

The Body and the Belief System

by Gordon Stokes

THREE IN ONE CONCEPTS

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We started Three In One Concepts in 1982. At that time we were teaching talking to the Body verbally and getting answers through muscle biofeedback. We also taught in 1982 that we could use muscle feedback to discover information from clients about what was going on from conception because as a fetus, we heard and felt what was happening in the body of our mother.

The **PRINCIPLE**: The whole body mirrors the inner aspects of our thinking. It mirrors itself in every organ and cell. The body has a mind – a “body mind.” Our body exists only as a community of cells, and each community of cells is born to perform their many tasks.

ORGANS HAVE BRAIN CELLS.

Medical doctors now write that brain cells, the same cells we have in our cerebellum, have been discovered in the organs.

In Mexico, a doctor transferred cells from one of a man's organ to his brain. He had been diagnosed with Alzheimer's disease. The cells were accepted by the man's brain and he regained much of his lost memory.

If organs contain brain cells then these organs must “think”. There is certainly some intelligence for the liver to know its job and the same must be true of the spleen, heart, kidney and all of the other organs in our bodies. Also, our organs and cells must know what is going on within the whole body.

Cells taken from the mouth of a man were transported to a place seven miles away. The cells were then attached to some sensitive instruments. The man was given pornographic pictures to look at and the cells, seven miles away, instantly responded to the emotions the man was feeling.

What if the intelligent cells in the immune system are eavesdropping on our self-talk, listening to what we say about our lives and what we say about our bodies.

An example: If you are going to give a presentation, and this is new for you, you might say to yourself, “Giving this presentation is scary for me.” The body listens and turns on “scary” chemicals. When you are sad, depressed or happy, the body listens and turns on the appropriate chemicals to mirror your beliefs.

We know that the Subconscious Mind accepts as true any ideas or suggestions given with intention and will record these feelings in the body cells' memory.

Your suggestions are reinforced by repetition, and each repetition grooves a deeper and deeper impression. Once the Subconscious Mind accepts your mental suggestion, it takes an action by creating a physical manifestation – positive or negative.

THE BODY WORKS ON OUR BEHALF

The Body/Mind will take suggestions or instructions, if given with intention, and sends messages to the organs or cells to stimulate them to greater activity in creating harmony within the cells, hence to the organs, muscles and tissues.

To reach the mind of cells or organs:

- 1) You give verbal suggestions to the cells or organs involved with your intention directly.
- 2) Your attitude and visualization of the organ is “it is working in harmony, getting better and better”.

- 3) The strength of any suggestion you give depends on the degree of your intention and focus.

Stress doesn't make people sick; giving up their inner adaptability to stress does. The greatest threat is having nothing to aim for or not knowing what choices to make. Being passive is the most detrimental attitude for being sick and degenerating the body.

Deepak Chopra talks about research done with mice to see what stress does to the body. Two mice were tied together so only one was FREE to walk around, eat when it got hungry, slept when it wanted to. The other mouse was just passively dragged around. It was not long before these two mice looked entirely different. The mouse that had the freedom of choice was very healthy while the other mouse disease prone and aged very rapidly. The mouse that was dragged around had no physical abuse but what brought on its destruction was not having FREEDOM OF CHOICE.

When a person feels things are unpredictable and he/she has no control or outlets for his/her frustration this brings on stress. If in the defusion you detect any of these things happening with your client helping them to appreciate and consciously use their power of individual CHOICE, which is power.

GROWING UP BACKGROUND

In growing up, know where your client was in the family

First born: Usually feel they needed to be perfect. They received a lot of attention. They were bought clothes and if they got them dirty they were changed. Because parents feel they are a reflection of them, they want them to also do well in school so spend special attention to their grades and see that they do their homework.

If your client is the only child in the family he/she is probably around many adults and tend to act more adult. With no children to play with they may feel they didn't have much of a childhood.

If another child comes along two, three or four years after, the older child has a tendency

to be jealous for the younger child is taking away some of the attention. Messages to the oldest child may be "You're to be a model for your younger brother or sister." They may also feel that the other children in the family gets away with a lot of things they were not allowed to do.

Second born: Usually looks up to their older brother or sister and wants to be like them and do the things they do. They can be disappointed when the oldest one doesn't want them around, especially with their friends. If they are sandwiched in among other brothers and sisters they may wonder "Where do I belong in this family?" They can't be number 1 because that position is taken and they can't be "the baby" of the family because that position is also taken and may go outside the family to relate as the older one usually relates more to the mother and father.

