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Welcome to the **2007 TFHKA and EnKA Conference, *Energy Medicine: From Theory to Practice*** and thank you for joining us for this amazing gathering. Your attendance at this conference is very much appreciated and we are confident that you will enjoy learning from leaders in the field of energy medicine and Kinesiology!

We would like to give a special welcome to the organizations that are joining us from around the world. We have representatives here from *The International Association of Specialized Kinesiologists*, *The International Kinesiology College*, and *The Canadian Association of Specialized Kinesiologists*. We appreciate you traveling so far to join us and look forward to our time together.

The benefit of a conference like this is to learn from each other, make new friends, see old friends and be inspired to work in new ways. We are grateful for the caliber of speakers that will be presenting and teaching workshops. We encourage you to take time to network with the presenters and each other. Many of the presenters are also holding workshops. Please take advantage of the workshops; it's an incredible opportunity to learn from the best.

In addition, we have several vendors and their products here to support the conference and you. Please support them by visiting the bookstore. It is open each day, before and after the conference, as well as during the lunch hour.

Planning this conference has been a joint effort between the Energy Kinesiology Association (EnKA) and the Touch for Health Kinesiology Association (TFHKA). A lot of people have worked hard on this conference, but one person in particular deserves mention Kathie Guhl – our Conference Coordinator. Thank you Kathie for your skill and dedication in making sure that we have a successful conference.

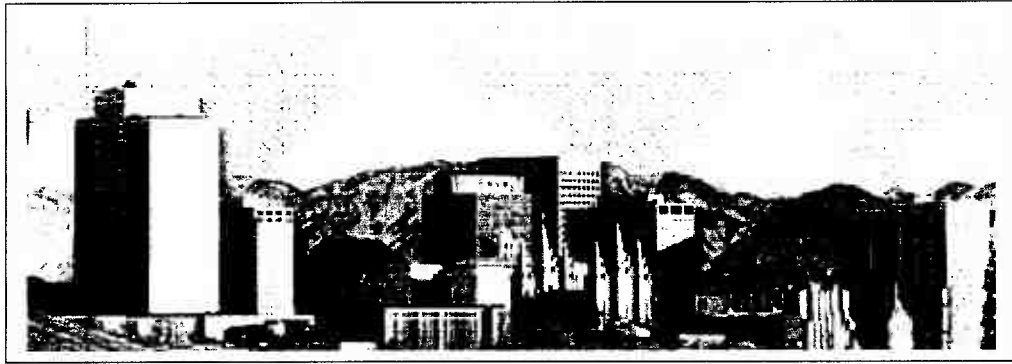
Finally, we hope you enjoy this beautiful city and have a great time while you're here.



Marge Bowen
EnKA President



Robert Aboulache
TFHKA President



***Welcome* to the Energy Kinesiology Association & Touch For Health Conference 2007 !**

Welcome to the EnKA / TFHKA Conference in Salt Lake City, Utah. As you have already seen, this is a beautiful area, and we hope you have time to explore the wonders Salt Lake and its surrounds have to offer. During the conference, the following information may be helpful:

- **Transportation:**

- ~The CottonTree Inn has a shuttle for its guests to go to and from the college each day. It is appropriate to tip the driver at least \$1 each way. The shuttle will also take you to the airport. The cost is around \$15 per person per trip, plus tip. Be sure to make a reservation at the front desk.
 - ~The Holiday Inn Express will provide a taxi for its guests to go to and from the college each day. Please make a reservation at the front desk.
 - ~Both hotels will take you within a five-mile radius for shopping, restaurants, etc.

- **Food:**

- ~*Lunch* will be provided at the college in the Showroom on *Wednesday and Thursday*. You will have a choice of one of the following: ham sandwich in a box with fresh fruit, cookie, chips and soda; turkey sandwich in a box with fresh fruit, cookie, chips and soda; or a garden salad with vegetables in a box and soda. Water will be available in pitchers throughout the hall. Your nametag is your ticket. *Lunch on Friday and Saturday is on your own*. Breakfast is provided at the CottonTree Inn and the Holiday Inn Express. Dinners are on your own.
 - ~You are invited to a *Banquet on Saturday night* (already included in your registration fee if you paid for the whole conference) at the CottonTree Inn from 7:00 to 10:00. Your name tag is your ticket. Dress is informal, but not casual.

- **Bookstore:** The bookstore is upstairs from the auditorium at the college in room #203. Follow the signs posted outside the entrance to the auditorium. The bookstore will not be open during speaker's presentations. Hours are 8:00 a.m. to 9:00 a.m. Wednesday, Thursday, and Saturday; Thursday 2:30 – 3:15 p.m.; open at lunchtime each day, and one hour after the session closes on Wednesday, Thursday, and Friday. The bookstore will close at 9:00 a.m. on Saturday. Please pay each vendor individually.

- **Workshops:**

- Post-conference workshops will be held either at the CottonTree Inn or at the college. Location and room numbers will be posted in the bookstore. Workshops are subject to change and/or cancellation without notice at the discretion of the teacher or of the conference committee. Information is available in the bookstore.

- **Helpful Websites:** www.visitsaltlake.com www.utah.com
www.jordanlanding.net www.dininginutah.com www.utah.com/nationalparks

The Conference concludes at 6:00 p.m. on Saturday, June 9th.

**EnKA &****TFHKA 2007 Conference Schedule**
ENERGY MEDICINE: FROM THEORY TO PRACTICE*Please note, the schedule is subject to change without notice***Wednesday, June 6** College Only

- 8:00 – 10:00 Registration
- 10:00 – 12:45 **Donna Eden: Triple Heater: It's Hotter than You Think** p.1-14
- 12:45 – 2:00 Lunch in Showroom
- 2:00 – 3:15 **Adam Lehman: Putting Context Into Practice** p.15-24
- 3:15 – 4:30 **Sue Corrigan: Soul in Kinesiology** p.25-26
- 4:45 – 6:00 **David Feinstein: Energy Psychology: New Paradigm or Old Razzle Dazzle?** p.27-36

Thursday, June 7 College Only

- 9:00 – 11:45 **Charles Krebs: Homeostasis and Stress: Chaos Theory** p.37-56
- 11:45 – 1:15 Lunch in Showroom
- 1:15 – 2:30 EnKA and TFHKA AGMs
- 2:30 – 3:15 Break
- 3:15 – 4:30 **Amy Choi: Introduction To Qi-nesiology Balance** p.57-68
- 4:30 – 5:45 **Alberto Arribalzaga: Multidimensional Biomagnetism** p.69-76
- 7:30 – ??? Can-ASK AGM at Hotel

Friday, June 8 College and Hotel

- 9:00 -- 10:00 Breakouts at Hotel
1. **Marcia Hart: Effectively Removing Chemicals and Heavy Metals** p.77-84
 2. **Evelyn Mulders: Western Herbs for Eastern Meridians** p.85-92
 3. **Lori MacKinder: Passion Mapping** p.93-94
- 10:15 -- 11:15 Breakouts at Hotel
1. **Stan Hall: PSYCH-K** p.95-100
 2. **John Holodnak: The Candida Syndrome** p.101-106
 3. **Sandy Gannon: Feng Shui in the Home and Workplace** p.107-110
- 11:30 – 12:30 Breakouts at Hotel
1. **Matthew Thie: Communication, Consciousness & Self-Care** p.111-116
 2. **Debra Green: Seven Bodies Model** p.117-120
 3. **Kenichi Ishimaru: Zen Kinesiology** p.121-132
- 12:30 – 2:00 Lunch on your own
- 2:00 – 4:30 **Svetlana Masgutova: Reflex Integration and Implication for Learning, Development and Health** p.133-146
- 4:45 – 6:00 **David Alan Slater: Vibration Remedies Clear Inherited Diseases** p.147-148
- 8:00 – 10:00 Saturday Night Live – CottonTree Inn

Saturday, June 9 College Only

- 9:00 – 12:15 **Jim Oschman: Energy Medicine: Why You Can Do What You Do** p.149-152
- 12:15 – 1:45 Lunch on your own
- 1:45 – 2:30 **Jim Oschman**
- 2:45 – 4:00 **Carrie Thie: The History of Kinesiology Theory** p.153-156
- 4:00 – 5:30 **Panel Discussion w/ Eden, Krebs, Masgutova, Oschman, et al:**
The Future of Energy Medicine
- 5:45 – 6:00 CLOSING
- 7:00 – 10:00 Banquet at CottonTree Inn

Pre-Conference Workshops

Saturday, June 2nd

9:00-6:00 Touch For Health Update (day 1 of 2)

Sunday, June 3rd

9:00-5:00 Touch For Health Update (day 2 of 2)

Monday, June 4th

8:30-5:30 Ethics One Workshop (1 day)
Chiron: The Wounded Healer

9:00-5:00 KP Khalsa Workshop (day 1 of 2)
Nutritional Kinesiology
IKC Meeting

Tuesday, June 5th

9:00-5:00 KP Khalsa Workshop (day 2 of 2)
Nutritional Kinesiology

9:00-5:00 Tom Stone Workshop (1 day)
An intro to Core Dynamics of Common Problems

EnKA Board meeting
IKC Meeting

Post-Conference Workshops

Sunday, June 10th

9:00-12:00 Evelyn Mulders Workshop (Half-day)
...Herbs and Kinesiology

9:00-5:00 Amy Choi Workshop ...Qi Gong
(day 1 of 2)
Qi-ensiology Balance

9:00-5:00 John Holodnak Workshop (day 1 of 2)
The Candida Syndrome
The Emotional Struggle and Survival Syndrome

9:00-5:00 Dr. Debra Greene Workshop ...Inner Clarity (day 1 of 2)

9:00-5:00 Dr. Svetlana Masgutova ...Birthing Reflexes (day 1 of 3)

9:00-5:00 Alberto Arribalzaga Celaya Workshop
(day 1 of 4)
...Multidimensional Holographic

EnKA Board meeting

Monday, June 11

8:30-5:30 Ethics Two Workshop ...Chiron: (1 day)
Kathie Guhl and Debra Hurt

9:00-5:00 Amy Choi Workshop ...Qi Gong
(day 2 of 2)
Qi-ensiology Balance

9:00-5:00 Dr. Debra Greene Workshop (day 2 of 2)
...Inner Clarity

9:00-5:00 Dr. Svetlana Masgutova ...Birthing Reflexes (day 2 of 3)

9:00-5:00 Alberto Arribalzaga Celaya Workshop
(day 2 of 4)
...Multidimensional Holographic

9:00-5:00 John Holodnak Workshop (day 2 of 2)
...The Candida Syndrome
The Emotional Struggle and Survival Syndrome

Tuesday, June 12

9:00-5:00 Dr. Svetlana Masgutova ...Birthing Reflexes (day 3 of 3)

