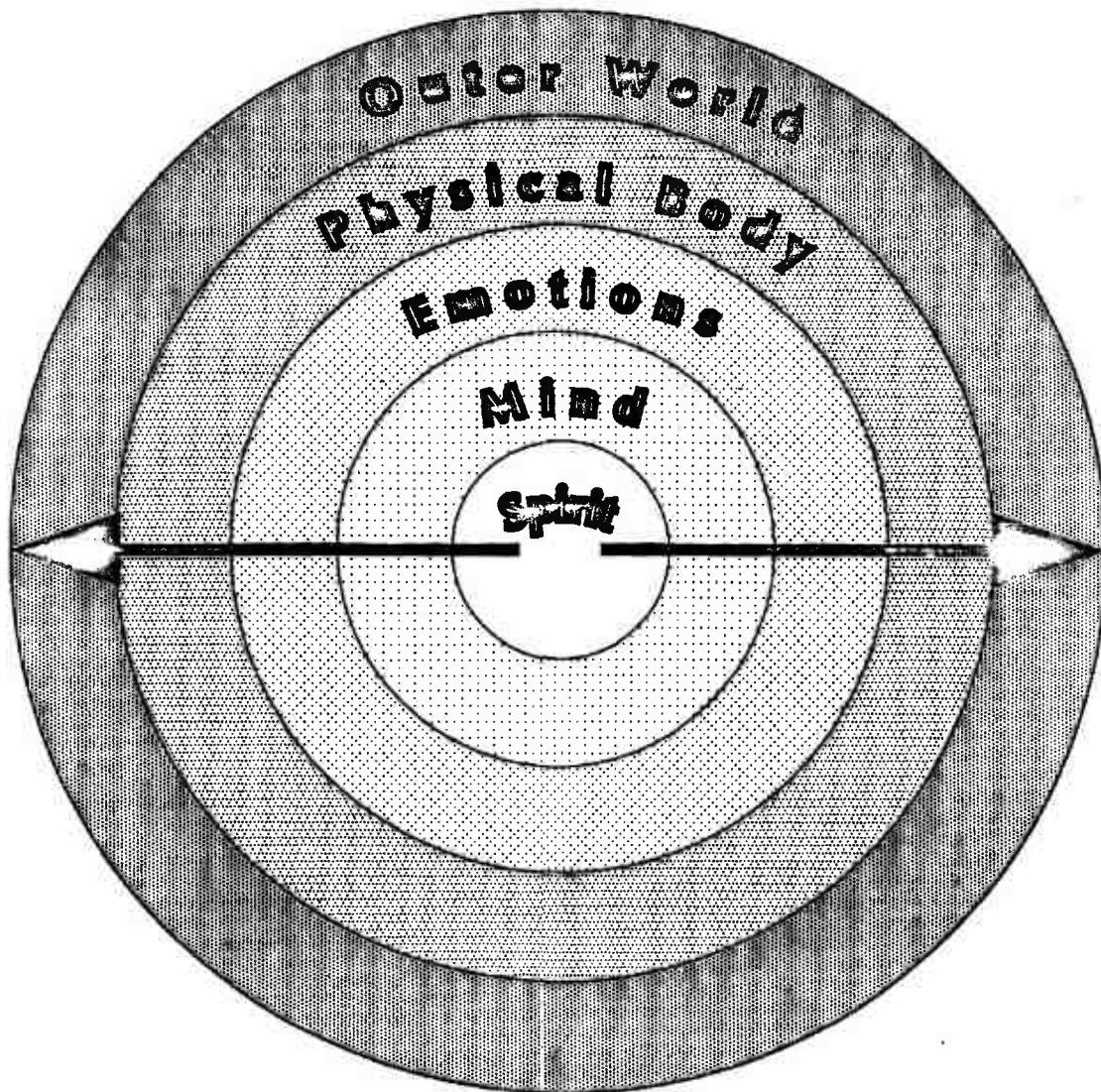
Three steps to making the most of our worldly experiences:

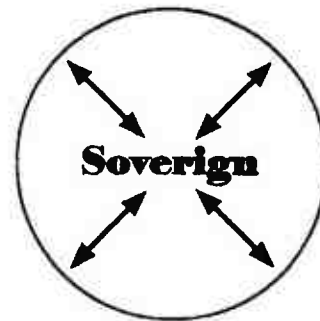
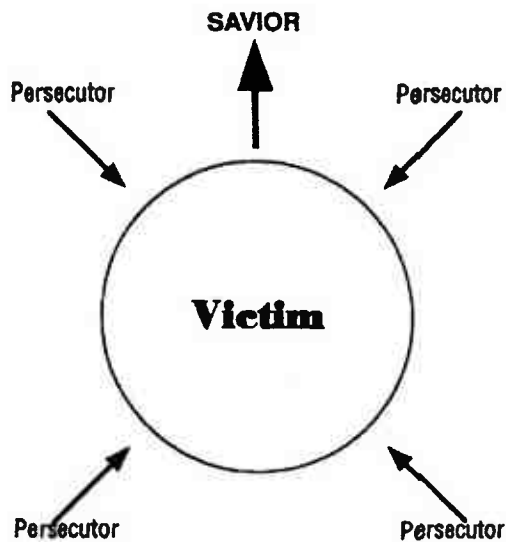
1. Selective Remembering: Forgiveness, choosing to see the gift in the past.
2. Selective Perception: Creativity, opening to new perceptions and choosing to see what you want to see.
3. Selective Vision: Focus on what works and the way you want the world to be.

Focus on the Truth. Hold the vision of a healed and perfectly working world.

Choice, change and commitment to the positive possibilities are the three empowering options of human consciousness which must be exercised and strengthened in order to move us into a remembrance of our wholeness.

For information, please contact The Energetic Life Balancing Institute, 2727 South 11th St., Kalamazoo, MI 49009, (616) 372-0880





OLD HEALING PARADIGM

**Externals create woundedness.
Externals create healing.**

At the effect of the world, germs, body, emotions, etc

Victim.

Need external protection, healer, magic.

Future is based on remembering the past.

Ego = fear-based decisions.

Focus = to be right, to be safe.

Sacrifice heals.

Pain = a call for external attention.

Defensiveness.

Know the world.

CO-DEPENDENCE

NEW HEALING PARADIGM

**Internals create woundedness.
Internals create healing.**

Everything experienced is the result of thought.

At choice.

Need internal cleansing of the past.

To be present is based on clearing the past.

Spirit = love-based decisions.

Focus = to spiritually evolve, to extend more love.

Happiness heals.

Pain = a call for internal attention, a wake-up call.

Defenselessness.

Know the Self.

CO-CREATIVITY

Natural Energy Balance - Clearing Limiting Emotional Patterns

- Step 1** Lightly touch each alarm point and test for over-energy. (Circle the ones out of balance.)
Step 2 Muscle test for each of the 14 meridians. Use Neurolymphatics and Neurovasculars to balance any that are out of balance. (Circle the ones you balanced.)

STEP 1 Over-energy Alarm Points	STEP 3 Limiting Emotion	STEP 4 Desired Positive Emotion	STEP 2 Under-energy Muscle Testing
Governing			Central
Central			Governing
Lung			Stomach
Circ-Sex			Spleen
Heart			Heart
Liver			Sm. Intestine
Gall Bladder			Bladder
Stomach			Kidney
Spleen			Circ-Sex
Kidney			Triple Warmer
Lg. Intestine			Gall Bladder
Triple Warmer			Liver
Sm. Intestine			Lung
Bladder			Lg. Intestine

- Step 3** For each alarm point you circled, write down the primary limiting emotion you would like to let go of in your life.
- Step 4** For each meridian you circled, write down the primary positive, desired emotion you would like to experience more of in your life.
- Step 5** Ask yourself: "Is it possible that feeling too much (fill in each limiting emotion) keeps me from experiencing as much (fill in all desired emotions) as I would like?" If "yes", go to step 6.
- Step 6** Hold tip of ring finger to tip of thumb on each hand, hold index & middle finger on forehead ESA points, do eye rotations while repeating (each statement 5-6 times):
 "I let go of feeling too much (1st limiting emotion)." 5-6 times
 "I allow myself to feel more (1st positive emotion)" 5-6 times
 "I allow myself to feel more (2nd positive emotion)." 5-6 times, etc
 Repeat entire sequence of statements with each limiting emotion, using statements for all positive emotions for each set.

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The Mental Revolution: The Doorway to Your Subconscious

by Richard Welch

Welcome To Tomorrow®. This slogan of Subliminal Dynamics® carries great meaning to the people who have experienced this unique process. We are "earth shakers" and "ground breakers". As our technologies carry us forward into the future, we must enlist a new paradigm of thought: that we truly are limitless beings.

Subliminal Dynamics® had its mundane beginnings and initial breakthroughs in 1975 in Phoenix, Arizona. There, a retired insurance executive strolled out of the desert and into history making. With extended research with speed reading, Richard Welch discovered a new brain process: Subliminal Photography®.

Richard Welch funded the research for Subliminal Dynamics® and protected it with a "trade secret". Independent Psychologists from Arizona State University and The Stanford Research Institute were involved in the research in the mid to late 1970's.

Subliminal Dynamics® statistics show that people from ages 5 to 93, with I.Q.'s ranging from 58 to genius and learning disabilities including Dyslexia and Attention Deficit Disorder have been successful using the process. People from all backgrounds -- Holistic Health Practitioners, the Medical community, students, business and industry, education, professionals, law enforcement, military, scientists, and others -- have experienced the course and endorse it. The Subliminal Dynamics® course is also included in the 1994 book, *The Learning Revolution*, a best-seller in New Zealand, Australia, and Europe.

Our conscious mind is smart; it has the ability to think about things, thus, it also has the ability to procrastinate. In the *American Psychologist Journal*, June 1992, representing the 25th International Congress of Psychology, it has been levied that the "subconscious" or "unconscious" is dumb. Therefore, the subconscious does not think

about things, thus, does not procrastinate. It does, however, have the ability to process information at extremely high rates of speed. This wonderful mechanism is fully programmable. Many have compared it to the personal computers what we have become so accustomed to. The point is: **The subconscious does not procrastinate, it just does.** It does what it is programmed to do.

In a study conducted in 1988, by Pawel Lewicki of the University of Tulsa, the subconscious not only demonstrates the ability to process information, but can also learn by patterning the information input. Even though the people could demonstrate high proficiency in this testing, they could not explain how they accomplished it on a conscious level. **This is intuition.** Intuition is finding a correct solution to a problem without consciously knowing the steps in between. This occurs through subconscious processing of all the information expediently.

