

JOURNEY INTO THE DISCOVERY OF OPTIMAL HEALTH

By Dee Oldham

Abstract: Specialized Kinesiology provides excellent tools to design and create a personalized journey into the discovery of optimal health. Primary suppositions of this program are: 1. The blueprint for perfect health is within us. 2. We are whole, body, mind and spirit 3. We are always changing. Dr. Andrew Weil in his book Spontaneous Healing gives an 8 week program to help one change lifestyle to favor spontaneous healing. Dr. Weil's program is based on these same suppositions and makes an excellent foundation for this model. This model gives us an opportunity to integrate our knowledge and varied SK skills to create a gentle personal program. Ten people will have completed the 12 week pilot program used to develop this model. Conclusions are presented.

Dr. Andrew Weil appeared on a local PBS channel, as a main feature, during their fall membership drive. During one of the segments I saw and heard him describe his program Optimum Health in 8 Weeks. The wholeness of the program and his guidance to draw on the body's healing system attracted me. He said that healing is an automatic process and comes from within and our healing system operates continually.

Dr. Weil had included healing activities for body, mind and Spirit. His program consisted of small steps that build on each other to create a foundation for optimum health. The suggested activities were divided into five groups; projects, diet, supplements, exercise, and mental/spiritual.

Projects

There was a project for the week usually learning about some area pertinent to health. Some of the projects were, learn about your water supply, check on what kind of fats you have in your pantry and find out about the suggested tonics, and decide if any of these tonics are for you.

Diet

The activities in this group are often some additions one could make, such as adding broccoli, trying various forms of ginger, substituting soy products for meat, and the importance of cooked greens. I especially liked his positive approach of learning to include healthy foods instead of the idea you can't have a, b, c, d, ... just the beginning of a long list.

Supplements

Vitamins C, E and selenium and the addition of a tonic were among those included.

Exercise

Dr. Weil suggested starting gently with a walk of 10 minutes several days of the week and working up to a more ambitious program.

Mental/Spiritual

Activities, starting with breath observation, and breath exercises in subsequent weeks are a part of this program. He also included being aware of beauty, such as, flowers, music and art.

His program consisted of small steps that build on each other to create a foundation for optimum health.

Discussion

Several of my clients talked with me about seeing Dr. Weil on TV and what I thought of his program and I told them it was very well planned and quiet doable and I felt it was a brilliant idea. Some clients told me they were reading the book and beginning the program and I also had incorporated several of his suggestions in my own life.

I woke up one morning knowing the whole plan for using Specialize Kinesiology (SK) to individualize a program using Dr. Weil's book as a guide. Included in this awakening was the idea of doing a pilot project to furnish information as to how it would work and to present this at the TFHK/ASK-US Annual Conference. It was clear to me my project would be 12 weeks instead of 8, would involve the recognition of goals; and include activities from the SK modalities.

How do I describe it? What will I call it? It will be a **journey**, an expedition, jaunt, pilgrimage, excursion. These words brought forth in me a sense of anticipation and adventure. Since each person would be in the process of unfolding and developing her plan and it would be a growth process into **discover**. **Optimal** was the word that came to me so I coined it to mean "superlative". I defined **health** as "wholeness, soundness of body, mind and Spirit, an inner joyfulness, a state of well-being." This journey sounded exciting to me and like one I truly wanted to experience myself and along with others. It became the *Journey into the Discovery of Optimal Health*.

This 12 Week Pilot Project Would Consist of the Following:

Goals,

Suggested activities,

Activity checklist, and

Monthly progress meetings designed to motivate and support us.

We would conclude with a celebration and look at the future. The blueprint, pharmacy, and all intelligence necessary for optimal health are within each of us; and SK is an excellent tool for accessing this intelligence.

Methodology

I wanted to be sure of having at least 10 people complete this pilot program so I asked for 16 volunteers and they chose either afternoon or night group. All participants agreed to attend 4 sessions, one session every four weeks and to do the paper work. As an affirmation for her commitment each person gave a check for \$40 at the first three meetings. The \$120 was returned to them at the last meeting when they submitted the paperwork. Those not completing forfeited the payment.