9:00-5:00 Alberto Arribalzaga Celaya Workshop
(day 3 of 4) ...Multidimensional Holographic

Wednesday, June 13

9:00-5:00 Alberto Arribalzaga Celaya Workshop
(day 4 of 4) ...Multidimensional Holographic

Restaurants

American

Chilis	10430 S State, Sandy	801-576-8081
Golden Corral	8860 S Redwood Rd, West Jordan	801-561-5306
Rumbi Island Grill	10365 S State, Sandy	801-523-3610
Sizzler	20 W. 9000 S. Sandy	801-566-8021
Joe's Crab Shack	9400 S State, Sandy	801-255-9571
Ruby River Steakhouse	85 E 9400 S, Sandy	801-569-1885

Brazilian

Braza Grill	5927 S. State St. Murray	801-506-7788
Grille from Ipanema	3763 W. Center Park Dr. West Jordan	801-282-2233
Rodizio Grill	459 So. 700 East (Trolley Square)	801-220-0500

Chinese

China Lily	9400 S State St, Sandy	801-304-4095
Chin-Wah	775 E 9400 S, Sandy	801-561-3195
Joy Luck Restaurant	10745 S State St, Sandy	801-501-0388
Pei Wei	10373 S. State St. Sandy	801-601-1990
P.F. Changs	174 West 300 South Salt Lake City	801-539-0500

Elegant

La Caille	9565 South Wasatch Blvd Little Cottonwood	801-942-1751
The Garden @ Joseph Smith Memorial Building	15 E. So Temple SLC	801-539-3170
The Roof @ Joseph Smith Memorial Building	15 E. South Temple SLC	801-539-1911

Indian

Bombay	2731 E. Parley's Way Salt Lake City	801-581-0222
Royal India	10263 So. 1300 East Sandy	801-572-6123

Italian

Olive Garden	10540 South State St. Sandy	801-537-6202
Mimi's	10470 South State St. Sandy	801-572-5451
Johnny Carino's	10585 South State St Sandy	801-553-2580

Japanese

Bonsai Japanese Steakhouse	875 East 9400 South, Sandy	801-352-9288
Tepanyaki Japanese Steakhouse	7233 Plaza Center Dr, West Jordan	801-282-9700

Mexican

Café Rio	1664 W. Town Center (Redwood Rd) S. Jordan	801-495-4340
Café Rio	62 East 12300 South Draper	801-572-3125
Geckco's Mexican Grill	781 West 10600 South, South Jordan	801-353-8668
Red Iguana	736 West North Temple Salt Lake City	801-322-1489
Mi Ranchito Grill	9560 S State, Sandy	801-233-0571
Mayan	9400 S State, Sandy	801-304-4600
Rafaels	889 E 9400 S, Sandy	801-561-4545

Salad Bars and Vegetarian

One World Café	41 South 300 East Salt Lake City	801-519-2002
Sages Café	473 East Broadway (300 S.) SLC	801-322-3790
Sweet Tomatoes	10060 South State St. Sandy	801-352-9001

Seafood

Market Street Grill	48 West Market St. (350 S.) SLC	801-322-4668
McGarth's Fish House	10590 South State St. Sandy	801-571-1905

Thai

Orchid Thai	7678 S. Union Park Ave. Sandy	801-676-1522
Thai Wild Ginger	1407 West 9000 South West Jordan	801-561-1990

Places to See Around Utah

In and Around Salt Lake City

Temple Square: 50 W. South Temple Salt Lake City 801-240-1245 Visitor centers and beautiful gardens. You can even hear the Mormon Tabernacle Choir rehearse if you arrive on the right day.

Clark Planetarium: Star shows, light shows and 3D movies.
110 South 400 West, Salt Lake City, 801-456-7827

Gateway Mall: Outdoor mall in the middle of Salt Lake City.
110 South 400 West, Salt Lake City

Hogle Zoo: 2600 East Sunnyside Ave, Salt Lake City, 801-582-1631

This is the Place Heritage Park: Authentic Pioneer villiage. Demonstrations, gift shop etc 2601 E. Sunnyside Ave Salt Lake City, 801-582-1847

Snowbird: Take 9000 S. east all the way to the mouth of the canyon. Hike or bike up in the mountains. Some of the 2002 Winter Olympic games were held here. There are a few shops, restaurants and a ski lift. But mostly there are beautiful views, especially of the city at night.

Park City: (60 min drive from SLC) A quaint turn of the century town with lots of charm, great views, ski lift and many unusual shops and restaurants. It is another site of Olympic games.

Some of the Surrounding National Parks

Capital Reef National Park – 200 miles south of Salt Lake City. One of the less visited parks with awesome rock formations. www.nps.gov/care/index.htm

Canyonlands National Park – 200 to 300 miles southeast of Lalt Lake City. The largest of Utah's national parks with many stunning vistas.
www.nps.gov/cany/index.htm

Arches National Park – 250 miles southeast of Salt Lake City. Probably the largest agglomeration of natural rock spans in the world. Both Canyonlands and Arches are best visited using the town of Moab as a base.

www.nps.gov/arch/index.htm

Also of interest: **Zions National Park** and **Bryce Canyon National Park**

Great Websites for information:

www.visitsaltlake.com www.utah.com www.jordanlandng.net
www.dininginutah.com www.utah.com/nationalparks

Conference Director: Kathie Guhl

Energy Kinesiology Association Officers

President:	Marge Bowen
Vice-President/Membership:	Ann McFerron
Recording Secretary (aptd):	Karen Ownbey
Corresponding Secretary:	Georgianna Liguori
Treasurer:	Sue Corrigan, ScD

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Carolyn Libby	Helen J. O'Brien	Ronald B. Wayman
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Contact information for all these individuals is available on the websites.

**EnKA & TFHKA
Conference Journal Papers
2007**



TRIPLE WARMER

It's Hotter than You Think

Donna Eden

Abstract:

Triple Warmer plays a larger role in the body's energies than has usually been described. It is a meridian. It is a strange flow. It is more. It is the energy system that governs the immune response, the fight-or-flight response, and the establishment of survival habits. Energy medicine practitioners are encouraged to check for triple warmer involvement in a range of conditions and to bring balance to triple warmer while activating the strange flows.

The energy system described by the term "triple warmer" is among evolution's great success stories. It governs three of the body's most extraordinary mechanisms:

1. The immune system
2. The emergency response to threat ("fight, flight, or freeze")
3. The ability to quickly form habits that insure safety and survival

With these strategies, triple warmer has helped millions of species survive over millions of years. But it evolved for a world that no longer exists. Triple warmer's essential task is to identify threat and to protect you, both internally (immune response) and externally (fight or flight). As civilization, and technology in particular, have advanced, the ability of triple warmer to sort out what is friend and what is foe has been overwhelmed, so that for many people, triple

warmer is on continual alert. Thousands of chemicals are in our foods that did not exist while triple warmer was evolving. It is triple warmer's task to decide which may harm you, even though it does not recognize them in your evolutionary heritage. The same is true of pollutants in the air, the artificial electromagnetic fields that surround us, even the pace and stresses of modern life can cause triple warmer to set off an emergency reaction.

Triple warmer takes charge of the meridian system and organizes its energies for this response. The entire emergency reaction may be triggered not only by actual threat, but it may be set off by any unrecognized stimulus, and it may become conditioned to a host of "false alarms." When the heart speeds up at the thought of entering an elevator or if it shuts down when another person is becoming too intimate or white blood cells start attacking healthy tissue, triple warmer is in overdrive. This is the dynamic

that explains many of the maladies people suffer.

Triple Warmer Is More than *Just* a Meridian

The triple warmer meridian networks information to all the meridians and the organs they serve. It is governed by the hypothalamus gland, the body's thermostat and the instigator of the fight or flight response. In the states of fight, flight, or calm, triple warmer heats the body in three different ways. When the body is in relative balance, heat is distributed evenly throughout. When you become angry and are ready to fight, heat and energy rise. The chest, neck, face, and arms become red and flushed with blood in preparation for the battle. When your body prepares you to run away from danger, the heat and energy leave the upper part of your body and go to your legs so you can run faster. That is why your face turns white when you are terrified.

My sense of triple warmer differs from traditional descriptions. Triple warmer is the meridian that networks the energies of the immune system to counter an invader, but it functions in ways that are beyond the range of any single meridian. Triple warmer is not only a meridian, it also operates as a "strange flow" or "radiant circuit." Radiant circuits, like meridians, distribute energy, but they do not follow specific pathways. Instead they are more diffuse, and they intersect all of the meridians. Rather than staying on its own meridian line, triple warmer energy jumps its course and, like a radiant circuit, hooks up with the other meridians and organs. Though triple warmer seems to be a radiant circuit as well as a meridian, it is also conspicuously different from the other radiant circuits, which ensure cooperation, synergy, and peace. Triple warmer prepares the body for war!

The Militia Within

The cellular level of the immune system--with its lymphocytes, thymocytes, memory B cells, helper and killer T cells, antigens, and antibodies--is a military display that is dazzling in its design, complexity, and intelligence. Triple warmer and the radiant circuits, however, activate this extraordinary assembly. It is in the interplay of the triple warmer and the other radiant circuits that your immune system's strategy unfolds.

Triple warmer is like the king who conscripts an army from the various locales, organs, and systems. It has complete authority, although it never conscripts energy from its queen, the heart. But if it so chooses, it can draft so much energy from any other part of the body that important systems become temporarily incapacitated--all presumably for the common good.

As commander-in-chief, the strategies available to the king are numerous and intricate. Passed down from one generation to the next, they evolved over many millions of years. Prototypes of the army's most basic maneuvers trace back at least to protozoa which had, over two billion years ago, learned to recognize and destroy foreign invaders.

I used to resist trite military analogies when speaking of the immune system. I like to think of myself as a peaceful person, and I didn't take well to the implication that a warlike intelligence in my body is necessary to keep me alive. But the closer you look, the parallels become inescapable between the immune system and a nation's military (protecting against outside invaders) as well as its police force (patrolling the local inhabitants). Even Hippocrates used fighting words to describe the body's response to invaders: "Disease is not an en-

tity, but . . . a battle between the substance of the disease and the natural self-healing tendency of the body." The military analogy is even more apt today because triple warmer, like our exceedingly militarized civilization, has become as much a threat to the common good as the antagonists it was designed to oppose. Autoimmune diseases, for instance, where the immune system turns terrorist and attacks the body's healthy cells and tissue, are on the cutting edge of the pestilences facing humanity. Unless massive changes are made in the way we relate to the environment--whose pollutants overwhelm the immune system until it begins to treat everything as the enemy--autoimmune disease is on the docket as *the* illness of the future.