A research article in *Advances, The Journal of Mind-Body Health*, Vol.9 No.1, written by Henry L. Bennett, titled *The Mind During Surgery: The Uncertain Effects of Anesthesia*, discusses learning while under anesthesia without conscious recall. These studies have concluded that when a post-operative surgery patient cannot remember anything from the surgery, it is not sufficient to conclude that nothing is permanently implanted in the mind from operating room conversations. These conversations that do exist in the operating room can have very beneficial or very detrimental effects on the recovery of the patient. Research studies show when positive therapeutic messages about health and recovery are used with the patient under anesthesia, it is profoundly effective. This leads to improved recovery, reduced postoperative stays, and less need for pain medication. The patient has no conscious memory of any of the subconscious programming. This information has started a very positive trend in hospitals and clinics around the nation. Unfortunately, the majority

of hospitals still do not update their treatment even though studies, conducted by David Cheek and Bernard Levinson in the late 1950's, indicated that a problem existed. Their studies site the authoritative figures in the operating room making comments that led to mental problems of the postoperative patients.

In *Life* magazine, July 1994, the feature article is *Brain Calisthenics: How you can think faster, improve your memory, and defend against Alzheimer's Disease*. This article discusses the application of "whole brain learning" to stimulate the growth of dendrites in your brain cells. The dendrites are the memory storage compartments of the brain. This in turn will give you more memory capacity and the ability to remember more things, past and present. The article falls short by only giving very vague methods of "whole brain learning".

The Subliminal Dynamics® process is a very advanced system of whole brain learning that is taught in the U.S.A., Canada, New Zealand, Europe, Singapore and Malaysia. By incorporating synergistically several tools including Subliminal Photography® and Educational Kinesiology, the Subliminal Dynamics® process stimulates an accelerated dendritic growth.

Subliminal Photography® is the primary vehicle that expediently creates a very strong rapport between the conscious and the subconscious. It opens many doors to our vast potential by building these bridges. As a learning tool, it allows people to assimilate information at 100 times the average reading speed with 100% retention for life. But, **this is not limited to learning**. More importantly, it opens a pathway to a part of the brain that has fantastic abilities. Over 350 applications have been discovered. This part of the brain acts as a conduit to universal energies and controls many autonomic functions such as heart rate, breathing, etc. This gives you the tools to take control of your life like never before.

Many Subliminal Dynamics® students claimed when using the Subliminal Dynamics® process and applying it to their health issues, it provided healing of bones,

tissue, organs, and cures or remissions of diseases and decrease in stress. Authorities, such as Deepak Chopra, M.D., are coming forward to educate the populace about the effects of stress in our culture. Simply put: stress propagates disease. A major factor of increasing stress is information overload — as Rutherford D. Rogers stated, "We're drowning in information and starving for knowledge." To get a conceptual understanding of what information overload symbolizes, there are approximately 1,000,000 books published every year globally. This does not include periodicals or other documents. To read 1,000,000 books in one year would be 2740 books per day; 114 books per hour; or approximately 2 books per minute.

Bon appetit!

As the information revolution is fully realized by the information capacities of the smallest computers, **the next step must be the "mental revolution"**. Simply to keep up is not good enough anymore. Only by getting back to assimilating information as a small child would, can we ever hope to hold our own in today's fast paced market. By achieving this with the Subliminal Dynamics® process, we can take a sufficient chunk out of the stress we must suffer. By strengthening and toning the brain in this natural way, we can create a better, healthier, and happier life.

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Improve Your Eyesight Naturally!

by C.J. Wilson, certified Natural Vision Improvement teacher

Our vision. It's one of the most complex functions of the human body. Think for a moment of all the different ways in which your vision helps you function in the world around you, and enriches your life. It gives you the big picture of what's happening around you, allowing you to scan a room, or the landscape. It allows you to work up close, to write a letter or hammer a nail. It helps us to pick out a particular object we're looking for, whether a brand of soup at the grocery store, or a bird in a tree outside a window.

Our vision has tremendous capacity for flexibility and change. When our ancestors spent long days scanning the horizon or woods for moving creatures (which meant food that night), they depended upon clear vision at great distances. Some individuals develop great clarity for seeing at night. A jewelry maker I know who does very fine work has developed the capacity to see great detail on tiny, tiny beads. Our visual system has incredible potential . . . when we make use of it.

For many of us our modern lifestyle has us spending many hours a day doing work indoors, often at close range, with little opportunity to develop our vision's capacity. Many children begin to wear glasses in their early years of school, as they move from a more free, creative, playing environment to the structure of school, with its discipline, thinking, language, math, left-brain environment. Our brain, and eyes, need the balance of both the creative, spontaneous right-brain world and the thinking, analyzing, detail-oriented left-brain world.

"I'm over 40 now. Does that mean my eyes will go down hill?"

"I've worn glasses since I was seven. My eyes are really bad. There's really nothing I could do to improve my vision, is there?"

"My child was born with crossed eyes. Is there anything you can do for her?"

These are some of the questions I get asked as a vision improvement teacher, about the process of improving eyesight. Yes, it is possible to improve vision. Success depends on motivation, awareness, and willingness to change.

Stepping into "The Blur"

Motivation is important because in order to learn to see clearly, one must give the eyes room to change. This means stepping into "The Blur", being willing to tolerate the emotional discomfort of less-than-sharp vision. We do this by either going without glasses or contacts where it is safe and practical to do so, or by wearing reduced-prescription lenses, called transition glasses. Transition glasses allow us to drive legally and safely, and to do our work or other tasks where we want/need to see more clearly. And they allow the eyes the necessary room to change.

When we wear glasses, our flexible eyes become locked into one set prescription, or magnification. The normal eye adjusts to the environment and situations around us. Our vision changes as the situations within and around us change.

You may notice that at times your vision is very sharp and clear. At other times, perhaps due to stress, poor lighting, poor nutrition, or other factors, your vision is less than perfectly clear. When we wear glasses, our eyes become dependent upon them, become less mobile, and often go "down hill" to stronger and stronger lenses. The glasses become crutches.

Imagine what you would think if you injured an arm or leg and the doctor told you that you would have to wear a cast for the rest of your life . . . That's what we're doing when we wear glasses full time! And yet most people never question this practice.

Physical and Mental Awareness

Awareness is central to improving vision. It is important to pay attention to how we hold stress and tension in our bodies. It is also useful to pay attention to our mental programming and conditioning. Do your beliefs and thought patterns work to support or negate clear vision?

How is tension related to vision? Tension causes tight muscles, restricting movement. The eyes have large muscles which constantly move and vibrate the eyes, creating a "strobe light show" on the retina. This information in the form of light is passed along the nerve highway to "control central: the brain. The magnificent, mysterious brain then interprets the information sent by the eyes, and this is what we call vision. If our eyes stooped their fantastic dance of movement, within three seconds we would see nothing. So, gentle eye movement is important for clear vision.

Willingness to Change

Jacob Liberman, optometrist and author of the book, *Take Off Your Glasses and See*, talks about the relationship between our vision and the way we live our lives. Glasses, he says, force us to focus narrowly, losing awareness of the greater picture around us. When we learn to "broaden" our vision and use what he calls "Open Focus", it involves changing more than our eyesight. It involves our whole being. We learn to change blocked neurological and energy patterns, and allow the energy to flow more freely within us.

History of Vision Improvement

Dr. William Bates, an ophthalmologist (medical doctor specializing in eyes) who practiced early in the century, observed that whenever he prescribed glasses to his patients, they almost always returned with weaker eyes. He realized that *glasses were actually making the eyes worse*, although they offered the quick fix of great clarity right away.

Bates observed thousands of patients and theorized that the main cause of visual blur is tension and strain. He developed a series of simple eye activities which helped to relax and

strengthen the eyes and return them to their normal functioning.

There are thousands of people around the world who have learned to see clearly without glasses. The Bates Method has been kept alive thanks to Bates' classic book, *Better Sight Without Glasses*, and a handful of vision educators, mainly in California. The fact that his book is in its 45th printing is testimony to its effectiveness and the reality that many people would like to know of an alternative to putting on glasses.

Dr. Janet Goodrich, author of *Natural Vision Improvement*, expanded upon the Bates Method in developing a series of activities which also switches on the brain, stimulates the imagination, and examines the role of nutrition to vision. Goodrich's background in psychology and natural remedies, as well as studies in Reichian energy work, brings to vision improvement a greater understanding of how our emotions and energy flow affect vision.

Touch For Health offers to Natural Vision Improvement several useful techniques: muscle testing of nutritional supplements which benefit vision, techniques for balancing energy flow in the body, and cross-crawl to switch on the brain. We also muscle test phrases related to vision, on which we can then do emotional release work, affirmations, or emotional repatterning.

How are energy and emotions related to our vision? The visual system is made up of our eyes, nervous system, and brain. All three function intricately together to help us to receive information from the world around us, process it, and react to it.

Imagine this simple scenario: A child wants to throw a ball. First it must see the ball (the eye receives information in the form of light). Then it must process that in the brain (identify the ball as the item which the child is looking for). Finally, she will pick up and throw the ball (using the eyes to judge where to locate and send it, and for balance as she moves through space.)

There are six large muscles on each eye which move the eye rapidly all the time. They allow

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their eyes to constantly send light-information messages to the back of the eye--the retina, where our rods and cones are located. The retina is really an *extension of the brain*, as it is made up of these tiny information receptors which race millions of bits of information at a time to our wonderful, mysterious brains.

When we suppress emotions, we close off part of our body's energy flow. Unexpressed emotions can also create stress or strain internally, physically and/or mentally. This can cause tight muscles in the neck, shoulders, and, in some people, in the eyes. You may notice how your vision fluctuates during any normal day, as you move through different situations at work or at home. When you are tired, strained, stressed, how is your vision? In what situations do you see most clearly?

The eye muscles, just as neck or shoulder muscles, can tighten from emotional or mental tension. When they are tight, they are stiff, just like any other tense muscle. And this prohibits them from moving freely, to gather all of the information needed to see clearly. The muscles also affect the shape of the eyes. And when one or more is chronically tight, the shape of the eye may be too curved or not curved enough, affecting the way light falls upon the retina. If the lens is too curved, light will fall in front of the retina, causing nearsightedness; if the lens is too flat, light falls too far back creating far-sightedness.

Natural Vision Improvement is a process of learning how to work with our eyes and energy system, and can benefit all of us -- whether we choose to free ourselves completely of glasses, prevent vision from deteriorating, stay out of bifocals or reading glasses, help keep children's vision healthy, keep eyes and vision healthy and prevent degenerative diseases, and reduce eyestrain and fatigue.