Last born: Usually is the charismatic one or maybe even the joker to get the attention they want. Being smart is usually the position of the first born, so they try others ways to get attention and be accepted.

Find out how they got attention in that family. Sometimes getting sick gets them the attention they want and can be carried over even into adulthood.

Many affirmations are made in childhood, either for survival in the family or getting attention in some way. These affirmations made in the past may not be profitable for them now is Present Time although under stress they will duplicate them.

SELF TALK:

Listen to the self-talk of the client for that will give you a clue as to where his/her focus is. If their focus is in the past then they are bringing the past in as if it were Present Time. It also will let you know his/her self-esteem and what they *believe* they are. This belief about themselves is the result of messages from parent, teachers, environment, etc., and according to their belief is the way they perform. The belief system they have adopted is a lie, however they role-play it as if it were

true. What they are doing is to limit their potential.

The body is always listening to their self-talk, and matching it with appropriate emotions. People usually feel the emotions are creating how they think about themselves, but it was their programming in the first place that created this. The body learned to carry out the programming fed into it by you. Much of the programming was unconscious, brought about by beliefs and assumptions

PRESENT TIME:

How much of the time is the client in PRESENT TIME? If they are mostly in the past (the emotional side of the Barometer) they are powerless to change. Why? Because the only power they have is in Present Time. Events have happened in the past that they can do nothing about. They are not 5 or 10 years old anymore they should forget it — to be in Present Time is taking care of their lives NOW. To lose awareness of Present Time is to lose intelligence; to lose intelligence is to lose control over the body. If you want to change your body, change your awareness first. If your client is focused on the future with wishes and ideas of what they want to do, and have not taken any action to materialize these thoughts they still do not have any power. The Power is in Present time so the question to them would be what are you going to do NOW? When life is concentrated in the present, it is most real, because the past and future are not impinging upon it. In reality this moment exists and past and future are only mental projections. Nothing is happening when someone is living in the past or trying to control the future. Wilber Smith wrote in *When the Lion Feeds*, "The past was lost — and he knew then that you can never go back. Nothing is the same, for reality can exist at one time only and in one place only. Then it dies and you have lost it and you must go on to find it at another time and in another place."

"When a traveler gets a thorn in his foot, he is wise he plucks it out — and he is a fool who leaves it and 'I will keep this thorn to prick me so that I will always remember the road upon which I traveled.' It is better to remember with pleasure than with pain."

STRESS:

If you are in an emergency situation, the body goes into survival mode and the entire body's attention goes to work to solve the situation. Once it is over, the body then goes back into a balanced state. The problem is focusing on the situation long after it is past. Once that memory is brought up, the body once again goes into survival mode as if it were real. Maybe not to the same extent but the chemicals are still activated as if this situation still existed. What people don't realize is that this body is very adaptable to stress and when confronted with a problem and handled — taking an action, making Choices and solving the problem, the body will then go back balancing itself again. Not handling the situations is creating the stress.

Confronted with a problem, take the attitude of "the right answer will emerge." Usually the idea of the following three choices can be helpful: Leave the situation, handle it by confronting the situation or person, or forget it.

As a Facilitator, help the client to creatively respond to changes and situations. Encourage them to integrate new insights and create new things — then their lives will change.

INTENTION:

What is visualized with a clear focus and intention will reflect back as a result. The intention needs to be specific and definite but not a lot of attention to the details. It should be something that a person has a passion for and expects results. No anxious attachment to the result but a confidence in the outcome. If you doubt the outcome you are sending out a self-defeating intention, which will undoubtedly cancel out the first intention. When we use intention, we are like a magnet, attracting whatever is sent out — positive or negative. Be open to the feelings or feedback that comes to you either from inside of you or from the environment. Do not send out a "don't want" intention, such as "I don't want cancer." Reword the intention to a positive such as "I want a healthy body filled with energy with continued improvement on all levels." The feedback may come back in unexpected ways, but something will always be produced.

THE STRUCTURE EQUALS FUNCTION CONNECTION

There's an intimate correlation between mind and body – and between what we feel and its outward expression. In the last 30 years, psychologists have focused our awareness on the non-verbal communication signals that mirrors attitudes and states of mind.