One of the most difficult challenges for modern armies is distinguishing between friend and foe. For most of the history of civilization, the main military problem was how to mobilize an army that was powerful enough to fight off flagrant enemies. But as the world has become more complex, international, and interdependent, destroying life and resources in any one part diminishes the whole. It may also set off a chain reaction where covert alliances create a devastating counter-response. Moreover, the cost of attempting to arm and patrol against every possible foe has itself become one of the greatest obstacles to creating the conditions that would maintain peace.

The immune system also faces unprecedented challenges in distinguishing between friend and foe and in finding a balance between maintaining a strong enough protective force and perpetuating diabolical overkill. Triple warmer's habit for millions of years has been to treat whatever it does not recognize as an enemy. While this strategy did sometimes result in kindred forces being decimated by "friendly fire," triple warmer was not confronted with much it did

not already recognize. Today, however, we can transplant a kidney that the immune system can rightfully accept as friend or rightfully reject as invader. It did not evolve to make such distinctions. Moreover, we pump a greater variety of substances into the atmosphere in one day than, not so long ago, were generated by all of humanity in a century. Your body cannot possibly fight or even distinguish among all it encounters, and the job of triple warmer has become daunting.

This is not to say that triple warmer cannot rise to the occasion, but it needs allies. The forebrain, the seat of conscious thought, can join forces with the ancient and preprogrammed brain centers that control the immune system. Together they can counter the most convoluted hazards a body has ever faced. Some of triple warmer's most basic strategies are totally outmoded as it tries to walk the line between overprotection and underprotection. Autoimmune and immune deficiency disorders are, respectively, fight and flight responses in extreme. In autoimmune disorders, triple warmer, in panic, fights its allies. In immune deficiency disorders, triple warmer has gone into retreat. Conscious action is required if we are to retrain our immune systems quickly enough—for the first time in history, we must consciously effect evolution. And we can!

Triple Warmer in Overkill.

The threat of military insurrection increases when danger is perceived all around. In a world crowded with stressors from which we can neither run away nor overcome with brute force, where much of the food we eat contains chemicals the human body did not evolve to assimilate, where electromagnetic fields and industrial pollutants bombard us daily, triple warmer, like an army abusing its authority to "protect

at all costs," often aims its weapons at friendly forces as well as invaders, at good citizens as well as traitors. Overwhelmed to the point of chaos, the immune system turns on the body it was designed to defend.

Triple warmer has no interest in your happiness or your spiritual development—only in keeping you alive. Unfortunately, its information about your survival has not had a major update in several million years. Yet triple warmer is still invested with the authority to override virtually any need in your body in order to mount an immune reaction. For your health, triple warmer ignites fevers and infections to fight disease. For your safety, triple warmer prompts the release of adrenaline to meet an emergency.

When I was twelve, the home of one of my classmates caught fire. After having safely fled from the house, she ran back into the kitchen, somehow encircled her family's new refrigerator within her 4' 10" frame, and *carried* it out of the house like a mother who has lifted the front end of a car to save her child.

Triple warmer is endowed with enormous power, but if it continually sets false alarms or sics the immune system's troops on the good guys, military waste spirals out of control. With its sights always set on your survival and not your happiness, and with its ability to override any need in your body short of your heart's beating, triple warmer can keep you on perpetual red alert. In chronic fatigue syndrome, the fight or flight response is perpetually engaged. Another response to threat is to freeze, a chemical reaction to the unexpected which is vividly depicted by a deer caught in headlights and commonly experienced when we are startled, yelled at, attacked, or in shock. Fight, flight, and freeze all exhaust the body.

Autoimmune Disorders

In illnesses that have an autoimmune component—such as rheumatoid arthritis, lupus, Crohn's disease, Addison's disease, and multiple sclerosis—triple warmer in its overvigilance directs the body to attack its own tissue. Beverly, a young woman who was crippled from multiple sclerosis, had a session with me after she and her mother attended a class I taught in London. Beverly was on crutches. The trigger for multiple sclerosis can sometimes be an overwhelming shock to the system. Her illness traced back to a series of stresses during her teens, the crowning blow being the death of the grandmother who had raised her. It looked to me as if the nerves along the spine of this 27-year-old woman were still in shock, and this created a ripple effect in all of her energy fields. Her energies were not connecting properly. Her hypothalamus and triple warmer were in a perpetual state of emergency, keeping her immune system, nervous system, and circulatory system oscillating among fight, flight, and freeze.

I wanted to interrupt this unceasing emergency response. The entire first treatment was dedicated to communicating to her triple warmer that she was safe. I taught her techniques she could use at home. While I knew it would take time for her body to build new healthy energy habits, her symptoms were noticeably reduced after just ten days of using these techniques twice daily. This provided strong incentive for her to learn more advanced techniques. After unscrambling her energies and helping them to cross over in a consistent manner, it was possible for her to begin rebuilding the damaged nerve cells. Though conventional wisdom holds that such damage is irreparable, this has not been my experience. Calming triple warmer has an impact where other treatments fail.

Like many multiple sclerosis patients, Beverly was hypoglycemic. Consuming more protein proved to be an important dietary change. Getting her cerebrospinal fluid pumping more vigorously was also important. After I returned to the U.S., I monitored her over the phone about once each month, adding techniques as needed. When I saw her the following year, she was walking without crutches.

The year after that, Beverly was so markedly improved that the hospital which had once treated her was referring patients to her. She started holding multiple sclerosis self-help groups in the hospital to teach the techniques she had learned. She was soon managing her illness so well that the last I heard, she was pursuing a career in energy work, specializing in multiple sclerosis.

Certain hazards are introduced when you treat others who have your own vulnerabilities. This is particularly true with an illness such as multiple sclerosis where the body fails to make good distinctions about what is dangerous. Like many multiple sclerosis patients, Beverly had difficulties with boundaries, and this difficulty is mimicked by the disease. If Beverly is to continue to work with multiple sclerosis patients, she will be challenged from both sides. She is required to stay vigilant about her own boundaries while helping her patients with theirs.

Allergies and Other Environmental Afflictions

While triple warmer imbalances are implicated in multiple sclerosis, diabetes, hypoglycemia, premenstrual syndrome, and menopause, simple allergies illustrate the basic dynamics of an immune system overaction. The immune system can be conditioned like Pavlov's dogs. In one experiment a group of people were given sherbert

along with a shot of adrenaline, which increases the activity of the immune system's natural "killer cells." After several of these treatments, the injection was changed to an inert substance, yet the sherbert and the placebo injection continued to increase immune cell activity. I know a woman who, as a girl was eating red grapes at the moment she learned her mother had just died in a car crash. She has been violently allergic to red grapes ever since.

Here is how this works with a typical allergy to dust. Dust is a potential danger to the lungs. The respiratory system is equipped, through coughing or sneezing, to keep excessive amounts of dust from entering the nasal passage. In the case of an allergy to dust, triple-warmer has registered the respiratory system's violent reaction to the substance. It sends an alert to the entire body that dust is a danger and should be avoided even at great cost. All systems go on alert. Dust on the skin or the hair then provokes the same response originally produced by dust in the nose.

An allergy to dust is based on flawed logic; it is a faulty generalization. Registering that dust is toxic to the respiratory system, triple warmer mounts a defensive response whenever it detects dust. Sometimes a substance that happens to have been present during a traumatic event becomes an allergen through conditioning, as with the girl who was eating red grapes when her mother died. Familiar as well as unfamiliar substances may be targeted in such immunologic overreactions.

A 13-year-old boy was so incapacitated by hay fever every spring that he could not function in school. He was miserable with swollen, red, itchy eyes, wheezing, and an inability to think, though he was generally a superb student. He dreaded the approach of spring each year. I took him to a

field near his home and energy tested every weed and plant that might be causing his allergy. Upon finding the offending plant, I brought both him and the plant back to my treatment room. I placed the plant on his stomach and in both of his hands. He was miserable. I held acupressure sedating points that help the triple warmer meridian to relax.

Immediately, some of the reactions calmed, but only slightly. Triple warmer was still fighting like a warrior, battling to protect his body against this plant. My next step was, while leaving the offending plant on his body, to balance all of his meridians in sequence and to clear each of his chakras. I then strengthened his triple warmer meridian by tracing it several times. This may seem an odd choice because triple warmer has been compulsively drawing energy from the meridians and stockpiling it. But funneling energy directly into his triple warmer meridian decreased its need to pull so much energy from the other meridians. After establishing this alliance, the risk of his triple warmer treating me and these interventions as additional invaders was diminished. Then as his meridians were rebalanced, triple warmer finally backed off, and he laid there in my treatment room without any reaction to the plant whatsoever.

But allergies and environmental illnesses can rarely be corrected in a single treatment. Even though the person may seem fine at the end of the session, and the benefits may maintain themselves for several days, triple warmer's habitual patterns tend to return. The new pattern does not tend to hold. The procedures that establish it must be repeated daily, for about thirty consecutive days according to my experience, before the new habit is stabilized. To build a new pattern, I gave the boy the daily assignment of touching the offensive plant while another person was holding triple

warmer sedating points and then tracing the meridian. He also tapped acupuncture points related to the sinuses, toxin control, and immune function. He was without symptoms the following spring.

I use the basic strategy illustrated by this case with all allergies and environmental disorders. First, you have to figure out what triple warmer has falsely judged as foe, and then you have to outsmart it so it doesn't initiate a military alert when there is no danger. Exposing the boy to the plant, while at the same time reinforcing all of his energy systems, established a new pattern that eliminated the message of danger, quieting the allergic response. His immune system's reaction to the plant was, in the sense of Pavlovian conditioning, re-conditioned. The plant became associated to an internal balance rather than to triple warmer's assessment that it was a dangerous substance.

Few problems are more challenging and elusive than environmental illness. The triple warmer meridian has been one of the great success stories in species survival, and it does not have much incentive to alter its ways. Its habits are set, and to try to change them is a formidable undertaking. Triple warmer also tends to treat the healer or the healing intervention as the foreign invader. Beyond that, the toxic environment is always there, so the body is under real and present danger, even as you are trying to teach triple warmer to lay off the emergency buzzer.

How can we protect ourselves? Individually and collectively, we certainly need to become smarter about what we are doing to our habitat and about the foods we ingest. Energy testing provides instant information that can alert you to immediate perils. It is not necessary to eat food that is going to impair your energies. Energy test it. It is not necessary to buy a rug that is go-

ing to be continually draining your energies. Energy test it. Your immune system is challenged enough without your smothering it in a lifestyle that exposes you to unnecessary hazards. Our stereotypes about what is and what is not healthy are not, however, reliable guides. With my reputation in my home town as a spokesperson for natural healing, it's very funny to me to see people's reactions when they "catch" me eating a hot dog at the local 7-11. Sometimes hot dogs test weak on me, but with my hypoglycemia and a sodium deficiency, they are at other times nature's perfect food.