Our cultural programming around vision tells us that our eyes can only get worse, not better, and that as we get older our vision will go downhill. We can allow this to become reality, or we can learn new habits and thought patterns to maintain healthy vision. It does take motivation, though, and awareness, and willingness to change!

Resources:

Natural Vision Improvement, by Janet Goodrich Ph.D. A holistic approach to vision improvement expanding on the Bates Method and including brain integration, movement, relaxation, visualization, creativity, nutrition, emotional release. Goodrich improved her own severe

myopia (nearsightedness) and astigmatism (a "warp", usually on the cornea) as she did research in psychology in the 1970s and 80s. Goodrich is currently working on a book on natural vision improvement for children. Ten Speed Press, 1985.

Creating Your Own Personal Vision by Sam Berne, optometrist. Berne offers many stories of patients who improved their vision, and he explores the relationship between our emotions and vision, the process of self-healing. The book also includes a section on learning and vision, and a set of activities to do for improving eyesight. Color Stone Press, 1994.

Take Off Your Glasses and See!, by Jacob Liberman, optometrist. Liberman tells the story of improving his own eyesight and the contractions between his experience and his training as an optometrist. He explores the relationship between energy and emotions and vision. A list of natural vision improvement practitioners is included. Crown Publishing, 1995.

Better Eyesight Without Glasses by William Bates, M.D., pioneer ophthalmologist who practiced in the 1920s. He noted unexplainable improvement in patients' vision and developed techniques which have helped many people to improve their eyesight. Bates' theories were rejected by the optometrists and ophthalmologists of his day, and only today, in the field of behavioral optometry, are some of his ideas being used and expanded upon.

The Art of Seeing by Aldus Huxley. Another classic on improving eyesight, from earlier in the century.

Vision: A Holistic Guide to Healing the Eyesight by Joanna Rotte, Ph.D. and Koji Yamamoto. An Eastern approach to healing eyesight, based on yoga, breathing, nutrition, and mind/body connection.

C.J. Wilson is a certified Natural Vision Improvement teacher offering classes, talks, and workshops in North Carolina and the Southeast. She began the vision improvement process with vision of about 20/800, wearing glasses all her waking hours since third grade. She now wears glasses only to drive, as she continues on her way to 20/20. She can be reached at (704) 689-5740 for more information on Natural Vision Improvement or to arrange a workshop in your area. Or write to her at 135 Old Bull Creek Road, Marshall NC 28753.
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Balancing Mind and Body through Macrobiotics

by Osbon Woodford

The term "macrobiotics" is derived from the Greek words "macro" and "bios" meaning great life or long life. The macrobiotic philosophy is a spiritual approach to freedom and balance; it gives us an understanding of nature and how we are part of it and subject to its laws. With this understanding it is possible for us to make positive changes in our lives on many levels: physical, mental, and emotional, because all are connected.

Macrobiotics is also an ancient philosophy that explores the connections between people, food, nature, and the universe. It is thousands of years old and has existed in every culture. Macrobiotics is, in fact, a rediscovery of this ancient philosophy about freedom or balance and how to apply the natural laws to ourselves in order to have freedom.

Macrobiotic freedom is about balance in every aspect of our lives: in our thinking, our feelings, our bodies, our food, our exercise, our relationships, and our pasts and futures. For example, it is important to balance our physical bodies with wholesome food such as whole grains, whole grain products, land and sea vegetables, soups, beans, soybean products, seeds, nuts, seasonal fruits and occasional white meat and seafood. These wholesome foods are balanced by nature and people are balanced by nature. Therefore, the two can help to balance each other. Practicing macrobiotics involves following a wholesome, natural diet that does not include refined or artificially processed foods, meat, dairy, sugar, oils, and grease. These are unbalanced foods, and when taken into the balanced body, cause imbalance which leads to illness, disease or premature death.

On a mental level, the greatest key to spiritual freedom is in finding a balance between our thinking and feeling natures. Everything that is recorded and accepted by our minds is filtered and interpreted by our thinking and feeling natures. Facts and events have their impact on us according to what we think

about them and how we feel about them. Therefore, if negative thinking dominates our mind, we must use our feeling nature to counteract the negative thinking process. On the other hand, if our feeling or emotional nature is out of balance, we must use positive thinking to correct this state.

Macrobiotic balancing in general means to show physical and mental stability in the face of variants; to right ourselves when negative mental or physical external pressures are exerted upon us. We do this by recognizing the natural laws of nature and the universe. For instance, the moment we feel that a negative thought has power over us or an organ malfunctions, we can be pushed off center. Stilling ourselves and then applying natural laws enables us to return to our original position of positive thoughts and physical stability.

Macrobiotics identifies many laws, which, when understood and applied correctly, can be used as tools for creating balance and freedom. One of the most important laws is the one concerning the play of opposites, the universal principles of yin and yang, movement and rest, and other complementary opposites. With this understanding of opposites, we can always change a physical or mental condition to its opposite to achieve balance. This understanding of the play of opposites is an intuitive one, and common to of all the world's great religions, including Confucianism, Taoism, Shintoism, Buddhism, Zoroastrianism, Judaism, Christianity, and Islam.

Macrobiotics is an approach to wellness. It has a coherent, logical, and easy-to-learn guiding philosophy and specific recommendations for our lifestyle. Macrobiotics seeks to return to the original position of harmony with nature and the universe.

Longevity

by Irene Yaychuk-Arabei, PhD, MH, RNC

Why would one choose a longevity balance? It certainly is not the body's priority. In fact, it is not part of the consensus reality to create a life that lasts hundreds of years. There is a belief from ancient times that each individual has only so many breaths and so many heartbeats, and that when they're used up, we die. According to astrology, we have our own cadence, and our life span is predictable. Everything that lives is programmed to die. How do we even dare to attempt to beat the system? Yet there are those of us that are fascinated with life, and desire the time to experience life. We wish to explore, create and to grow. Longevity is for those who are willing to embrace life with passion and enthusiasm knowing that there is always more to reach for, and expand our being.

Longevity holds a high negative emotional charge with most people, and needs to be understood. There is a light side and a dark side to longevity. Let us look at the dark side of longevity. It is the ultimate prison and instills fear of being trapped in this body forever. Some just stay alive because they're so afraid of dying, and cling to the body even though debilitated. Others identify themselves through their body by seeing their body as who they are, and don't realize it is just a vehicle. They strive for the perfect body in a continuous losing battle. We can get caught up in the fear of what lies beyond life. What if I really do go to hell, or I'm terrified of my body rotting and being eaten by worms. Some are imprisoned in the beliefs that there is nothing beyond the physical world, so they must hold on and control life so death doesn't get them. Most people are terrified of growing old. The media, magazine photos, and advertisements clearly display that young is good, while old is bad. The perfect body attitude makes people feel defective, thus snaring them in the struggle of staying young forever. They'd rather die first than get old. Old age becomes a failure and a nightmare. Most of our society also views death as a failure, a betrayal. Death is bad, and is denied and avoided.

The positive side of longevity is not interested in clinging to life. These exceptional individuals want to reverse the aging process in order to experience the multidimensional aspects of life. They need more time to be vibrant and productive. They are fascinated and involved in so many aspects of life. They want to be totally aware in the process of stopping and even reversing the aging process. They see their body as a vehicle to move their consciousness on this physical plane. They're willing to consciously take care of this body, rebuild and regenerate it. It does not have to be perfect, but it does have to get them to where they are going comfortably. The body is loved and appreciated with all its imperfections because it provides such a valuable service. So, the positive side sees life as an opportunity to enjoy this physical world, and to explore and accelerate growth. Longevity gives us time to do this.

The body is conditioned to die, and must die at a certain time. In order to attain longevity, we must look at our old age scripts. How do we look at our seniors? We need to be honest with ourselves. Do we feel sorry for them, and dislike being around them? Do we see them as being slow, mundane, and preoccupied with the past? Does this make us feel impatient, uncomfortable and angry at old age? Are the thoughts of oneself getting old frightening? Longevity means we can grow old without becoming old. We learn to see the value of old age.

We all have a death script. We actually know how and when we are going to die. We must face our death script and release our limited beliefs and attitudes around death and dying.

Finally, we have to face our death urge. The death urge lives in our unconscious mind, the instinctive mind deep in our cellular level. Changing our old age and death script as well as our fundamental beliefs and attitudes about living several hundred years, will not stop the death urge! The death urge is more than a belief or a script. It is part of the DNA that exists in every cell, and also part of the process of growth and development. It has a

different biological clock. At some point that urge will be triggered, and like a time bomb, it will discharge. Some of our cells have already fired up and are aging more than the rest of the body. Thus the liver, heart, brain, or other organs can be dying sooner than the rest of the body. The death urge is the part of the self that is afraid of living that long and sees life as a sentence. That part must be found and disconnected. The DNA that holds that trigger mechanism that holds that urge is to be rebuilt, and the biological clock changed.

The following is a skeleton outline of a longevity balance to which new ideas can always be added. This work can be integrated into whatever system of balancing you choose, be it Touch For Health, PKP, One Brain, or Edu-K, to name a few.

Longevity Balance

- * Obtain PERMISSION for a longevity balance on all levels of consciousness.
- * Set a GOAL (make it reasonable. It is not within our belief system to live several hundred years yet. However, living to 90, or even 110, may be acceptable.) eg. I live to be 100 years old, with a vibrant, enthusiastic life, full of joyful experiences and growth, while my body supports me comfortably and easily.
- * Work for WILLINGNESS - see PKP manual level 2
- * Check LIFE PATH - see PKP manual level 3
- * Check for SABOTAGE PROGRAMS - see PKP manual level 3, eg. Conflict or reversals:
 - I want to/don't want to live to be 100 years old.
 - I believe I can/can't live to be 100 years old.
- * Gather DATA for the body of the balance. Check on conscious, subconscious and unconscious body levels and defuse.

The Dark Side of Longevity

Longevity is the ultimate prison. I'm afraid of being trapped in this body forever.

I'm so afraid of dying that I stay alive even though my body is debilitated.

I cling to my physical body because my body is who I am.

I want to maintain a perfect and beautiful body.

I'm afraid what lies after death.

I'm afraid I'll go to hell.

I'm terrified of my body being eaten by worms - being burned.

There is nothing beyond the physical world, so I must beat death.

I'm terrified of growing old.

I'd rather die first than grow old.

Old age is a failure and a nightmare.

Death is a failure

The Positive Side of Longevity

Longevity gives me time to be vibrant and productive.

I am fascinated and involved with so many areas and things in life.