Preparation for First Session

Volunteers who expressed an interest were sent the following:

- An invitation to journey into the discovery of optimal health; a description of the pilot project.
- Two questionnaires:
 - 1] Why did they want to take part in the program?
 - 2] How did they rate their health at the start of the program?
- Goal sheets to fill out; they could list anything they wanted; then, select 3-4 priorities from this list.

Session One

A train whistle signaled a "welcome" and "the beginning of the journey." This was followed by introduction of our fellow travelers and an overview of the program.

As a group, we aligned the energy of participants to the choice of taking part in the session and the 12 week program. We muscle tested the individual's position on the Behavioral Barometer, and as a group we worked with the *Top Ten Stress Reducers* of Sharon Promislow.

I believe focusing on what we want is the key to motivate us to make lifestyle changes; therefore, I chose to spend the major part of this first meeting focusing on goals. Everyone brought her sheet of goals with the priority ones selected. We did a guided exercise focusing for a little more than one minute, imagining how it would feel when our goal had been achieved. We did this for each of the priority goals.

I prepared suggested activities similar to and including those Dr. Weil suggested in his book. Each participant then selected her choices in the various categories for the first 4 weeks. There was also a check list prepared. Everyone was given two file folders, one for my records and a personal one. The meeting was closed with a group balance to support the priority goals and the intention to continue the journey.

Preparation for Session Two

The preparation of the file folders in the first session took more than the two hours planned for this process and did not give time to fully consider the choices offered. Therefore, I prepared a packet listing suggested activities from which they could select the activities for the next 4 weeks, and a checklist to prepare before coming to the second session. Each individual was to design her own personal plan. This was mailed to them about 10 days before the meeting date.

Session Two

We started with sharing some of the benefits discovered on the first leg of our journey.

We discussed the importance of placing our attention positively on what we wanted. This was followed with a "how to" demonstration of positive focusing. Then we focused as a whole group and then smaller groups. This exercise seemed to really bring everyone together and created a firm support for all participants.

Next we used "I feel, I want and I am willing" exercise from the Three in One Concepts. to deal with any areas that needed strengthening.

We discussed having a buddy or partner. The group felt this would be an excellent idea if we had planned to do so from the beginning but did not want to do so in the middle of the journey.

We closed with anchoring our selections for the next four weeks and affirming the intention to return for the next meeting.

Preparation for Third Session

Each participant was sent a packet a week before the session so she could select her activities for last four weeks of our journey

Session Three

The train whistle blew and "all aboard" was called. We shared discoveries and successes on our journey.

In order to change an unwanted behavior it is necessary to acknowledge the payoff received from this unwanted conduct. We divided into small groups and through discussion and muscle testing acknowledged the unwanted. We then chose behavior that would be supportive in meeting our needs so we would no longer benefit from the negative behavior. We did eye modes and tapped in the new behavior.

Session Four

A “toot toot” and “all aboard” opened this session, followed by a time for sharing our discoveries and successes. All joined in the celebration and wonder of who we are, and what we had accomplished.

Everyone filled out two questionnaires; one to rate current state of health and one to give feedback about the design and production of the program. All checked their folders to see that all the paperwork was completed; I returned their checks.

Our last activity was to make a decision if and how they would like to continue with a self plan.

Conclusions — Participants reported the following:

Some of the goals, were not really what the person desired.

Almost everyone found they achieved several of the goals on their first sheet from which they selected priority goals.

Most of group bought flowers at least some of the time for one of the Mental/Spiritual activities and found the flowers made a significant difference.

Several said they had been much more successful than they had thought possible.

Many were amazed at how strange and yet pleasing it is to give attention to their own well being.

Several said they were pleased with how much more focused and disciplined they felt.

We are in the middle of our journey as I write this paper, so sessions three and four were written and planned. The other sessions and

conclusion were those current at the time of this writing. There will be a summary of the finished pilot project furnished along with the presentation. The exercise of focusing one’s attention on the desire will also be done as part of the presentation.

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