Energy Techniques for a More Discriminating Immune System

You can convert your immune system, from a mean, indiscriminate, fighting machine to an astute, discriminating, protective friend. To get a compromised immune system functioning properly, the first step is to make sure your energies are crossing over from the left hemisphere to the right side of the body and from the right hemisphere to the left side of the body.

Homolateral Crossover. When your energies are moving straight up and down each side of your body, like parallel lines, the pattern is referred to as "homolateral." You are operating at less than 50% efficiency if your energies are not crossing over from each hemisphere to the opposite side of the body. *And you cannot get well if your energies are homolateral.* It is that simple. It is hard to think clearly. You tend toward depression as all of your physical processes slow down. Your senses are less acute—you can't see, hear, smell, touch, or taste as well as at other times. You feel less alive. Your triple warmer may be hypervigilant, yet your immune system can't heal you from illness.

In addition, whatever else you may be doing to improve your physical health, the benefits are less likely to endure if your energies are homolateral. In fact, the best energy methods I know, even those I suggest wholeheartedly, may not work if you are in a homolateral state. Even walking will weaken you. Walking has a natural cross-over effect, but if your energies are homolateral, walking goes against the flow of your energies, so the very kinds of exercise that should benefit you wipe you out. Fortunately, you can get your energies crossing over again.

One way to determine if your energies are crossing over properly is to attempt a cross crawl (simply walking or marching in place is the simplest cross crawl, being sure that the left arm and right leg lift simultaneously, and then the right arm and left leg). If you find that the cross crawl is difficult for you, that you cannot easily coordinate your opposite arms and legs, or that just starting to do the cross crawl confuses or exhausts you, you are probably in a homolateral state. If your energies are running in a homolateral pattern but you are walking or marching in the natural cross-crawl pattern, you are literally moving against your own flow. There is also an energy test to determine if your energies are homolateral:

1. Draw a large X on one piece of paper and two parallel (top of the paper to bottom) lines on another.
2. Look at the X. Have someone energy test you.
3. Look at the vertical parallel lines. Energy test again.

If your energies are crossing over properly, looking at the X will be in harmony with your internal state and you will test strong. Looking at the parallel lines will momentar-

ily jar your energies, and you will test weak. But if your energies are homolateral, the opposite will occur. The X will weaken you; the parallel lines will strengthen you.

If you are chronically exhausted, if you are ill and for unknown reasons are not getting well, if standard remedies aren't working, your energies are probably homolateral. You can have someone energy test you, but you can also trust your inner knowing. The strategy for getting your energies to cross over again begins by physically aligning your body with the parallel pathways in which its energies are already flowing. Rather than going against homolateral energies, you begin to move in harmony with them when you start with the homolateral crossover (time--about 3 minutes):

1. Begin with the "three thumps" (K-27/Thymus/Spleen Neurolymphatics), breathing deeply. Some of these exercises are illustrated in my book, *Energy Medicine (EM)*. The three thumps are shown in Figure 3 on page 51. By activating the kidney, spleen, and thymus, the three thumps wake up your energies, making it easier to do the homolateral crossover.

2. March in place, but rather than lifting opposite arms and legs as in cross crawl, lift your right arm with your right leg and then your left arm with your left leg. Breathe deeply throughout the entire routine.

3. You can adapt these instructions for standing, sitting, or laying down. If you are too ill or too weak to move your limbs, another person can lift them for you. But find a way so you can do it even if you don't have someone to help you. If you are doing this exercise while laying down, you can place your legs on large pillows or, if you are sitting, you

can place them on a stool so you don't have to lift so high. This is not a "no pain, no gain" arrangement. Straining yourself sends your energies back into homolateral, so make it easy on yourself and rest whenever necessary.

4. After about twelve lifts of your arms and legs in this homolateral pattern, stop and change the pattern to a cross crawl--lifting the opposite arm and leg--again for about twelve lifts. If it is difficult to coordinate a cross crawl, you can touch your right hand to your left knee and your left hand to your right knee as you step.

5. Repeat the pattern twice more--twelve homolateral movements then twelve cross crawls. Anchor it in by ending with an additional twelve cross crawls.

6. End with the three thumps. Now that your energies are moving in their natural direction, the benefits of tapping the K-27, spleen, and thymus points will be multiplied and your vitality enhanced.

Do this routine twice each day until the new pattern becomes established. It might take ten days for a crossover pattern to stabilize, or as many as thirty days, but you will also probably feel immediate benefits. And the long-term benefits can tip the balance from being ill to getting well or from being depressed to feeling cheerful.

Sedating Triple Warmer. Any time you are feeling overwhelmed or a little crazed, you can sedate the triple warmer meridian. One quick method is to flush it (time--under 20 seconds):

1. To flush triple warmer, trace the meridian backwards (see Fig. 18, p. 105 of *EM*). Breathing deeply, place the fingers

of one hand on the opposite temple, trace around your ears, down your shoulders, and pull the energy off your fourth finger.

2. Repeat several times on each side.

A second method is to "smooth behind around the ears," which also traces part of the meridian backward (time--about a minute):

1. Rest your face in your hands, palms at your chin, fingers at the temples. Hold this for two breaths.

2. Breathe in deeply and lift your fingers two or three inches, smoothing the skin from the temples to above the ears.

3. On the exhalation, circle your fingers around your ears, down the sides of your neck, and hang your hands on the back of your shoulders, pressing your fingers into your shoulders.

4. Stay in this position through at least two deep breaths. Then drag your fingers slowly over your shoulders with pressure. Once your fingers reach your clavicle, release them and allow them to drop where they may.

A third technique is to hold your triple warmer sedating/releasing acupuncture points. Or totally relax into the experience by having another person hold them. Anxiety, anger, or terror melt away as you surrender to another's touch. If you are going to be holding your own points, begin by finding the most comfortable position you can so you are not adding more stress to your body by testing it. I like holding them in the bath tub. Do not be overly concerned about being *exactly* on the point. By using the pads of three fingers, you won't miss. Adapt these instructions if someone else is

holding your points. To sedate triple warmer (time--about 6 minutes):

1. Place your fingers on the "first" triple warmer sedating points (Fig. 26, p. 122). One point is located a hand's width beneath the knee, just outside the shin bone. The other is just above your elbow, in line with your fourth finger. Place your right hand on your left arm and your left hand below your left knee. Hold for up to two minutes.

2. Reverse the position, holding the "first" points on the other side. Again hold for up to two minutes.

3. For the "second" sedating points, place your left middle finger in the indent at the outside of your little toe. At the same time, place the fingers of your right hand on the back of your left hand, about an inch below where your fourth and fifth finger join. Hold for about a minute.

4. Reverse the position, holding the "second" points on the other side. Again hold for about a minute.

Reprogramming Triple Warmer to Stop Attacking Friendly Forces. If you are allergic to a food, a plant, or other substance that most people find to be user-friendly, you can usually retrain your immune system. You will need a bit of that substance for this procedure. Use good sense—if you cannot at all tolerate placing the substance on your body, you will need a professional to help you reprogram your body's response to it. This method is presented in three variations of increasing complexity, but also increasing potency. They can be combined for a cumulative effect. The first does not require a partner. Begin with the cross-crawl (or the homolateral crossover if your energies are running ho-

molateral, see above), the Wayne Cook posture (Fig. 6, p. 76), and then sedate triple warmer (see above).

VARIATION 1 (time--less than 2 minutes):

1. Place the suspected allergen on your body.
2. Breathe deeply while vigorously thumping the K-27, thymus, and spleen points.
3. Tap the stomach points on the bone beneath your eyes (Fig 37, p. 238).
4. Tap the triple warmer points at the back side of each hand between the bones that separate the fourth and fifth fingers (Fig. 38c, p. 238). Tap each point vigorously for about 20 to 30 seconds.

VARIATION 2 (time--about 3 minutes):

1. With someone else holding your triple warmer sedating points (Fig. 26, p. 122), place the suspected allergen on your body.
2. Turn over, place the allergen under your stomach or on your back and have your partner treat you to a spinal flush (p. 81).
3. End by doing or repeating "Variation 1."

VARIATION 3 (time--about 3 minutes):

1. Place the suspected allergen on one of your 14 alarm points (Fig. 25, p. 112) and have someone energy test to find out if the related meridian might be affected by the allergen. Continue through all 14 alarm points.

2. For each meridian that shows weak, tap the acupuncture strengthening point for 15 to 20 seconds (Fig. 38, p. 238).

3. Tap the stomach and triple warmer points (Figs. 37 and 38c, p. 238).

4. End with the "three thumps."

You may see immediate results or improvement within two or three days. I suggest, however, that you use the techniques daily and re-test after about ten days. It took me 17 days using these methods to overcome my allergy to wheats and grains. If your health is frail or is deteriorating, your body may not reverse an allergy. Triple warmer may be too threatened, its priorities may be elsewhere, or it may know something you don't about the substance in relation to your body's unique chemical and energetic make-up. If you find you do not become desensitized, believe in your body's wisdom and know that this substance is, at least for the time being, not a friend.

Reprogramming Triple Warmer to Stop Attacking Your Body. Triple warmer governs hysteria. When you are hysterical, you may find yourself yelling at someone you love, or "losing it" in any number of situations. When triple warmer "loses it," you "lose it." Imagine triple warmer as an inner police chief who is working overtime, 24 hours every day, with no holidays, trying to protect you. He is giving his all to safeguard you, yet in the case of autoimmune disorders, he is receiving continual reports that the dangers facing you are becoming endemic. But the Mayor and the City Council (you and the other systems of your body) are just ignoring the problem. You are living your life the way you've always lived it. You've got the same job, the same spouse, the same kids, the same stresses, the same eating habits, the same polluted environment. So the police

chief redoubles his efforts. But the crime scare continues, and the Mayor says "Sorry, just keep doing your job." Eventually, the police chief snaps. He has been giving his entire life caring for you. In charge of a deteriorating situation, he has been feeling utterly alone. Now he loses it. He turns his weapons on the City Council. This gets your attention.

To begin reprogramming your immune system, the first thing you can adjust is your attitude. For instance, self-judgment triggers different biochemical pathways in your immune response than self-compassion, and activating compassion for yourself can be a critical step in reversing autoimmune disorders. Rather than being angry at your body because of an allergy or autoimmune disease, you can help a crazed triple warmer meridian loosen its grip by entering into conscious partnership with it. It is not enough to tell it to lay down its weapons. That only makes it crazier. But if you come in with energy techniques that are attuned to your body's needs, triple warmer senses that it is not the only one fighting in your behalf, and some of its panic immediately dissolves. Energy medicine in fact offers a better surveillance system than triple warmer's two-million year old equipment, and you can help it update its strategies and promote its sense of safety. Keeping your energies crossing over and balanced serves to insure your immune system that a higher intelligence is on the job, assisting it with its critical mission.