I want to consciously stop the aging process in order to experience the richness of life.

I see my body as a vehicle to move my consciousness from one place to another.

I want to take care of my body.

I am willing to use my body as a vehicle to accelerate my growth.

I'm willing to rebuild, reconstruct and restore my body.

I love and accept my body with all it's imperfections.

I see life as an opportunity to enjoy this physical world.

I see life as an opportunity to create success.

I can be youthful in spite of my wrinkles.

Death is a doorway.

I want to stay in life to learn as much as I can.

I want to grow old without becoming old.

Old Age Script

To be old means one - has to slow down.
loses memory

becomes weak
can't stand long
has achy bones/joints
has got to be lonely
is abandoned by their
kids
friends all die
is hooked up to
machines
vegetates in a nursing
home.
looks old and ugly

Death Script

When are you going to die?

How old will you be?

How will you die?

How will death come? eg. Tragic, quick,
agonizing,

Death Urge

- * The death urge is a family tradition. Everyone dies at a certain time, and I must preserve this tradition.
- * I want to be done. I want to be free from my victimhood, self pity, and martyrdom. I've suffered enough. I have struggled enough.
- * I will never be happy - I will never know peace - I will always struggle.
- * I'm terrified of looking old. I'm terrified of not looking young.
- * Death helps me end the misery of old age, illness, and loss of friends
- * I'm afraid of living long. It is a punishment and a sentence.
- * I'm not entitled to longevity. God will punish me if I try.

Dismantling The Death Urge

By clearing the negative emotional charge on the above statements, and keeping them clear we are already disconnecting the death urge. The death urge needs to also be replaced with a life decision, by restructuring the DNA. We do this work by accessing the fourth ventricle of the brain. The information is stacked and

we follow the procedure of a full balance with age recession. (balance within a balance.)

Stack the following information:

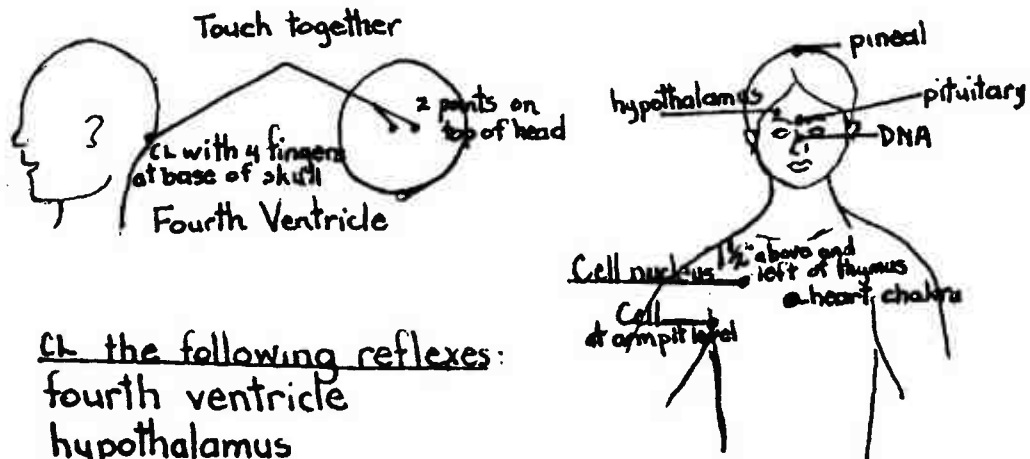
- 1) Access the fourth ventricle of the brain. - four finger touch at back of head, two finger touch on top of head. Person imagines the ventricle as a geode. (see diagram)
- 2) Heart chakra - five fingers over thymus area.
- 3) Touch and stack the following points. Hypothalamus, Pituitary, Pineal, DNA, Cell, Cell Nucleus
- 4) Add positive emotions - joy, laughter, gratitude, trust, enthusiasm, aliveness, wonderment, ecstasy etc. *passion*
- 5) Find a healing sound (like a mantra) for the person to work with. *Not M, they make up*
- 6) Healing crystal - test for personal crystal and give gift of a geode.
- 7) Affirmation - This is a declaration of longevity and decision to live.

When goal is complete, check the following statement in past, present, and future. Longevity is a celebration of life!

Follow-up activities

How To Extend Life and Reverse the Aging Process

- 1) Connect With the Elements for purification
 - a) AIR:
breathing techniques.
 - b) WATER:
Drinking up to 1 1/2 gallon good quality water daily.
Hydrate the exterior of the body by bathing or showering daily.
Rehydrate face by splashing 20 times two times a day.
Spray face with atomizer containing mineral water.
Massage the blood vessels with hot and cold showers.
 - c) FIRE:
Two to three times a week be in the sunshine for ten minutes with no glasses for purposes of purification.
The seventh chakra is connected to the



ck the following reflexes:

fourth ventricle
hypothalamus
pineal
pituitary
DNA
cell nucleus
cell
heart chakra
foot chakra

optic nerve and is light sensitive.
Expose all chakras to the sun, but not
in the heat of the day.

d) EARTH:
proper diet and sleep.

2) Exercise - stretching, spinning vortices
(see: Tibetan Energy Workshop by Bruce and
Joan Dewe), and exercise of choice in
moderation.

3) Fulfilling Work - We must work at
something as well as have something to look
forward to.

4) Work with healing, and willingness to
receive. Bodywork is imperative. Illness is a
sign that something is not working in your
life.

5) Spiritual
- Develop a relationship with your Higher
Self.
- Connect with the healing sound or word
(with "m" or "n" in it, can be Shamanistic,
Hindu, etc.)
- Take a regular inventory and evaluate the
death urge on an ongoing basis.
- Be happy, get your needs met, then seek
joy.

6) Fulfillment create a sense of fulfillment in
every avenue of your life. Reevaluate your
destiny, meaning and image.

7) Mental process - always create new thoughts,
feelings and passions in life. Think more,
stimulate the brain. Old thoughts turn into senility.

8) Work with your healing sound as a mantra.

9) Stimulate the pituitary/pineal glands through
meditation.

10) Always re-asses your old programs and
patterns to make sure you haven't slipped back.
Acknowledge your wins as well. Visualize and
affirm yourself as youthful. See your future self
with clarity.

11) Get balanced regularly for cellular
regeneration.

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The Power of Touch and Caring

by Sandra-Jeanne Chadwick, R.N.

There are so many aspects within our lives and within our worlds that have an effect, an impact, on how we live and how we affect others. So many people, over the years, have asked me "What is it about your hands?" or they would say "There is something about your hands." There is a possible answer to why some people seem to give a certain beneficial effect with their touch and others lack any positive effect, or even feel rough and uncaring - as in my early experience. I would like to show you a unique application of muscle testing combined with Kirlian photography, to show the effect of many everyday occurrences on our energy. These include touch and caring, colors, music and sound, words and thoughts, food; things we often take for granted.

Kirlian Photography is named in honor of the Russian researchers Semyon Kirlian and his wife, Valentina. In 1939, while working as an electrician, Semyon was called to a university laboratory in Krasnodar, near the Black Sea, to repair an instrument used in electrotherapy. When a patient received treatment with the machine, Semyon noticed tiny flashes of light between the glass electrodes and the patient's skin. He wondered if he could photograph that light. To prevent exposure to the film, Semyon substituted a metal electrode for the glass electrode in the machine. He used himself as a subject to photograph the corona discharge (spark).

Kirlian built his own machine to generate high-frequency electrical fields with an oscillation (movement between two points) of 200,000 sparks per seconds between two electrodes. Kirlian photography used high-voltage, low-current electricity to expose film. The high-voltage electricity creates a corona discharge around the object being photographed. Because the object is usually in direct contact with the film, the film accurately records the coronal discharge from the object. It was discovered that it was possible to do this without a camera by inserting a plate directly between the high-frequency spark and his hand. Upon being

developed, the photographic plate produced a glowing image of his outstretched fingers. Living objects made pictures studded with dots and flares, but with inert objects there was no image at all.

"An unseen world opened before my eyes", Kirlian writes, "whole luminescent labyrinths, flashing, twinkling, flaring. Some of the sparks were motionless, some wandered against a dark background. Over these fantastic galaxies of ghostly lights there were bright multi-colored flares and dim clouds.

"Kirlian describes how his incipient, as well as his actual state of health and vitality were rendered dramatically visible: low ebbs reflected a dull and chaotic image on the screen, while shooting off beams of light, like sun-flares, from specific energy points on the skin."¹

"Every living thing placed in the high-frequency discharge produces these patterns. A whole hand can look like the Milky Way, sparkling and twinkling against a glowing background of gold and blue. A freshly picked leaf shines with an internal light that streams out through its pores in beams that gradually flick out one by one as it dies. Leaves taken from plants of the same species show similar jeweled patterns, but if one of the plants is diseased, the pattern in the leaf is entirely different. Similarly, the patterns produced by the same fingertip change with the mood and health of the man to whom it belongs. Kirlian says, 'In living things, we see the brightness, dimness and colors of the flares. The inner life activities of the human being are written in these *light* hieroglyphs. We've created an apparatus to write the hieroglyphs, but to read them we're going to need help'.² The Kirlians' devoted their lives to studying this photography.

Acupuncture/Acupressure

Acupuncture is a complete medical system in China which has existed for several thousand

¹ Rhythms of Vision, pages 122 and 123

² Supernature, page 145

years. It certainly has "stood the test of time". It is part of the Chinese basic culture, philosophy, and outlook on life. Health is harmony, balance, energetic living in all areas: mind, body, and spirit.³

In Western (Allopathic) Medicine, the symptom, not the cause, is looked at and treated. The reason why the symptom has developed isn't really looked at. (As a nurse, I kept saying that until you take care of the cause, the symptoms will keep coming back and back and back. I saw this so much - "The Revolving Door Syndrome"). In the Chinese method of medicine, they look at the whole person.

"Energy activates and maintains all forms of life, animate and inanimate. The sustaining energy of our human system is derived from our environment, primarily through respiration and nutrition."

"While it permeates every living cell and tissue of our bodies, this energy's peripheral circulation is linked by internal pathways called *meridians*. And on each meridian, there are *key points* which - when stimulated - unblock energy flow and restore balance in the system."