A closed mind, for instance, mirrors as a "closed body" in terms of position. Gestures turn inward – crossed legs, folded arms, leaning back in the chair – such physical expression usually indicates a "no" attitude of some kind such as disbelief, antagonism, the desire to control, hostility or negation. Vice versa, an open mind is most often reflected in more open physical expression – outward focused gestures and the "unlocking" indicators, such as uncrossing of arms and legs, leaning forward, reaching out – which mirrors in attitude of acceptance, willingness or interest.

The non-verbal catalogue is a long one, but it centers completely on outward signals – physical action of some kind – not on the actual bodily structure itself. Without an awareness of what that structure AS A STRUCTURE means, we're dealing with effects, not cause. The cause is in the actual physical structure of the individual human being as modified by a conditioned belief system.

Everything about us has a profound meaning. Every comparative cell proportion – and that's what makes us individuals – relates directly to some kind of function, and that function is INNATE, determined by the DNA code in each cell of our body. From the moment of conception to the moment of death, our structure has been individualized – guaranteed by cell proportion to function uniquely and automatically unless we consciously choose an alternative pattern. Even when that choice is made, the body itself inclines to return to the original blueprint.

Our general "style" – choice of clothes, voice quality, hair arrangement, and posture – mirrors the belief system we've come to hold valuable. That's the result of the choices we've made in life – and it is subject to change as what we value changes. Being able to read "style" is enormously valuable. Still, when we do so, our perception is limited because we're dealing with effects.

The cause is inherent, established for life by the DNA code of our individuality. To those aware

of the human structure-equals-function connection, the physical being tells more than words or gestures or body position ever can. Human structure – that person right there before you – speaks louder than any words spoken.

Just by looking at comparative cell proportion, you'll know – and know in depth – what that person may not even know; how that human structure is built to function UNDER STRESS. More: you'll know how to relate to that inborn trend of expression and see through "style and body language" to the deep, true nature of that person's individuality. Most of all, you'll get a glimpse of your own inborn nature – the part of you no one has clearly realized before (maybe not even yourself!)

To us at Three In One Concepts, the human structure-equals-function awareness is the first and – until now – missing step to a real understanding of how to release our true potential. Until structure-equals-function was developed, all we could observe was how a person expressed inner attitudes. With structure-equals-function, we can observe beyond attitudes to the genetic cause of individuality and instinctive personal needs as well as expression.

BEHAVIORAL BAROMETER BASICS

The right side of the Barometer is **EMOTIONAL**, and gives a good indication of the Belief System.

The left side of the Barometer is **STATE OF MIND**. It is what the person wants.

If the person **AVOIDS** the emotional side, they deny the state of mind side and from there will go into depression. Depression is not an emotion, but a depression of the emotion.

The feelings from both sides needs to be accepted 100%, or the person feels stuck. Going through the feeling is the way to learn what needs to be known and from there move on.

OPTIONS FOR USING METAPHORS

- **Goal Setting:** *Develop and check IM* with an emblematic phrase, formulated as true in the present time, which represents the transformation of negatives- symptoms, pains, lack- and the perception and realization of positives-- achievements, feelings, experiences.
- **Finding an Emotion** related to goal (check IM for Element, Aspects of Emotion, Orientation of Emotion, e.g. self, others, circumstances, things)
- **Emotional Stress Release** (*Thinking symbolically* about 5 senses, etc. related to stress/issue)
- **Color Balance** (check IM for Element, Aspects of related Emotion, clear with ESR)
- **Sound Balance** (check 14 Meridians and assess key Element, MAKE RELATED SOUND)
- **Food Testing/Food Balancing** (think about, see, hold, chew, smell, taste & *check IM*, consider possible symbolism of food as well as literal potential sensitivity)
- General Metaphor Balance "*As-You-go*" (based on each given muscle/Meridian/Element)
- General Metaphor Balance with **24 hours Element Assessment** (based on key muscle/ meridian/ Element)

METHODS OF FINDING/ DERIVING/ DEVELOPING METAPHORS

- Noticing- Free association and symbolic thinking
- Checking an IM while thinking, saying, visualizing, feeling, hearing, tasting, etc.
- For a given inhibited muscle, contemplating related muscle/meridian/element
- Checking 14 Meridians and contemplating metaphors of **Key Muscle/Element**

CLEARING/BALANCING MODALITIES USED WITH METAPHORS IN TFH

- Noticing, Awareness, (color)Visualization, Checking IM
- ESR
- Verbalization, Dialogue, Vocalization/ Listening, Tasting/Eating
- Touch Reflexes (SR, NL, NV, Meridians, O/I, AHP)

CATEGORIES OF METAPHORS:

MUSCLE METAPHORS

- Functional Metaphors: mechanical/physiological function seen as symbol
- Action/Association Metaphors: symbolic interpretation of action/range/gesture, personal memory device or association with muscle action.