Emotional Overload. A young woman burdened with a terrible secret came for a session. Her secret was that she feared she would harm her children. Extreme stress showed in her aura as a purple-black energy. It surrounded her body and was suffocating all her other energies. She was frightened and overwhelmed and unable to deal with the simplest things. She consistently

screamed at her children, and she cried herself to sleep every night. Her husband had his own struggles trying to earn enough to support their three young children, so she did not feel she could complain to him. She put a lid on her self-expression, and I believed she was indeed a danger to her children.

It is rare for me to hold neurovascular points for more than three to four minutes, but I held hers for at least half an hour, until the panic finally calmed and the stress began to stream out of her body. I taught her exercises to do at home for unscrambling her force fields and bolstering her reserves. Along with the Daily Energy Routine, I had her begin her mornings with the hook-up (p. 119) and Separating Heaven from Earth (Fig. 39, p.250). In addition she agreed to "flush" triple warmer each day, especially when she felt extreme stress. She held her neurovascular points whenever she took a bath. At the end of each day, her husband massaged her neurolymphatic points and held her triple warmer sedating points as well. I have continued to see her on occasion for years now. From the time she learned how to manage her triple warmer energies, she knew her children were no longer in danger.

Fight, Flee, Freeze, or Calm Triple Warmer. While violence toward a child or a spouse can never be condoned, the tendency toward violent outbursts is more complicated than a simple failure of discipline or moral strength, and preventive measures that do not recognize the deeper dynamics perpetuate the problem. When your hypothalamus, which governs triple warmer, senses you are unsafe, it floods the body with stress hormones that prompt you to fight, flee, or freeze.

In our civilized lives, however, we do not burn off the stress hormones, and our

bodies literally overdose on them. With these natural but powerful drugs coursing through your veins, insisting that you fight or run, triple warmer stays in emergency alert. It continually seizes energies from your other meridians because the emergency is given priority. As your body tries to conserve energy and slow you down, meridian energy begins to run backwards and stops crossing over. Your fuse is shortened. Your patience is taxed. You cannot think clearly. You feel overwhelmed. This entire cycle perpetuates itself, becoming a closed loop until your body is able to rid itself of the stress hormones. The timeworn path for accomplishing this is to burn them off by fighting or fleeing. And the impulse when stress hormones build up is still to take the most immediate route possible, which often involves blowing up inappropriately. That this psychological response has such a strong physiological basis should afford some compassion for yourself and others.

A judge who had taken a class with me referred a 25-year-old man who had, in a single episode, beat up his wife, hit his child, and attacked a neighbor who tried to intervene. Up to that point, no one had ever seen him even be angry. He was always the supportive one, the nice guy. The judge told me, "Before I sentence this man, I want to go out on a limb and ask you if this is one of those 'triple warmer things.'" It was. The man was responsive to the routine I am going to show you below, and having two more individual sessions and taking a class with me was his sentence. His recidivism rate has been zero, and he still schedules an occasional session when he thinks his stress level is getting out of hand.

If clients come to me distraught, terrified, overwhelmed, explosive, or suicidal, I generally sedate triple warmer and clear the neurolymphatic points (Fig. 42, p. 274) early in the session. This provides the release

they are needing without their having to scream, explode, run away, or beat somebody up. Once triple warmer has been sedated, all of the other meridians become stronger, and the body responds as if a crisis has passed. While sedating triple warmer curbs its overvigilance, it does not compromise its effectiveness in protecting you.

Easing Emotional Overload. When you are feeling emotional overload (time--about 2 minutes):

1. Begin with one or more of the following: hold your neurovascular points (Fig. 36, p. 217), sedate triple warmer (as above), and/or do the crown pull (Fig. 5, p. 70).
2. Then place the fingers of both hands so they meet at the back of your neck. Push in and pull your fingers apart. Repeat and work down your neck to the top of your shoulders.
3. Place one hand on the back of your head and the thumb and first two fingers of your other hand at the middle of your forehead. Stretch the skin with your thumb and fingers pushing in opposite directions, until your hand is over your forehead as you might position it to block the sun. Breathe deeply as you hold this position.

When Triple Warmer Needs a Boost. Sometimes, when an illness seems to be winning, the best interventions strengthen the immune system rather than attack the disease. When triple warmer disables you, leaving you in a stupor or fever, it is on the job. It is networking your thymus, spleen, and lymphatic systems into an acute immune response, while preventing you from lavishing your physical and emotional resources on anything but survival and healing. In autoimmune and environmental disorders, it is vigilantly engaged when it should be relaxing. At other times, triple warmer re-

treats from battles that need to be fought. Perhaps it collapses in exhaustion. Perhaps it has been fighting for so long with no victory in sight that it simply gives up. Perhaps it is patterning itself after your own disinclination to set boundaries around people or obligations that are invasive.

Immune Deficiency Disorders.

Your immune system can go astray by *modeling* itself after your behavior. Some immune disorders are, in fact, exact analogies of the person's ways of relating to the world. People who are highly suspicious, for instance, tend toward an overly vigilant immune system. At the other extreme, people who cannot say "no" tend to have an ineffective inner guard. I personally have difficulty maintaining boundaries with others. I see the good in people, trust them readily, and it never occurs to me that they might not treat me well. I've repeatedly assumed, and thus assured my immune system, that I am safe when I am being manipulated, drained, or otherwise harmed. My immune system, by modeling itself after my behavior, can fail to protect me. Specifically, it doesn't always keep out toxic energies that most bodies instinctively repel. Rather than a hypervigilant immune system, this is an *immune deficiency disorder*. To strengthen triple warmer:

1. Unscramble your energies, using the Daily Energy Routine (Ch. 3).
2. Stretch your body in ways that feel good to you.
3. Hold the triple warmer neurovascular points (Fig. 42, p. 274).
4. Mobilize your radiant circuits.
5. To go more in-depth into an illness that hangs on

a. Energy test to determine which meridians are in need of attention and balance them, as described in Chapter 4.

b. Energy test to determine which chakras are in need of attention and balance them, as described in Chapter 5.

By doing these techniques daily, you can build your immune system and instill into it habits that will maximize its effectiveness. After establishing a program for balancing your meridians and chakras using the suggested energy tests, stay with that program for about a week. Then retest and revise the program as needed.

When to Strengthen Rather than Sedate Triple Warmer. While sedating an overactive triple warmer is helpful for managing most illnesses, there are times when strengthening triple warmer can save a life. If a person has gone into anaphylactic shock (a life-threatening allergic reaction), strengthening triple warmer can reverse it. In fact, in any situation where the medical treatment might involve a shot of adrenaline, such as an asthma attack or a bee sting, strengthening triple warmer can provide extra adrenaline. Another time to strengthen rather than sedate triple warmer is if a patient is "slipping away." To strengthen triple warmer, trace the meridian (Fig. 18, p. 105) or hold its first and second acupuncture strengthening points (Figure 26, p. 122).

Conclusion

Triple warmer is one of the body's most potent and least understood energy systems. In addition to the issues typically associated with immune functioning and the fight or flight response, its actions are involved in a host of problems ranging from

obesity to boredom. Simply being aware of triple warmer's presence and keeping it calm amidst other energy interventions is a way of telling the body, in its own language, that you understand its concern for survival.

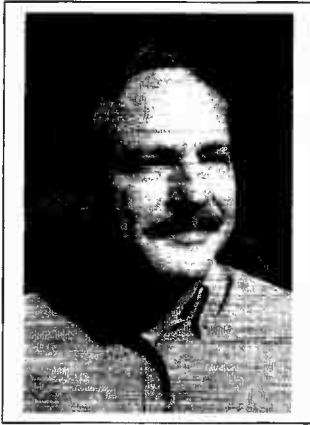
But triple warmer is only one arm of the immune system. The other is controlled by the strange flows, or radiant circuits (Ch. 8). If triple warmer mobilizes your "inner militia," the radiant circuits mobilize your "inner mom." They support, inspire, strengthen, and cajole all of your organs and energy systems to function as a tight-knit family. Where triple warmer protects you using the principle of conflict, the radiant circuits protect you using the principle of harmony. Their idea of a good defense is a radiant and well-integrated community of organs, glands, vessels, and energies. Rather than relying on a military approach,

the defensive strategy used by the strange flows resembles that of "community policing," where police officers see their job as helping the local community become strong and naturally resistant to crime. But that is another story.

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Putting Context Into Practice

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Abstract:

Context is important to consider in any form of communication. In Energy Kinesiology, context is used in several ways. Two of the most important are: creating context as a means of asking complex questions using the “language” of kinesiology, and using context to deepen the effects of the balancing procedure. In this paper, these two will be examined, with examples of how to use each of them.

Introduction – The Importance of Context:

“Hi! How are you?”

“Yeah, on Friday the whole thing cleared up.”

“Yup, I know just what you mean. I was just saying that to someone the other day.”

“Y’ know, she really ticked me off when that happened.”

“Who knows? Maybe next week.”

“Great talkin’ to you, See ya later!”

What was that all about? It’s a bit difficult to know, and likely that the two people involved didn’t even know themselves. Why not? Because there was no **context**. Context creates the necessary parameters for understanding communication. And through context, the opportunity exists to deepen the understanding, as long as at least one of the

parties involved desires it. The choice exists to do so, or not. This choice is offered in many of the conversations we engage in on a daily basis.

“Hi! How are you?”

“I’m pretty good thanks. How ‘bout you?”

“Oh, I’m hangin’ in there.”

“Well, it was nice seeing you again.”

“You too. Bye.”

Certainly a more normal conversation than the previous one, and with it came choices for both parties as to whether or not to pursue deeper meaning. Yet, for whatever reasons – time, lack of interest or caring, the nature of the relationship – neither person chose to delve further into how the other was really doing. Those choice parameters (time, interest, etc.) create a certain type of context. And the responses themselves, had either individual chosen to go further, would have been determined by the context of what

was said. For example, after the one person said, "Oh, I'm hangin' in there," the other person may have inquired further..."Well, that doesn't sound so great. What's going on with you?" This sort of inquiry may have then resulted in further information, and a deeper, more meaningful discussion.

Context can also be determined by other forms of observation, the immediate environment, a particular look, and other sensory input. Perhaps you're walking down the street and you bump into a friend, and immediately are affected by their look.

"Wow, you look exhausted! Is everything OK?"

Now, you might not say that to just anyone, so the context of your relationship with that person has had an effect on your comfort in even sharing that observation. As you can see, context is very variable, and is treated differently by each of us. Someone with lack of boundaries or awareness might aggressively say the above to just about anyone, not realizing or caring that the other person might be offended. Another, maybe someone who knows the person well, might choose not to share the observation, and the tired person may still be offended that their condition wasn't noticed by someone they thought was a good friend. Context and behavior – complicated partners to say the least! And it all boils down to communication.