"These key meridian points are on or near the skin. Historically, they are the *acupuncture points*. All have been numbered for consistency and convenience."⁴

"Acupuncture deals with the energy system in the human body. The Chinese look very objectively upon energy as a reality. First we have the energy system, second the nervous system, then the circulatory system and lymphatic system and so on. This energy system occurs through pathways on the surface of the body, which then diverge and go deeper into the body and affect the various organs. These are not isolated pathways - they all interconnect."⁵

"The Chinese also recognized that while the earth is webbed with vital though invisible streams of energy, so too, in a lower key, are

animals. In the human body they called it *Qi* or *Chi*. It is into these *Qi* streams that the needles of the acupuncturist are placed in order to harmonize the metabolic "ecology" of the patient."⁶

"*Allopathic* or *drug-and-cut* medicine and psychology, which have been the institutionalized expression of the age of rationalism, are only just ceasing to treat both the body and the mind as machines which can only be understood by taking apart their various cogs. Whereas allopathy generally sees man as a mechanical and chemical 'island unto himself' walking on the surface of the earth, fringe medicines recognize him as a force-field, a part of the force-fields of the earth, which is in turn a part of the weave of the Cosmic Force-Field. In this context our ills are seen to be an imbalance in our response to the invisible forces which maintain us. It is significant that the fringe medicines still farthest from orthodox recognition are those which most strongly accept man's aetheric nature, yet in certain instances, such as acupuncture, they have a validity which can be scientifically demonstrated while yet being founded entirely on 'mystical' precepts."⁷

Few Westerners had heard of acupuncture until the 1960's. In the early 1970's, James Reston of the *New York Times*, while in Peking at the time of Dr. Henry Kissinger's arrangement for President Nixon's visit to China, became ill with acute appendicitis. He was abdominally anaesthetized with needles placed in the acupuncture points of his right hand prior to being operated on in the normal surgical way. His rapid return to health, also facilitated by acupuncture, amazed and intrigued Western doctors sufficiently to make them take a serious look at the practice.⁸

There are a variety of doctors who combine acupuncture with their orthodox practice. My dentist in Toronto, Canada, who is also a Naturopath, uses acupuncture. I personally experienced acupuncture a number of years ago while he worked for about 2 hours, drilling and removing a filling from one of my

³ Newsletter

⁴ Midday-Midnight Law & The 5 Elements, page 1

⁵ Newsletter

⁶ Rhythms of Vision, page 41

⁷ Ibid., page 149

⁸ Ibid., page 150

teeth. I didn't feel a thing. I think he placed one needle in Hoko in my right hand and above my right ankle. And after my appointment, I went to eat Mexican food for lunch.

"The first concept in Chinese medicine is the unity among all the systems that make up a human. The second is that there are polarities in all things - yin and yang. Everything in creation is a result of the interplay of the two elements, yin and yang. *Yang* is the light, active, creative, positive element. *Yin* is the dark, passive, receptive, negative element. It is stated in the Chinese text "The Yellow Emperor's Classic of Internal Medicine" that in order to treat and cure diseases one must search into their origins. Through the interactions and functions, yin and yang, the negative and positive principles in nature, are the causes of diseases which befall those who are in rebellion against the laws of nature - or who do not conform to them.

"Everyone is made up of both yin and yang elements. Yin exists within yang. Yang exists within yin. The solid organs are considered to be yin. The hollow organs are considered to be yang. Just as there is a north pole and a south pole on a magnet, there are yin and yang polarities within the body. The life systems are energized by this flow of energy. Oriental thought recognizes two essences in the body - *iei*, generated by the gross elements of food, which flows within the bloodstream, and *chi*, the primary or universal energy which is the origin of all things and of life itself. The channels along which this chi energy flows in the body are called *meridians*." ¹⁰

"Acupressure vessels, or meridians, are located throughout the body. They contain a free-flowing, colorless, non-cellular liquid which may be partly actuated by the heart. These meridians have been measured and mapped by modern technological methods, electronically, thematically, and radioactively. With practice, they can also be felt. These are specific acupuncture points along the meridians. These points are electro-magnetic in character and consist of small, oval cells called bonham corpuscles which surround the

capillaries in the skin, the blood vessels, and the organs throughout the body. There are some 500 points which are being used most frequently in a definite sequence, depending on the action desired." ¹¹

Chinese medicine is based on the idea of harmony or balance. A healthy person is someone in complete harmony, both internally and with nature. "Harmony, and therefore health, depends on balancing yin and yang. Since our bodies are in dynamic balance internally as well as externally (with nature), we are constantly making minor adjustments to maintain equilibrium. In other words, perfect health is not some static state we can hope to achieve; instead, our bodies stay well by making changes in response to various influences. When we are unable to adapt - whether to a change in weather or the invasion of a virus - we fall ill." ¹²

"It is important to note that in Chinese medicine, the term *organ* refers to a whole network - not just the organ itself. For example, when a Chinese physician speaks of the liver, he's referring not just to the organ, but to a whole system of structures - tissues, skin, tendons, bones - that form an energy network in the body. Emphasis is less on form (shape, size, location), and more on function - how the organ interacts with and affects the rest of the body. While each internal organ has a specific function, it is also linked to the rest of the body by an intricate network of energy channels known as meridians." ¹³

The energy network that links the organs also serves as the pathways for qi (or chi), the body's vital energy. Invisible, formless, and indispensable, according to Chinese theory, qi is said to spring from several sources and to perform a range of functions. Qi circulates through the body, warming us, offering protection against illness, giving us vitality. Some of the energy comes from our parents at conception, and some is derived from food and air (which is one reason diet and breathing exercises are so important in Chinese medicine).

⁹ Touch For Health Manual, page 17

¹⁰ Ibid., page 17

¹¹ Family Guide to Natural Medicine, page 42

¹² Ibid., page 44

Like qi itself, the energy meridians that transport it are invisible. However, according to theory, they serve three primary purposes: 1) they transport qi; 2) they are the communications link for all parts of the body, and; 3) they regulate the *zang-fu* organ systems. (There are five *zang* organs - heart, kidney, liver, lungs and spleen, and there are five opposing *fu* organs - gallbladder, small intestine, stomach, large intestine and bladder. They work together as a unit, regulating each other's activities. The *fu* organs primarily serve to transform food into energy and eliminate wastes while the *zang* organs are said to control the storage of vital substances). The meridians also connect the exterior and interior of the body, which is why acupuncture is able to have effects deep within the body. When viewed from this perspective, meridian theory explains why a problem with the liver, for example, can reverberate throughout the body - by disrupting the normal flow of qi and causing imbalance elsewhere in the body.¹⁴

Acupuncture, an ancient Chinese healing art, aims to restore the smooth flow of qi. "Though this energy circulates within the body, it can be accessed at many superficial points located along the major meridians. Each of these meridians is associated with specific organs, and every acupuncture point is considered to have a particular therapeutic effect."¹⁵

"Classic texts describe 365 acupuncture points. But today, some practitioners claim that the total is more than 2,000. Acupuncture points can also be stimulated by heat or pressure. Deep finger pressure, known as acupressure, is another therapeutic technique used by some acupuncturists."¹⁶

"Meridians are classified yin or yang on the basis of the direction in which they flow on the surface of the body. Meridians interconnect deep within the torso, but (in Touch For Health) we work with the part that is on the surface and is accessible to touch techniques. Yang energy flows from the sun,

and yang meridians run from the finger to the face or from the face to the feet. Yin energy, from the earth, flows from the feet to the torso, and from the torso along the inside (yinside) of the arms to the fingertips."¹⁷

"Since the meridian flow is actually one continuous, unbroken flow, the energy flows in one definite direction, and from one meridian to another in a well determined order. Since there is no beginning or end to this flow, we represent the order of the meridians as a wheel. When this energy is unrestricted, the body harmonizes the flow to optimize body functioning. Sometimes, though, the life we lead and the abuses we heap upon our bodies cause stress, and sometimes the stress is so intense or so constant that, in effect, it 'overloads' the circuit. The 'circuit breaker' pops, and needs to be reset before energy can flow properly. Our indication of whether this has occurred is the muscle test. If a muscle tests weak, we know we have to go to certain spots on the body and press or hold to reset the body and restore proper flow. This restoration of flow is immediately indicated by a strengthening of the muscle."¹⁸

"In **Touch for Health**, we use muscle testing to find out how well energy is flowing within the body. A muscle which tests weak indicates some blockage or constriction in the energy flow. The process we use to unblock the energy and restore balance to the system is called balancing. There is no such thing as a Touch for Health treatment. Instead, no matter what the person has in the way of symptoms, we balance the body energies and strengthen all of the weak muscles we find; this brings the posture into better balance. It is the body itself which performs the healing process. Nothing is beyond the power of the body's own healing process. What we do is balance the energy flow and the posture, putting the body in the best possible state from which to heal itself."¹⁹

Everything is a vibration, everything has a frequency. Some people and some things vibrate in harmony, and some don't, they are

¹³ Ibid., page 44

¹⁴ Ibid., page 46

¹⁵ Ibid., page 46

¹⁶ Touch For Health Manual, page 18

¹⁷ Ibid., pages 18 and 19

¹⁸ Ibid., pages 18 and 19

in discord. Even plants are either in harmony or discord when they are planted close by each other (companion gardening).

Vibration takes us to the different expressions of energy in our immediate environment, colors, music, water, plants, animals and human beings. Studies have shown that plants have 'aetheric' nervous systems which respond to music and human thought-forms, and how the human aura itself can be photographed to reveal the colors and moods of the psyche. Even the rhythms monitored in the human mind show that the visions of consciousness are themselves *woven with vibration*.²⁰

German physicist, Ernest Chladni, in the 18th century, was one of the first people to render vibration into visible form. He began by scattering sand on steel discs and with various notes of a violin played, observed the changing patterns which were produced. These are known as 'Chladni figures'.²¹

Hans Jenny of Zurich was so inspired by Chladni's work that he spent ten years duplicating and expanding his experiments using sophisticated equipment. "He names the pursuit Cymatics - the study of the interrelationship of wave-form matter."²²

Jenny used discs with liquids, plastics, metal filings and powders. "He then vibrated the discs through the controlled medium of a crystal, observing that as the pitch ascended the musical scale, the harmonic patterns on the discs also changed, many of them to organic shapes: the vanishing spirals of jelly-fish turrets, the concentric rings of plant growth, the patterns of tortoiseshell or zebra stripes, the pentagonal stars of sea-urchins, the hexagonal cells of the honey-comb, etc."²³