MERIDIAN (ORGAN) FUNCTION METAPHORS

- Symbolic potential of traditional Chinese meridian names,
- Western Idiomatic or Physiological associations with related Organs/Systems

FIVE ELEMENTS METAPHORS

- The 5 Senses (including Touch/Fortification Metaphors as symbolic of literal aspects of goals/symptoms)
- Symbolism of the 5 Elements, Seasons, and the environment, nature
- Seasons, Life Cycles/Personal Power,
- Cognitive phases/Belief Systems

A PROTOCOL FOR FIX-AS-YOU-GO BALANCING

Using Metaphors as a Primary Intervention

1. **Establish a goal** that you feel enthusiastic about and you believe is possible.
2. Do any pretests that you normally do, (**Optional: Find related emotion**)
3. **Check and correct the Central and Governing meridians**, using the usual reflexes (i.e. Spinal Reflex if bilateral

weakness is found, then NL, NV, Meridians, etc., or use circuit location if you prefer)

AND--- as you use the touch reflex, refer to the metaphors for the Central and Governing meridians

Example, Central: "What subtle, small thing do you need to let go of?"

Example, Governing: "What burden do you need to release?"

4. Check and correct the rest of the meridians using the following guidelines for using metaphors

4a. Before using any touch reflexes, **offer the word or concept** of each metaphor and see what idea or meaning it suggests to the person being balanced in the context of his or her life/goals.

4b. **Present the metaphors as only possibly meaningful.** Clarify your own understanding of the traditional meaning of the metaphor, or of your interpretation in this context only to get ideas flowing.

4c. It may be fruitful to talk over all of the metaphors if it feels appropriate for both people, but it isn't necessary to talk about all of them. **Sometimes just one metaphor "rings the bell".**

4d. **Recheck the muscle** to confirm that it is now strong. If the muscle has remained inhibited, see if **contemplating the other metaphors** rings a bell for the person. Finally if you've exhausted the metaphors and the muscle is still weak, **continue with the touch reflexes.**

5. Repeat for each of the 14 meridians until no further imbalances are indicated by muscle tests.

6. Reassess your goal and how you are feeling, noting whether any of the metaphors will be valuable for you to hold in mind to enhance your ongoing awareness, dynamism, and balance.

A PROTOCOL FOR ASSESSMENT BALANCING

Using Metaphors as a Primary Intervention

1. Establish a goal that you feel enthusiastic about and you believe is possible.

2. Do any pretests that you normally do. (Optionally, find the related emotion)

3. Check and correct the Central and Governing meridians, using the usual reflexes

4. Check the rest of the indicators for the remaining meridians, recording results on the 5 element diagram, or the Midday Midnite/24Hour "Wheel". (4b. Use the Alarm Points to establish over-energy pattern.)

5. Assess the best place to begin balancing according to the 5-Element or 24 Hour cycles.

6. Once you've chosen the appropriate meridian to start with, refer to the metaphors associated with muscle/meridian/element, **following these guidelines:**

6a. Offer the word or Concept and see what idea or meaning it suggests to the individual

6b. Present the metaphors as only possibly meaningful. Traditional meaning doesn't dictate meaning.

6c. Sometimes just one metaphor "rings the bell", sometimes read several or all of the questions.

6d. Recheck the muscle. If inhibited, contemplate other metaphors; continue with the touch reflexes.

7. After correction, recheck all (under-energy) muscles to confirm that they are now facilitated. Correct any which may have remained inhibited, **repeating steps 6a-6d.**

(7a. Recheck alarm points- Use AHP for sedation of any over-energy which may have remained.)

8. Reassess your goal and how you are feeling, noting whether any of the metaphors will be valuable for you to hold in mind to enhance your ongoing awareness, dynamism, and balance.