The Energy Kinesiology Factor

It is no surprise that context can play a big role in Energy Kinesiology. After all, the use of muscle monitoring is a communication tool. An En.K. practitioner does not actually heal, balance, fix or otherwise affect another person with Energy Kinesiology. The practitioner merely communicates with muscle monitoring. The

balancing comes from the universe of the healing arts, most of which exist outside of Energy Kinesiology and can stand on their own. And, as a communication tool, context plays a very important role in how that communication happens. In fact, context can be used by the resourceful practitioner to go deeper into the balance at hand, thereby increasing the effectiveness of the work they are offering to their client.

Being potentially complicated, I will offer just a couple of ways that context is used in Energy Kinesiology. My hope is that you will find something useful and practical in these examples.

Context and Linguistics – The Use of Formatting

While I am a multi-disciplined Energy Kinesiologist of 20 years, the model that I most often use – as well as teach – is that of Applied Physiology (AP). AP's originator, Richard Utt, is a master of context. As a result, one of his most powerful contributions to the art of EnK is that of formatting. While many forms of EnK utilize hand modes, body indicator points, and the pause lock system as the "language" of EnK, Applied Physiology puts them all together in a unique way to ask in-depth questions that would otherwise be much more difficult.

In its most basic form, body points (such as the alarm points) and hand modes are used to ask the body where it needs some attention, and what it wants to bring things into balance. By touching a point or holding a mode and pushing on an indicator muscle, we are essentially asking a simple question: "Is there an imbalance with...?" or "Do you want ... to balance?" If an indicator change

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happens, we pursue further. If not, we go on to another question. The potential problem here is that, often, the question we are asking is very general, and therefore gets a very general answer. Sometimes we need to be more specific in order to elicit a meaningful response.

When touching an alarm point to see if there will be a response from the body, we are asking a very general question. The alarm point represents the meridian of energy that it relates to, with each of the points with their respective meanings, and collaterals that go off and connect to other areas of the body. This includes the meridian's associated organ, with all the anatomy and physiology involved therein. As well, there is the muscle associated with that relationship, with all of its functions and relationships to surrounding structures. For an alarm point to create an indicator change, the body scans all of these areas, and if there is enough stress in the system, it will give an indicator muscle change. But even if it doesn't give a change, that doesn't mean that all is well with everything that alarm point represents! It is akin to our earlier conversation, where upon being asked, "How's it going?" we say, "Fine thanks," and go on from there. With a little extra push and inquiry, more information may have come to light that things aren't as "fine" as we made them out be!

What is needed is more *context* in order to ask a more specific question. For instance, I might hold a particular hand mode – let's say, one for "organ" – that now asks a more specific question. If I hold organ mode and touch the alarm point, I'm refining my question, blocking out a lot of other meridian-related information, and asking more specifically, "How's the organ related to this alarm point?" Given the complexity of organ anatomy and physiology, that is still a pretty general question, but a lot less

so than simply touching the alarm point by itself. It may, or may not, be enough to give an indicator change.

Perhaps I hold another hand mode to refine my question even further – let's say, one for physiology. Now I'm asking a still more specific question. How is the function of the organ related to this alarm point? Again, given the complexity of organ function, this is still a general question, but we are narrowing down the possibilities for getting an answer that might have otherwise gone unnoticed.

This is where the research of Richard Utt goes even a step further. Recognizing that, even at this point, an indicator change might not happen, Applied Physiology has means of asking questions using the electromagnetic language of the body – the language of Energy Kinesiology – to further identify the specific anatomy or physiology of the organ. The challenge is that there are only so many modes and points that one can hold at a single time to ask such complicated questions. Utilizing the pause lock mechanism – identified originally by Allan Beardall, originator of Clinical Kinesiology – we can go further in asking questions when needed. This combination of holding hand modes while touching points, putting them into pause lock, and then holding more modes and/or touching more points is what is referred to in AP as formatting.

One major feature of formatting is that it offers the practitioner a means of asking complex questions using the electromagnetic language of Energy Kinesiology. However, because of the specific nature of some of these questions, and the steps required to ask them, it is often necessary for the practitioner to know exactly what they want to ask. The advantage of this is that it allows the practitioner with knowledge of the body's anatomy,

physiology and energy systems to use that knowledge (and their intuition) to dig deeper to find imbalances that might not otherwise easily present themselves.

An Example of Formatting – The Amygdala Emotions

I'll offer an example from AP's groundbreaking workshop, Applied Physiology and the Brain (sometimes referred to as Brain Physiology). See the appendix at the end of the paper for a more concise procedure.

Suppose the practitioner is working with a client on a complex emotional issue. Many systems offer wonderful methods of identifying the emotions involved, when they began, and a number of methods for working with those emotions. Sometimes this may still not be enough if there have been layers of re-triggering on top of the initial experiences, and the behavioral pattern continues. A portion of the brain might still be filtering current experience and triggering a response based on those past experiences, resulting in a continuing present time survival response. It may be necessary to get into that specific brain area in order deal with the neurological trigger as a means of fully disengaging from the survival behavior. But to get to that level of the brain, establishing the question with proper context is important for the body to fully understand what is being asked. And the practitioner needs to know to ask the question!

Utt found that, by combining organ, gland, anatomy and physiology hand modes while using the Central Vessel acupressure points and using pause lock, it was possible to ask questions about different areas and nuclei of the brain. For instance, holding organ and

gland modes while touching the Central Vessel alarm point and CV23, activates a particular system in the brain known as the limbic system. This resulted from the context of organ mode and the alarm point, indicating that we are asking specifically about the brain aspect of the muscle/organ/meridian triad; and gland mode with CV23 (under the chin, just in front of the "Adam's Apple"), narrowing the brain down to the limbic area, who's many structures secrete hormones and therefore act as glands.

However, because this is still a very complex system, simply holding this combination rarely results in an indicator muscle change. What Utt also found is that, by putting this "limbic mode" into pause lock, the entire central meridian re-maps so that the points indicate specific anatomical areas of the limbic brain.

With the context created by the above format, Utt's research showed that Central Vessel 14 (the same point as the heart alarm point), combined with anatomy mode to provide further context that we are asking about brain structure and not function, now represents the area of the brain known as the amygdala, an important emotional generator for purposes of perceived survival. So we hold anatomy mode with CV14 and add that to the pause lock to continue to ask our question.

But the amygdala itself has many more functions than just this, and is a complicated area of the brain in and of itself. Therefore, even with narrowing our question down to this level, we may still not get a change in the muscle. So we must think, what is the question we really want to be asking? If it has to do with the emotional aspects of survival related to the client's original issue, generated by this part of the brain, then we

A Lehman Putting Context Into Practice

need to further refine our question. Since we are now down to the functional level, we use a mode for physiology (as opposed to anatomy) and add this to the pause lock. More *context*! And guess what happens. The Central Vessel now re-maps yet again, based on the new context, to represent the many functions of the amygdala! Utt's further research shows that, now, CV 12-16 represent several of the survival emotions associated with the amygdala: rage, escape, fear, pain/punishment, and pleasure (or, more likely than not, blocked pleasure). Now, when we touch each of these points, if relevant, our question has become specific enough to elicit a change in our muscle.

Perhaps the client experiences aspects of life where they perceive themselves as being trapped, and this has become a theme for them in their lives, eliciting behavior that reflects that fear. As a result, they are always looking for a way out, often before they even get into a situation, such as a relationship. In this case, perhaps CV13 – escape – will show in the amygdala as the function that gets triggered and is behind the behavior they are wanting to change.

As you can see, this single question has taken several modes, points and multiple pause locks just to get to the point where the body was able to understand the question well enough to reply. While it may seem like an involved process, with no guarantee of a “positive” response at the end, the method provides an accurate means of the client's body/mind to understand the question due to the context provided. If we consider ourselves to be body investigators, this depth of probing is sometimes necessary in order to get to the “meat” of the issue. As well, consider that, when a person lies on your table, they are often in a state of severe imbalance. The body itself has become so disconnected and confused that the current state of things has been accepted as the

status quo. How things are “supposed to be” has long been forgotten. By offering the context of the question, and connecting all the dots, now the body has the opportunity to compare how things are now to its own internal reference of the original template of things are supposed to be and go, “hmmm...perhaps things aren't supposed to be this way!” The muscle changes.

Context, Listening and Feedback – A Balancing Model

Let's look at another way of using *context*. An area that I often observe context get overlooked is in the balancing process. One of the great advantages of Energy Kinesiology is that of an integrator. As previously noted, En.K. doesn't actually “heal” anything, but rather is a communication tool. A powerful aspect of this is that it offers the client a means of communicating exactly what is desired to bring the system into balance so that the body can access its own innate healing ability. This comes in the form of the broad universe of the healing arts. But it is not limited to any one in particular. During the course of a single session, the practitioner may draw from several modalities of energy balancing, integrating those specific parts of each one based on what the client's issue is. Many of the healing arts modalities come with their own insights and awareness into the body's processes and machinations on several levels. However, sometimes we forget all of that and simply go through the motions of procedure, mechanically “doing” the modality that the body indicates it wants, and not taking advantage of the underlying information offered. As an Energy Kinesiologist, it is important to “listen” to these messages, interpret them, and judge when to feed back or utilize the information to go deeper or elicit more from the client. Sometimes this might be very subtle, but can

be exactly what is needed to take the balance to a new depth. And the power of it can be utilized in the balancing process itself.

One of the masters of this was Dr. John Thie, originator of **Touch for Health**, and from there, the entire profession of Energy Kinesiology. Using what has evolved into the current Touch for Health Metaphors method, Dr. Thie would talk to the client about the metaphorical meaning of the meridian, element and/or organ related to the reflex point he was activating at any given point during the balancing process, while he was activating it. This would connect many factors of the client's issue while moving the energy. There are many ways of accomplishing the same outcome using a variety of Energy Kinesiology modalities and their related balancing techniques.

As an example, in Applied Physiology, we use a technique called *7 Element Acupressure*. While the method itself is beyond the scope of this paper, the idea is that we use the command points of acupressure to do the balancing. Command points work exceptionally well within the AP system due to the "holographic" model of AP. In this model, we are always looking at relationships, and therefore require 2 meridians to be identified as a means of knowing what to do to balance. For example, rather than finding an imbalance in just the stomach meridian, we find a second meridian that has a direct relationship with the stomach meridian that is relevant to the client's issue – e.g. gall bladder. Because the command points of acupuncture specifically relate a meridian to each of the elements, they are well suited to the system – as well as being a powerful energy balancing tool. These same points are used in other methods of Energy Kinesiology as well, such as the Touch for Health acupressure holding

points. But the relationship that is inherent in these points is often overlooked.