"Chladni discovered that his sand particles formed shapes in response to a violin played even in the *next room*. Any musician knows that in an auditorium full of middle C tuning forks (designed to vibrate at precisely 256 cycles per second), only one of them need to

be struck for all the rest to resonate in sympathy."²⁴

"If we can but change our ways of 'seeing', and alter our habitual focus from the outside world of endlessly ramifying and unrelated facts, we can discern an extraordinary order underlying the apparent chaos. This order is the movement of energy. The most apparent things about energy is that there is nothing else. Its rhythms are not only outside and within us, but they are us, from the oscillating particles comprising the atoms of our bones and eyelashes, to the rhythms which ebb and flow in our minds. Energy moves in cycles or wave motions; it is never at rest, and it is always everywhere, appearing in countless hierarchical modes - like the waves on an ocean breaker, the ripples on these waves and the flutings on those ripples: each being part of an organic flux, but played in a different key. The differences between blue and orange, F sharp and E flat, even between a circle and a square are differences only in wave motion."²⁵

"Immunized against the radiance of our existence, we are aware of only a fraction of the spectrum of vibration in which we have our being - while all about us nature breathes in regular rhythms, the tides drawn about the earth, the sap ascending and descending the stems of the vegetable world, the strange radio-electric emanations from space monitored by the astronomers. Even our bodies, eyes and voices reflect these rhythms, and by touching our own wrists we can actually feel the universal beat of our blood."²⁶

"A curious inconsistency remaining from the early and literal days of rationalism is that what we cannot see, touch and hear, is not real."²⁷

"Light, heat and colour do not exist on their own. Energy of many different wavelengths stream from the sun and other sources, but very little of it makes itself perceptible to the human senses by reflecting off, or interacting

¹⁹ Ibid., pages 7 and 8

²⁰ Ibid., page 112

²¹ Ibid., page 113

²² Ibid., page 113

²³ Ibid., page 116

²⁴ Ibid., page 5

²⁵ Ibid., page 4

²⁶ Ibid., page 109

with, matter. Heat is the tangible result of disturbed oscillation of atomic particles; light, in the case of sunshine, is the visible reflection off the particles in the atmosphere; and the colours we see are simply the vibratory rebound of the frequencies which a 'coloured' object has refused to absorb...In a total vacuum there can be neither heat, light, nor colour".²⁸

Most people can name and distinguish twelve or fifteen colours, whereas "there are professional dyers and painters who have a colour vocabulary of several thousand shades. This range of vision causes them to *see* a coloured universe which is as different from the average man's as a fifteen-word language is different in scope and dimension from one of two thousand words. With depth of vision come the dimensions of quality and mood. This flat schema of the presently-known electromagnetic spectrum, the minute range detectable by our physical senses, gives no hint of the deeper dimensions in which the vibrations of light alone (at the infra- and ultra-visual levels) loom the universe with life."²⁹

Work done by Goethe and Rudolph Steiner into chromatic visions is continuing. Theo Gimbel is directing studies into the energies of the deeper dimensions of colour, shape and sound at the Hygeia Studios at Gloucestershire. Here, Luscher correlated colour preferences with human temperament. "Rather than merely exciting emotional 'mood', specific shades are revealed to have a measurable physiological effect on the body. A precise shade of red has been isolated which increases the pulse rate, blood pressure, and respiration; and another, of blue, which correspondingly reduces them. High concentrations of a certain shade of yellow are being used in the alleviation of migraines and asthma, and of green to 'settle' victims of shock."³⁰

Chromatherapy is the practice of healing using color. When we talk about colour therapy, we are talking about energies and vibrations. The aim is to raise vibrations of

the body above the vibrations of the disease. Different colours vibrate at a different frequency. Especially when you are not feeling well, be careful of what colours you wear or have around you. For each organ and system there is a colour to stimulate and one to inhibit.

People have even been known to *see* colours by holding their hands over them. In Samoa, blind people were able to describe "the colour of objects merely by holding their hands over them".³¹

Some of the colour properties as stated in: My Natural Health Counsellor Colour Therapy notes:

GREEN - (The Master Healing Colour) has a soothing and quieting effect upon the nerves and body. It is a good basic colour for all disorders, either chronic or acute. Helps the Pineal Gland. It is a balancer. Destroys germs. Very stimulating for the Third Eye. Green raises vibration of the body above the vibration of the disease, therefore acts as a form of immunity. Put Green (Aloe Vera) on open sores, cuts, and bruises.

Foods that contain green: all green vegetables and fruit.

RED - It has a stimulating effect on the nerves and blood. It should never be used in feverish, inflammatory or nervous and excitable condition. Can be used to help stimulate the glands. Stimulates the circulatory system. It can promote cheerfulness and action, or irritate and overexcite. Care must be taken when using red. Do not use with eye problems or stroke problems.

Some foods that contain red: beets and their tops radishes, red cabbage, spinach, grapes, eggplant, kidney beans, watercress, watermelon, black cherries, strawberries and raspberries

YELLOW AND ORANGE - both stimulate the nerves. They benefit in disorders in digestion, constipation, and female pelvic disorders. Yellow helps paralysis, stimulates

²⁷ Ibid., page 109

²⁸ Ibid., page 110

²⁹ Rhythms of Vision, page 110

³⁰ Ibid., page 111

pancreas. Orange helps kidneys, lungs and thyroids.

Some foods that contain yellow: yellow beans, corn, yams, squash, parsnips, lemons, grapefruit and eggs.

Some foods that contain orange: carrots pumpkin oranges apricots cantaloupes peaches sweet potatoes eggs

BLUE AND VIOLET - are sedatives, astringents and nervines. They quiet and soothe the nerves and are beneficial for inflammation. Blue works as a wonderful antiseptic. Helps with throat chakras and throat disorders. It is an antidote for red. Can lower high B/P. Excellent for insomnia and breaking fevers. Violet acts as an antibiotic, stimulates the spleen, restores adrenal glands and helps hypoglycemia. Excellent to induce a deep, relaxed sleep. Helps calm diarrhea.

Some foods that contain blue: blueberries, fish, potatoes and blue grapes.

Some foods that contain violet: eggplant, purple grapes, blackberries, black currants and purple cabbage.

PURPLE AND MAUVE - are sedative and soothing and productive of sleep. These colours are very useful in cases of mental instability. Purple, which is a mixture of Violet and Yellow, slows the heart beat, relieves pain and pressure of the heart.

And according to my Natural Health Counsellor Colour Therapy notes, colours corresponding to music include:

Handel Violet Purple
Tchaikovsky Blue Green / Yellow
Bach Blue Gold
Mendelssohn Rose Pink and Apple Green
Beethoven Red / Violet / Amethyst
Chopin Mystical Blues
Schumann Deep Pink and Gold (excellent for children)

Wagner Pale Mauve interspersed with delicate Green
Strauss Blue interspersed with Yellow

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In Search of the Missing Links for Permanent Weight Loss

by Donna Kramolis

If you were to go on a diet to lose some weight, the standard thing to do is: eat nutritious food from the food pyramid totaling 1000 calories a day, eat no fat, eat carbohydrates and proteins and lots of fiber instead, and exercise 5 times a week. I don't need to tell you all the details, you've done it before. The only thing is, **it doesn't work**. We put the weight back on and then some. Sometimes, we only get five pounds off and stall. Only 2% of us keep it off for more than five years. **It's discouraging.**

After failing on the Weight Watchers diet several times, I knew research was necessary if I was to get the 30-40 pounds off and keep them off. Not only did I need to take off the weight, but something else was wrong. I had no energy, my mind was in early Alzheimer's, I hurt all over and I couldn't control certain eating compulsions. Then when depression was constant I went to the doctor. He poked, probed, listened here and there and finally drew blood for tests. A week later he told me the good news, "nothing was wrong", except that my cholesterol was up to 292 and my B.P. was moderately high.

Since none of my kinesiology tricks did anything to help, and I didn't have the money to shop for the right doctor, I went to the library and started reading books on health and healing. One of the first books to get my attention was Dr. Stuart Berger's *Immune Power Diet* book. He wrote in 1985 about what he learned after being let down by his own medical community at Tufts and Harvard Universities in his own attempts to take off his excess 200 pounds and to regain his vitality. Dieting made him worse off, with head and stomach aches, depression, brain fog, etc. Even though he was a brilliant man, he wondered if his body would hold up long enough to finish medical school. So he was forced to do research in his medical school library.

One of Dr. Berger's first discoveries had to do with the immune system (IS), our bodies

defense department. When it works well we don't get infections. The little lymphocytes act like army men and attack the invader. Then he learned about the food/nutrient connection to a healthy IS. By eating toxic or stressful foods you can throw off your IS, and your entire body. He found that our IS, gets confused when we eat the "immuno-toxic foods" and sends out lymphocytes that end up attacking the body. This is called auto-immune response and creates diseases like cancer, asthma, diabetes, joint diseases, rheumatoid arthritis, M.S., Lupus, chronic fatigue syndrome, dermatitis, colitis, ulcers, fibromyalgia, migraines, insomnia, foggy brain, schizophrenia, maybe even Alzheimer's disease and dementia. Also Dr. Robert Good of New York's Memorial Sloan-Kettering Cancer Center "showed that diets high in fat could speed up the shrinking of the thymus, a vital organ that processes our immune cells" (p. 14). Nobody wants a shriveled up thymus gland.

Through experimentation on himself (research on the subject was so new that the mouse trials hadn't been done yet), Dr. Berger found he felt much better if he didn't eat wheat and dairy and of course fat, coffee, and alcohol. He mega-dosed with vitamins and minerals and felt he had revitalized his own IS. He researched nutrition, especially trace minerals, and concluded that medical schools are at fault for avoiding this subject. His auto-immune diseases disappeared and he felt better than ever. He lost the 200 pounds and developed a successful career helping others.

Both Dr. Berger and Dr. John Diamond, who wrote *Your Body Doesn't Lie*, have a good description of the history of the discovery of our thymus gland and our IS function, in their books. Most doctors, RN's and registered dieticians don't even know this. My friend and Ashland County nurse, Ruth Johnson, recently told me "everyone knows the thymus has no function past puberty." That's archaic! No wonder we get nowhere at the doctor's office when we say "I just don't

feel right" and/or "I can't seem to take off the weight."

Dr. Diamond, in his book, tells how with muscle testing one can identify what things stress the thymus and reduce your **life energy**. Things like words, thoughts, pictures, graphics, postures, people, food, and physical environment all add up to create an overload of stress to "the camel's back" and we go into auto-immune disease. One doesn't have to be overweight to do this, either. For me the last straw came in the winter of '94. It was very cold for a long time. It was minus-50 degrees at night with a high of minus-10 during the day. Then the furnace motor gave out. There were many problems getting a new one in. Also, it was very noisy and vibrated in our bedroom. I'm sensitive to noise. Then, a cow got sick in the milk barn and we couldn't save her. It was too cold to open the door to drag her out (besides the tractor wouldn't start) so we had to walk over her to do the chores for several days. Then California had the big earthquake and that upset me. That's when I got in big trouble. I had no will over my body and it hurt bad.