To further expand on this example, the command point that represents the relationship of stomach and gall bladder is Stomach 43. This is the wood element (gall bladder) command point on the stomach meridian. Using the rules of the AP system, the practitioner would hold this point bilaterally with light touch (because gall bladder is yang), and wait until the points pulse and then synchronize. That is the balancing method, and works fine just like that. However, to increase the depth of this technique, the practitioner might choose go deeper. This is where context comes into play.

Using the educational model, the practitioner might begin to talk about associations between the stomach and gall bladder, feeding this information to the client to see if there is more to be learned about why the body has chosen these points to balance. This can be done on the physical, emotional, or metaphysical levels with both literal and metaphorical approaches.

For example, with knowledge of the digestive system, it might be explained that the stomach produces acid (HCl) as a means of digesting the food. If there is not enough acid, the hormonal trigger for the gall bladder to release bile – necessary for proper fat digestion – may not happen properly. The question can then be asked if the person is eating a lot of fatty foods that might be causing trouble, or if there are other aspects of digestion that might be suffering due to low HCl. Context can be considered here, particularly if digestion is part of the issue the client is working on, to decide if this is an appropriate question to ask.

On an emotional level, the practitioner might choose to discuss the relationship of sympathy (the emotion of the earth element, in which the stomach meridian resides) and anger (the gall bladder related wood element emotion). Perhaps the client is a very giving person who often doesn't get much back in return, and in specific situations, might feel frustrated and unloved as a result. If this turns out to be the case, and it is identified as an underlying cause of the issue originally presented, then the balance has just gone to a new level by bringing that out while performing the balancing technique. After all, the balancing technique here is a direct representation of that emotional relationship and imbalance.

The Chinese Medicine metaphor of the wood element sucking all the resources from the earth as a means of controlling it might be explored (the wood element is the controller of earth in Chinese medicine's KO cycle). Perhaps this brings out a story related to the client's job and work environment that sheds further light on the original issue.

Or maybe, if familiar with the Touch for Health metaphors, you look at what kind of story might be told by combining them. Often the relationship between two seemingly different aspects gives more meaning that the client attaches to, and suddenly the flood gates open.

All of these methods, and others, are potential means of getting more neurological activation while doing the balancing process. The more neurological activation that happens, the deeper the balance, and the better the results. Which choice do you use? Let context guide you! But as long as you do so in a questioning manner, you can try them all! It simply takes one trigger for the

client to latch on to and run with, and things change for the better. All you're doing is using the context of the information that the body is offering, combined with the context of the original issue and the client, and the light bulbs begin to turn on. This "connecting of the dots" brings about further conscious awareness on the part of the client, as well as subconscious connections that allow the neurology and energetic systems to compare the current state to the original template. When the difference between the two is recognized, the energy shifts to change the pattern and return to the original self.

Another example of this is for those of you that do chakra balancing. In *Applied Physiology*, we use a method known as *The 7 Chi Keys* – a means of balancing the 7 major chakras using the acupressure system (as well as tuning forks). This opens the door to lots of context expansion. But regardless of the method of chakra balancing you use, the same concept applies. While doing whatever balancing method you know to do, talk to the client about what that particular chakra means, and ask them how that relates to their issue and their life. By having them think and/or talk about this while applying the balancing method, you assist them in further deepening the balance.

As an example, if the root chakra is what the client has indicated they might benefit from, you might mention to them that the root chakra is about being grounded, and is related to home, safety, security, trust, and how those all relate to family and community. Then ask, "How are any of these related to what we're working on?" and let them embellish. This might bring out more information than had already been established, perhaps even some tears or other emotional expression. Just keep doing the balancing throughout this expression, as

it is now right on the surface and, therefore, more easily affected. The results can be dramatic.

Conclusion

What we have examined here are two different uses of context in an Energy Kinesiology session. *First*, there is the use of the language of Energy Kinesiology as a means of asking complex questions. By formatting the question with modes, points and pause lock, the context of the question is developed in the body's own language, is understood, and then responded to in kind. For the practitioner, the advantage of this use of languaging through formatting is to ask questions based on his/her knowledge and intuition, not always relying strictly on the client to lead the way. In this manner, the practitioner becomes a linguist – a true artist in the communication field of Energy Kinesiology.

Secondly, we looked at how to use the skills, knowledge and intuition that have developed through your training and your life experience as a means of deepening your balancing work during the balancing process itself. As I have learned, taught and observed over the past couple of decades, I've noticed that students and practitioners often get caught up in procedure, and forget to relax enough to let their full potential come through – to let the sum of the parts that are greater than the whole shine through. This slave to procedure also distracts from hearing the important underlying context that is available from not just what the client has to say, but also what the body has to say through the wonderful tool of Energy Kinesiology.

Perhaps many of you already do this, perhaps not. Maybe you utilize metaphorical information as something you share after a balance, or in discussion as a means of learning more about an issue before balancing. Now you might consider using it during the balancing procedure of whatever healing modality is called for in the moment – not just as information, but rather as part of the balancing process itself.

By being open to all of the information coming from the client, and all that you've learned about what it all means, you can enrich the session experience by feeding it back, activating neurology and energy, while working to shift the energy at the same time. Your clients will be impressed with how you seem to know so much about them, and, more importantly, they'll experience the benefits by feeling better, faster.

About The Author:

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Appendix:

Procedure for Formatting the Amygdala Emotions

Abstract:

The amygdala has a broad range of functions in the body, most of which are survival oriented. These include heart rate, sexual functions for procreation, and emotions. The emotions are base survival emotions, hard wired into the neurology. From these, millions of more complex emotions are generated secondarily. This is much like the computer monitor that generates millions of colors from only 3 color generators – red, green and blue.

As an example of base emotions, when a threat is perceived (key word there!), we experience fear. Out of that fear comes the desire to escape. If escape doesn't work, then rage is brought up as a means of fighting the best fight possible to survive. This is exactly what we talk about when referring to the "fight or flight mechanism"!

All sensory information gets to the amygdala before it gets to our conscious mind, although without as much detail as gets provided in the cortex. This allows the amygdala to decide if there is a threat or not. If it decides there is, then the fight or flight response is initiated, much faster than if we had to consciously think about whether what is happening is truly threatening or not. However, this might result in reactions to situations that the amygdala has memory access to that may no longer be appropriate!

If this trigger is not included in balancing, regardless of other emotional work to deal with our issues, the inappropriate behavior may return later after being triggered again and again over time.

By adding this "setup" to your balances, especially when dealing with emotional issues or events that might have an emotional trigger, the results will be deeper

and longer lasting. Because it takes several steps to identify if it's involved, it is a good idea to transfer any circuit you may be holding to the client before proceeding with these steps. In this manner, if there is no indicator change on the emotional points, you may simply close your pause lock without losing any other part of the circuit.

Modes:

Gland Mode – hand in fist, middle finger extended, thumb pad to middle finger pad.

Organ Mode – hand in fist, index finger extended, thumb pad to index finger pad.

Anatomy Mode – hand in fist, thumb pad over middle phalanx of index finger.

Physiology Mode – hand in fist, thumb pad over middle phalanx of ring finger.

Procedure: (Insert at any time during the course of a balance, particularly when working on emotional issues. Make sure client is holding all information prior to this in pause lock so that, if there is no indicator change in step 4, you can simply close your own pause lock and continue with the existing circuit intact.)

1. Format for the limbic system: Gland Mode X Organ Mode X CV24 X CV23. P/L (pause lock/circuit retaining mode). Usually this will not create an indicator change (I/C).
 - A. Note: "X" means "apply simultaneously". One mode on each hand, touching a point with each hand, all at the same time. Spread feet apart to engage pause lock.
 - B. CV24 is the Central Vessel alarm point, located between the lower lip and the chin. CV23 is located under the chin, just in front of the Adam's Apple.

2. Central Vessel now re-maps for the limbic system. Format for amygdala: Anatomy Mode X CV14. P/L. Usually will not create an I/C.

A. CV14 is the Heart alarm point, located 1 body inch below the tip of the xiphoid process at the base of the sternum (breast bone).

3. Central Vessel now re-maps for the amygdala. To create the context for the functions of the amygdala, apply Physiology Mode. P/L. Usually will not create an I/C.

4. C/L (circuit locate, with neutral touch) CV 12 – 16 one at a time. For each, monitor indicator muscle (IM) for an indicator change (I/C). When I/C, P/L. Repeat until none show.

A. The meanings of these points is as follows: CV12 – rage; CV13 – escape; CV14 – punishment, CV15 – fear; CV16 – pleasure (or, as it usually shows here in stress, blocked pleasure). P/L all that show.

5. Once all are entered, continue on with circuit. You may, of course, choose to feedback the information to your client and explore the meaning of the point(s) that has shown. When balancing modalities are applied, these points (triggers) will get balanced as well.

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Soul In Kinesiology

Sue Corrigan



Energy Psychology

New Paradigm or the Old Razzle Dazzle?

David Feinstein, Ph.D.

Abstract:

Energy psychology, as most commonly practiced, combines a variety of cognitive strategies with the stimulation of specific acupuncture points, usually by tapping them. This paper, based on an earlier article that appeared in the January 2005 *Psychotherapy Networker*, introduces health professionals to this emerging field. It provides an overview of energy psychology, covering basic concepts and procedures. Evidence bearing upon clinical efficacy is presented, and plausible neurological mechanisms are discussed. The article gives a brief history of the field, mentions various energy psychology protocols, discusses the conditions for which the approach is most effective, and demonstrates a standard clinical protocol through the presentation of three case studies and an outline of the method. It closes with a list of resources and references.

When James Reston, a *New York Times* reporter accompanying Henry Kissinger on a visit to Communist China in July 1971, had an acute appendicitis attack, Chinese physicians performed an emergency operation to remove Reston's appendix. His postoperative abdominal pain was successfully treated with acupuncture, a routine procedure in many Chinese hospitals. The publicity surrounding Reston's treatment, including a front page article in the *Times*, is credited with opening Western minds to the practice of acupuncture. Today the American Academy of Medical Acupuncture has more than 1600 physician members, and the World Health Organization lists more than 50 conditions for which acupuncture is believed to be effective.

Since the early 1980s, Western mental health practitioners have been developing protocols for applying the principles of acupuncture to psychological issues, patterned initially on the work of California psychologist Roger Callahan and Australian psychiatrist John Diamond. Acupuncture points can be stimulated for therapeutic effect through the use of needles or heat, but less invasive procedures—such as tapping or massaging points on the surface of the skin—have also been found to produce therapeutic outcomes. This allows a broader range of practitioners to use the approach, and it allows clients to self-administer the methods back home, in conjunction with the therapy.

Because the stimulation of acupuncture points produces physical change by altering the body's electrical activity, the various

mental health protocols that utilize acupuncture points (such as "Thought Field Therapy," "Emotional Freedom of particular electromagnetically responsive areas on the surface of the skin with methods from Cognitive Behavior Therapy, including the use of imagery, self-statements, and subjective distress ratings.