Even though Dr. Berger's specialty was psychiatry he became a famous bariatric specialist. He learned by working on himself, then on patients. His biggest story is about "Sharon's thumb." She taught him that everyone has some stressful foods in their diet, which can make other problems besides excess fat. She was a successful furrier and her overworked thumb was so painful from sewing, lifting and handling furs and pelts, she was sure she'd have to give up the career she loved. After identifying her stressful foods and eliminating them from her diet, Dr. Berger helped Sharon take off 39 pounds and heal her painful thumb, thus saving her career, **in just two months**.

After treating thousands of patients, Dr. Berger found that the most toxic foods for most people are what he calls the "sinister seven." They are wheat, yeast, corn, soy, milk, eggs and sugar. He based his Immune Power Diet book on these basic ones, but of course with muscle testing we can identify specifically for each individual their stressful

foods. The scientific ways are time-consuming, painful and/or expensive.

So, I decided to use his diet and take off my weight once and for all. Like I said before, I was in early Alzheimer's and I didn't even think to customize the diet for myself. I religiously eliminated those "sinister seven" and my many cups of coffee and started feeling terrific in about three days. I had no more pain, my mind was clear, I had boundless energy, and my depression was gone. The weight came off so fast I felt obligated to sneak into the chocolate chips now and then just to slow it down. I'd always heard losing weight too fast was bad. No? The important thing was, **I felt good**. I also took his stress test and religiously took the mega-doses of vitamins & minerals for "level C."

I did the program for two months and along the way I discovered (the hard way) my body did not like bananas, sulfur dioxide in preserved fruits and wine and cinnamon. Then I thought I'd better muscle test. Sure enough, I couldn't have those either.

The results were wonderful at the conclusion of the program. My cholesterol went down 92 points, my Blood Pressure normalized and I'd lost 20 pounds. Through the summer I occasionally ate rich foods, some alcohol, and chocolate and didn't regain the weight. The trick seems to be to avoid the toxic or stressful foods day after day. Of the "sinister seven" I couldn't have milk or too much wheat. Of course if I want full energy, I don't do sugar.

One of the secrets in this plan is to rotate what you do eat over a four day period and to eat many different things: i.e. instead of wheat, corn, or soy; for grains he allows barley, rice, rye, kasha and millet, and of course there's spelt, quinoa and teff. Our American culture depends too much on wheat for sandwiches, cereals for breakfast, pasta, etc. I recommend everyone read his diet book plus a companion book, his *Immune Power Cookbook*, which can be found in used book stores.

What I've learned to do for myself and family is to redesign our eating habits for the rest of our lives. We avoid highly processed or

preserved foods, high fat foods, large amounts of red meat and rich deserts.

Quite often we don't look at our bad eating habits until we are backed against the wall. My brother had two heart attacks recently at the age of 83 and is finally redesigning his diet and life.

A 14 year old neighbor boy, Nathan, had excruciating headaches and missed a lot of school. He'd go to school to take a test but would have to lie on the floor to ease the pain in his head. The doctors did many MRI's, several spinal taps, etc. and found nothing wrong. Before he finally went to an allergist, I recommended his father, Mike, tell the doctor to check for wheat or dairy. The doctor doesn't do that, instead he checks for cat and dust, etc. After much prompting for Mike to let me see what my muscle testing could teach them, he finally brought the kid, in terrible pain to my house late one evening. I muscle tested many different foods and sure enough wheat was off. I then learned Nathan ate ten slices of french toast every morning for breakfast. Is that overdosing on wheat or what? I recommended he cut out wheat and eat other grains instead for two weeks and come back. After no word from them, I called and learned that Nathan stayed off wheat for five days and is back to a little wheat each day. I was alarmed until I heard his headaches had totally disappeared in four days.

In addition to redesigning our eating habits, my husband and I search all printed matter that we can get our hands on to read about new discoveries in healing, bariatrics and health. Even relatives and friends clip and send articles to me. In *Let's Live* magazine's April 1994 edition, I found an article by Dr. Sherry Rogers on "The Leaky Gut Syndrome." In this article she explains that "once the gut lining gets inflamed or damaged its functions become impaired. These spaces open up and allow large food antigens to be absorbed into the body. Normally, the body 'sees' only small, tiny food antigens. When it sees these new, large ones, they are foreign to the body's defense system.. So the attack results in the production of antibodies against once harmless foods. Once antibodies are produced they can do many things like attach

to a joint space. This then turns on an inflammatory reaction where a person may suddenly have arthritis that is induced by ingesting a food that used to be harmless. Or, If antibodies end up in the lungs, a person may have asthma and unsuspected food allergy may be one of the triggers."

What inflames the gut lining? Bacteria, parasites, protozoa and yeasts, alcohol and food additives, food allergens, toxins and genetic enzyme deficiencies, antibiotics, a diet high in sweets, caffeine and one of the worst things are NSAIDs (non-steroidal, anti-inflammatory drugs). These include aspirin, ibuprofen and naproxen sodium. These latter ones are the very things one takes for arthritis pain. It creates a vicious cycle.

So here is another doctor telling about auto-immunity from another perspective. Dr. Rogers was backed against the wall health-wise and needed to research for her own benefit as did Dr. Berger. I have four of her seven books and she makes no mention of Dr. Berger or his discoveries, but does a beautiful job of explaining why body seems to attack self. She also explains the consequences of all of this; fatigue, poor concentration, muscle spasms and bloating because nutrients are not absorbed properly, chemical sensitivity and liver exhaustion, vulnerability to all kinds of infections, auto-immune diseases plus fibromyalgia.

To get out of this mess Dr. Rogers says you must: 1) remove the cause, 2) improve the gut function and 3) heal the gut. Dr. Berger said to 1) identify and remove stressful foods and 2) rebuild the thymus function. Considering these two are writing nine years apart that's pretty good. Scientific knowledge is expanding rapidly.

In a special issue of the *Scientific American*, September, 1993, the topic was auto-immune diseases. They never once talked about the food/nutrient connection to cause body to attack self. Guess there's no research money for finding foods to take away from one's diet.

Nobody talks about our BMR (basal metabolic rate). It is influenced by thyroid hormones plus other events in the body.

When fasting occurs, the body recognizes it as starvation and shuts down the metabolic rate resulting in very little weight loss during that period. In a 1982 textbook, *Essentials of Nutrition and Diet Therapy* by Sue Williams on p. 33 she states "In starvation and malnutrition the BMR is usually lowered." The malnutrition could be because one is ingesting a stressful food, putting one into the inflammatory process causing an immune response and malabsorption of otherwise good food. In working with Richard Bellamy using my daughter and her wheat allergy we discovered that her calorie requirement to maintain her weight was around 1200 a day without eating wheat. With wheat by her thymus she only needed 400 calories. That's why, possibly, food stressed people put weight on so easily, and why it's so hard to take it off. Stressful foods throw off your metabolism.

Dr. Rogers, a specialist in Environmental Medicine in Syracuse, NY, talks about chemical toxicity in our environment, our empty and highly processed foods, not to mention the harmful chemicals used to produce our foods. Because of her chemical sensitivities she has studied, developed and written about macrobiotic diets for anyone wanting to get totally well. She has helped many people with cancer by removing both stressful foods and things from their lives. Then as long as they continue on the macrobiotic diet they are fine.

Enzymes and the proper digestion of food is of utmost importance. The first digestive enzymes seem to be bypassed by our society.

We slam them down the hatch with unchewed food in our fast paced style of living. So, slow down and **chew your food**. Dr. Rogers says to chew each mouthful 100 times. Now, that ought to slow you down., You get fuller quicker on less food, also.

There are other ways to improve our lives and take off excess weight such as meditation, visualization, exploring issues and blocks to success, energy balances and stress release to name a few. These are taught elsewhere and are to be used according to your comfort level.

Conclusion:

Because this new information is so dynamic in my life and could be in the lives of thousands of others I am happy to share it with anyone and everyone. I've developed my Life Enhancement Program into an eight week or a 16 hour course to help the motivated people get their lives back on track. There will be a workbook available in the future.

This program is good for people who have cardiovascular problems as well. The program is very low in saturated fat and besides pushing a large variety of foods, I emphasize eating a great deal of fiber. Exercise is a large part of getting well and staying well no matter what your situation is.

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Self-Breast Massage and Touch For Health

by Paul Larson, CMT

It all started when I listened to a homeopathic lecture tape by Robin Murphy, N.D. His words caught my attention: "The number one treatment for PMS in my experience is (Daoist) breast massage, done every day, with the breath, for the rest of your life. You will never get a tumor, you will never get a growth, you will never need a mammogram, PMS will straighten out, hot flashes will go away...We've seen cures of all kinds of lumps in the breasts and the tissues...you drain all the glands in the breast every day, stimulate circulation and tonify the breast...We all know that stimulates the pituitary, the thyroid, the adrenals and the ovaries; the whole endocrine system is balanced".

I began to advocate this practice to the women around me; the following is a testimonial I received from one of my first "self-breast massage" clients:

In 1991 I had a mammogram and was diagnosed with a tumor after an ultrasound test ruled out the possibility of a cyst. Paul taught me about breast massage and I decided to try it as a self-treatment for the mass. A follow-up mammogram was scheduled six months after the diagnosis so the doctor could monitor changes in size. In the six months interim I practiced the self breast massage technique daily and in the follow-up mammogram the mass had disappeared.

It is my belief that the breast massage was the relevant fact in this story in that the doctor found the tumor in my two year baseline mammogram. So it had been there for at least two years previous with no change in size or shape.

Sincerely, J.L.

*Newton, MA,
July 15, 1994*

In a second case, DS, a nurse and single mother in her mid-thirties, was told on a Friday by her doctor that she had a lump in

her breast that required a biopsy on the following Monday. At the end of her exam, she came to see me. She had previously had a biopsy and lumpectomy and did not want to go through it again. I suggested that she try self-breast massage over the weekend. On Monday, she called me up and reported that, following a weekend of breast massage, her doctor could not find the lump and told her that he must have been mistaken. The biopsy was canceled.

In a third case, DD, a childless housewife in her mid-thirties, reported nearly the same set of circumstances. She had been examined by her doctor who had scheduled a biopsy for the following Monday as he had located a lump in her breast. She spent the weekend doing self-breast massage, and on being examined by her doctor, was told that he must have made a mistake for he could find no lump. As in the previous case, the biopsy was canceled.

Now my students, and those of my wife, Joanne, are reporting similar instances of lump remission. We are finding, on occasion, that bodywork and Touch For Health can have profound effects.

How can rubbing the breasts get rid of lumps, cysts and tumors?: And how can Touch For Health enhance the effect? I believe the answer to the first question can be found in the oriental and the western medical literature. Mantak Chia claims that "massaging the breasts activates the energy of the glands and the organs. It is possible to prevent lumps from forming within the breasts, or to dissolve them, by using this practice". In Oriental theory, energy stagnation in any part of the body can lead to the formation of lumps and cysts. Oriental massage is one method of treating energy stagnation.

Over a hundred years ago, the western medical literature showed that doctors then were familiar with the spontaneous disappearance of breast or pelvic lumps, cysts and tumors following massage of the breasts or pelvic organs [1,2]. Today, regarding

unhealthy women, the medical literature states that estrogens are of cardinal importance in the development of breast cancer [3], that breast cysts are associated with increased risk of developing breast cancer [4], that gross cysts found in fibrocystic disease of the breast imparts risk for the development of breast cancer [5], and that estradiol, the most powerful estrogen, may be a potent mammary tumor promoter [6]. On the other hand, healthy women break down estradiol into the weaker estrogen known as estrone, and finally into the even milder estriol. [7].

Perhaps the Daoist chi kung works by bringing micromolecules via the blood, and macromolecules via the lymph circulation, to the breasts, where they combine at the cysts to metabolize estradiol to estrone to estriol for elimination in the urine.

How can TFH and applied kinesiology be used to improve this massage technique?: I use Touch For Health and PKP with my clients in at least three ways: To demonstrate overall energy enhancement, to illustrate specific organ meridian reflexes in the breasts (see Larson's Breast Reflex Chart), and to clear emotional charges that might be blocking them while practicing the technique on their own.

The first test, for overall energy effects from breast massage, is done by doing a 14 muscle check on the client, noting her imbalances, and then having her do one minute of self breast massage, and then rechecking to find the changes. Nearly always, I find the client has become balanced. (In fact, one time, when I couldn't find a way to balance, using all the techniques in TFH and PKP-1, I finally succeeded by having the client perform self-breast massage).

The second way I use TFH is in accord with the enclosed chart of meridian reflexes, as I find them in my practice. I believe that these areas as meridian neurolymphatics, and I use them in that manner. The breasts are well supplied with both nerves and lymphatics.

And in the third technique I test the person for the emotional charge upon initial breast palpation, and then after further palpation, test for a further emotional charge. Often it

becomes anger. In this way, the client if forewarned of the possible hurdles to be faced as their daily practice of breast massage progresses. With F/O holding, and ESR, the client is now clearing themselves on the physical and the emotional level (Stagnant energy in the breasts may lead to Stagnant Liver energy. The Chinese 5-Element emotion for the Liver meridian is anger. The Liver meridian energy becomes stagnant primarily due to anger, and Stagnant Liver energy most often manifests in the lower abdomen or pelvis as one or another gynecological complaint.[8]).

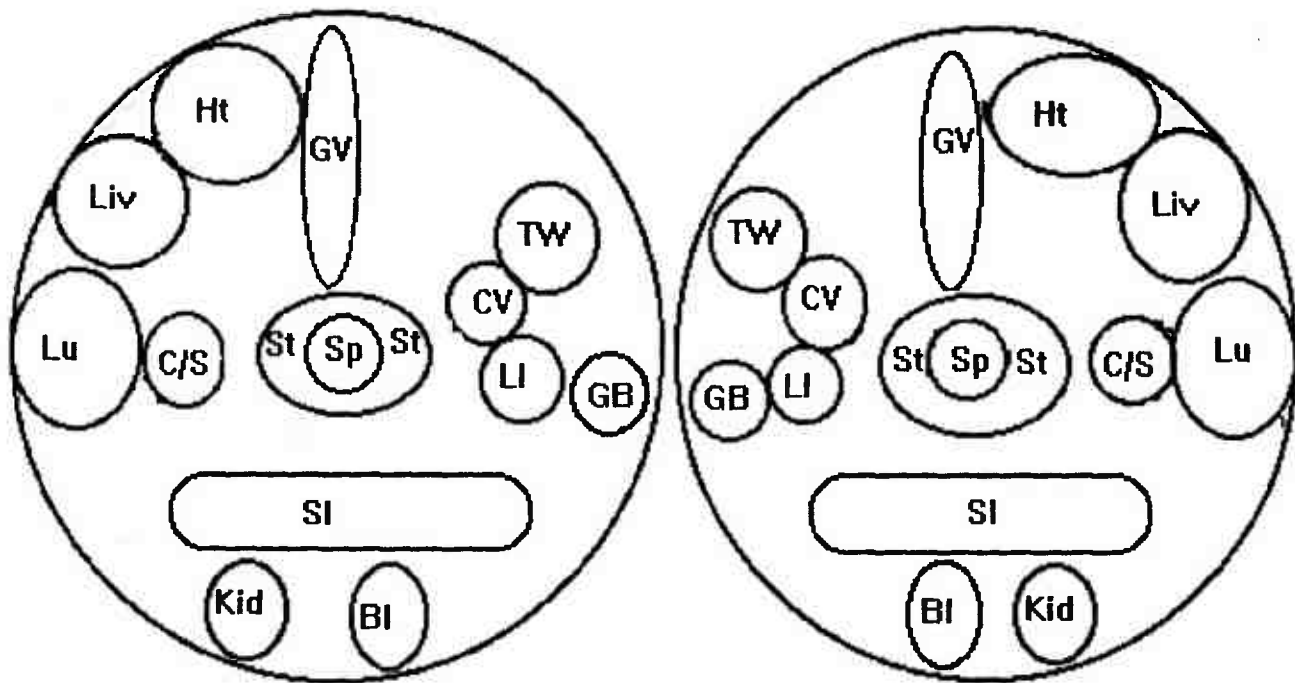
My wife and I have been getting very gratifying results with our female clients, using these techniques, and we would like to spread this good news.

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LARSON'S BREAST REFLEX CHART



Alternative Health Choices for Mental, Physical and Spiritual Growth

by Marcia Carnicelli Minor

Introduction

Our love for educating and informing the public about Preventative/Holistic Health and Personal Growth has brought us to the Touch for Health Association of America's conference to be able to share with you ways in which you can again take charge of your health mentally, physically and spiritually. We are also excited about sharing our Resource guide to Preventative/Holistic Health & Personal Growth; *the Healthy Referral*. If you are someone interested in different modalities that are available to assist you in your journey of complete well-being then the *Healthy Referral* will be a great tool.

Touch

We are already aware of how important touch is in our lives. Some modalities that include touch are Reflexology, Massage, Reiki, Shiatsu, Rolfing and Touch for Health. Movement for health is another modality, which includes the Alexander Technique, dance, Yoga, Tai Chi and QiGong, among others. Then there is the Maharishi Ayur-Veda, a complete system of natural medicine along with "Let Food be thy Medicine and thy Medicine Food" in the form of Macrobiotics and of Vegetarianism. What about N.E.T.? Sound like something from another planet? Have you ever considered Geopathic Stress? Could it be affecting the health of people? Parenting in the 21st Century requires a dramatic change. Are we ready? Do you dream? Do you remember your dreams? Most of all what do our dreams mean - if anything? Are you interested in balancing energies and improving energies practiced in the home? Do you have an interest to reverse damage and eliminate any vascular or degenerative diseases you may be dealing with? Does it really matter what we put in our mouths? And what about Organic foods versus foods that are sprayed with insecticides and chemicals? Does this make much of a difference?

Reflexology was one of the first modalities mentioned and helps to balance the body by stimulating and then releasing all of the organs, glands and systems using areas on the feet and hands. By working both feet fully, using thumb and fingers, the whole body is affected for healing on the physical, personal and spiritual levels.

Massage Therapy is another wonderful modality and is done in a number of ways. For example: (1) Reiki, the Usui System of natural healing, balances the body with universal life energy which flows through the hands and; (2) Shiatsu is a healing therapy that strives to prevent illness by calling forth self-curative powers to develop the body's ability to resist illness following the way of nature. Shiatsu has been referred to as the Mother's Touch (an attitude of caring). Traditional Shiatsu has been practiced in Japan since the 6th Century as a valuable medical aid.

Touch as the basis of healing is as old as the healing aids themselves. Other animals instinctively touch their wounds - lick them, nuzzle them, pat them - and humans are no different. It takes no training at all for a person to put her/his hands on a pain or place of physical discomfort, it is a wholly natural response of the body to the body. The primary use of our arms in everyday life is to accommodate our need to touch. Humans learn first and foremost through the body rather than through the mind as the fastest, most natural communication takes place through touch. Remember - to reach Out and Touch Someone!! Movement is a principal body function, integrally involved in the expression of everything we do and everything we are. If some people seem to move too little, so that their very ability to move atrophies, other people seem to move too much, as if they cannot contain themselves. There is no hard and fast rule that stipulates what constitutes too much or too little movement. We admire a skilled dancer, skier or skater not only for their

strength and grace, but especially for the fluidity of their movement. Perhaps this is because we have forgotten and she/he reminds us that we are fluid too.

Are you stuck? Do you find yourself caught in a repeating pattern of behavior that you've been unable to change? Are relationships always turning out the same way and you wish they would turn out well for a change? Do you find yourself unable to move beyond some past trauma and live in the joy of the present? If the answer is yes to any of these questions, you may benefit from Neuro-Emotional Techniques (N.E.T.), a quick, painless method for releasing the physiological aspect of emotions. N.E.T. is based on the ancient oriental idea that various emotions are connected with specific internal organs. N.E.T. uses muscle response to determine which organs and which emotions are involved. Then the muscle testing is used to isolate the specific incident that is involved. A simple painless, non-invasive procedure is then performed and muscle testing is repeated to make sure the correction is complete. Typical patient responses range from mild feelings of relief to elation.

Your health and Geopathic Stress.
You could be living in a very unhealthy home.

Subterranean running water, mineral deposits, fault lines or underground cavities, cause disturbances in the earth's natural radiations because of electro-magnetic fields. Detecting and locating zones that cause Geopathic Stress are the first steps. With the use of copper rods, and a technique called earth acupuncture, an unhealthy house can be neutralized. Earth acupuncture is a way of modifying the subtle energy environment of home and or the workplace so that an individual's natural balance can be re-established.

Conclusion

The above information is for everyone who wants to enjoy health and longevity. For everyone who wants to grow toward freedom from disease. Again - we thank Touch for Health for the opportunity to share ideas on Alternative Health Choices for Mental Physical and Spiritual well-being

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