Few treatment approaches have engendered more skepticism in the therapeutic community than those proffered by energy psychology. Claims of near-instant, lasting cures with recalcitrant problems using interventions that look patently absurd and seem inexplicable have triggered skepticism in virtually every clinician who first encounters them. At the same time, growing numbers of therapists representing a wide range of theoretical backgrounds have been trained in these methods (the Association for Comprehensive Energy Psychology, for instance, has more than 600 professional members) and have found that, however mysterious the mechanism of change, the approach can yield surprisingly powerful results with certain problems.

In fact, the mechanisms by which the basic procedure—tapping specific points on the skin while mentally activating a dysfunctional emotional response—may not be as incomprehensible as first appears. Energy psychology may work by producing neurological shifts in brain functioning in much the same way as neurofeedback training, a treatment that is increasingly being used for problems ranging from learning disabilities to anxiety disorders to depression to addictions. Unlike psychiatric medication, which catalyzes changes through its effects on the brain's biochemistry, both energy psychology techniques and neurofeedback training have been shown to bring about changes in brain wave patterns, and these changes correspond with a reduction of symptoms (to see

digitized EEG images taken before and after energy psychology treatments, visit http://www.innersource.net/energy_psych/ep_i_neuro_foundations.htm).

A difference between the two approaches is that neurofeedback relies on scientific instrumentation while energy psychology does not. Although this makes energy psychology more readily accessible, it perhaps makes neurofeedback training more palatable to the professional community. In addition, the explanations used in energy psychology for the reported treatment outcomes, fall outside our familiar paradigms. They make no sense if we try to understand them in terms of conventional explanatory mechanisms, such as insight, cognitive restructuring, focused mental activities, reward and punishment, or the curative power of the therapeutic relationship. But if we examine the electrochemical shifts in the brain that are brought about by stimulating electrically inductive points on the skin, a coherent picture begins to emerge.

Research studies have shown that acupuncture points are more electrically responsive than other areas of the skin (which have 20 to 30 times the electrical resistance). Studies have also indicated that acupuncture points have a higher concentration of receptors sensitive to mechanical stimulation. In energy psychology, a subset of acupuncture points is stimulated, usually by tapping them while mentally activating a dysfunctional emotional response. Tapping specific acupuncture points appears to send signals to the brain which are similar to those produced by the more traditional use of needles. Various studies have demonstrated that the stimulation of selected acupuncture points modulates the activities of the limbic system and other brain structures that are involved in the experiences of fear and pain.

The most promising hypothesis regarding the neurological mechanism by which energy psychology achieves its effects, I feel, has been proposed by Joaquín Andrade, a physician who works with anxiety and other psychiatric disorders, and who has also utilized acupuncture in his practice for more than 30 years. Andrade traces the consequences of activating a disturbing memory while sending electrical impulses to responsive areas of the limbic system through acupoint stimulation. As Joseph LeDoux's research program at the Center for Neural Science at NYU has demonstrated, any time a fearful memory is brought to mind, the neural connections between the fearful image and the emotional response may be increased or decreased. The memory becomes labile when reactivated, and thus susceptible to being neurologically consolidated in a new way—its emotional power either reinforced or dissipated in the process. In energy psychology treatments, it may be that the established ability of acupuncture to deactivate areas of the brain which are involved in the experiences of fear and pain apparently takes hold during this moment of "neural plasticity."

While energy psychology can point to such plausible mechanisms for the effects of its methods, as well as to a plethora of case reports, few efficacy studies support its claims. Controlled research, of course, always lags behind clinical innovation. But the field of psychotherapy has been particularly reluctant to entertain the methods of energy psychology given the paradigm stretch, the extraordinary claims, and the fact that psychotherapists have learned through hard experience to be suspicious of highly touted new methods before they have been scientifically substantiated. Nonetheless, there are no known side-effects to energy approaches, they do appear to relieve the suffering brought about by a number of psychological

conditions with unusual speed and power, and the field continues to gain proponents among a wide spectrum of clinicians.

Putting the Methods to a Public Test

I learned of energy psychology while on sabbatical from a 30-year practice in clinical psychology. I was on an extended teaching tour, assisting my wife, Donna Eden, whose book on energy medicine had put her into the public spotlight. A few of her students were psychotherapists who already utilized energy psychology. Since I was both a psychologist and involved with energy medicine, they assumed I would be well-versed in energy psychology, which is a subspecialty of energy medicine in the sense that psychiatry is a subspecialty of medicine. I was not. In fact, the first time I saw the approach used—curing a severe height phobia within the space of twenty minutes—I could hardly believe my eyes and felt skeptical that it was actually this odd method that produced this stunning result. Nor, at this point in my career was I particularly eager to take on a whole new way of working. Nonetheless, as I continued to witness the surprising results following the use of these techniques, I wanted to be able to produce the kinds of results I was seeing. I enrolled in an intensive training and certification program, hoping to master the approach. Since the procedures themselves are actually quite mechanical, if you start with a solid clinical background, they are surprisingly easy to learn.

I was still on the extended teaching tour by the time I had completed the practice requirements and was qualified to introduce the approach to clients, so I began to do my own demonstrations during the workshops. By this time, I personally knew dozens of respectable and highly trained therapists who were applying these methods in their own practices. Even so—as a licensed psy-

chologist who was still unable to persuasively explain *why* the techniques worked—I was more than a little uneasy to find myself doing an approximation of the kind of razzle-dazzle medicine show that had struck so many professionals (myself included) as not much more credible than Barnum and Bailey spectacles. But nothing succeeds like success, and the demonstrations I gave of these methods—quite typical of the experiences of the growing numbers of practitioners who use them—seemed to amaze my audiences, much as I had been amazed when I first saw them. The following reports describe the very first three sessions I conducted in these public demonstrations. I choose them not because they are particularly unusual or extraordinary within the practice of energy psychology, but rather because they illustrate some of the most important common elements of the approach.

Acrophobia

For my very first presentation, I asked for a volunteer who had an irrational fear. The methods can be applied to a wide range of diagnoses, but phobia treatments lend themselves particularly well to demonstrations because the results can be immediately tested. Nancy, a nurse with a lifelong fear of heights, volunteered. During a brief, personal interview, she reported having been uneasy about heights throughout her childhood, but intensely phobic of high places ever since an incident that occurred when a group from her high school toured Europe one summer. While in Dover, Nancy had gathered the courage to move close to the edge and look over the famous White Cliffs. At that moment, the teacher supervising the group came up behind her and "playfully" pushed her forward. While he obviously grabbed her before she could fall, his stunt triggered a very severe height phobia which had plagued her for almost twenty years.

The fourth floor meeting room of the hotel where we were working happened to have a deck area and a balcony overlooking the ocean. With a video camera recording the session and a group of fellow students watching, I had Nancy walk toward the balcony. She became tentative at about eight feet from the edge, and then at about five feet, she seemed to hit an invisible wall. She could not bring herself to take the next step. The video shows that she began to tremble and perspire. She reported fighting a sense of being pulled forward as she approached the edge of the balcony. Thirty minutes later, the video shows her calmly walking up to the railing, leaning over, and with a mix of shock, triumph, and disbelief, saying about her longstanding terror of heights, "It's gone!!!" Four days later, we arranged a test on a 17th floor penthouse balcony. On the tape, she appears euphoric as she reports that her primary experience of being at the balcony's edge is enjoyment of the view.

What happened in those thirty minutes? First I led Nancy through a quick, general "energy balancing." This routine, which resembles a combination of yoga and acupressure, is designed to establish a neurological receptiveness for the more focused techniques that are to follow. Then I asked Nancy to give a 0 to 10 rating on the amount of distress she felt when she thought about being near the edge of the balcony. It was a 10. I interviewed her to identify any internal conflicts she might have about overcoming her phobia, and I also utilized an "energy test" to examine this question in a different way. Derived from the field of applied kinesiology, energy tests (also known as muscle tests) are designed to these spheres can be cleared of their past imprints, leaving the individual free of the energetic assess energy flow through established pathways (which acupuncturists call meridians) by gauging the relative strength in the muscle associated with that pathway.

When the client is attuned to an internal conflict about the treatment, the energy flow often becomes disturbed, weakening the muscle and allowing the energy disruption to be detected when pressure is placed on the muscle.

Treatment does not usually progress well until such conflicts are resolved. To Nancy's embarrassment, it soon became apparent that at one level she did not want to get over the phobia because if she did, she would no longer have grounds to harbor the resentment she had been holding toward her high school teacher ever since the incident. The treatment used in energy psychology for such conflicts is deceptively simple. A statement that addresses both sides of the conflict is stated (e.g., "Even though I don't want to get over this resentment, I choose to know that I can now be free of it") while massaging particular points on the body that are believed to release blocked energies. This seems to resolve the conflict, at least to the extent that it no longer interferes with treatment progress.

We then began with the first part of a basic energy psychology protocol. While stating the triggering phrase, "fear of heights," at each acupuncture point, Nancy tapped ten pre-selected points, each for a few seconds. This sequence took less than a minute and was followed by a brief series of activities—such as eye movements, humming, and counting—which are designed to activate and balance the right and left brain hemispheres simultaneously. This was followed by another round of tapping with Nancy continuing to mentally activate the problem by stating the triggering phrase. These three sequences constitute the protocol. Following it, Nancy was again asked to rate her distress when thinking about being near the edge of the balcony. It was now down to a 6. The protocol was repeated. Now her distress level when

thinking about being near the edge of the balcony was down to a 2. After one more round, it was down to 0.

At this point, a procedure that helps to anchor the gains was used. Nancy was to visualize herself going to the edge of the balcony and experiencing no fear, while at the same time using a similar tapping protocol. After she was able in her imagination to experience the desired equanimity when facing a height, she was invited to step out onto the balcony again. This time, she walked right up to the railing with no apparent difficulty. On two-year follow-up, Nancy reported that her fear of heights had not returned. In fact, she described a difficult experience of flying in a small plane that went through severe turbulence. Other passengers were crying and vomiting, she told me in an e-mail. "Before our work together, this would have been intolerable. But I stayed calm and centered."

A Fear of Snakes in South Africa

The second time I publicly demonstrated an energy psychology approach was at one of my own workshops. I was teaching a six-day residential class in South Africa. Many of the participants were leaders in their communities who had come to learn about the unconscious beliefs and motivations that shape a person's life and impact a community. At the close of the first evening, one of the participants confided to the group that she was terrified of snakes and was afraid to walk through the grassy area which separated the meeting room from her cabin, about 100 feet away. Several participants offered to escort her. Sensing that she could rapidly be helped with this phobia, I thought this might lend itself to a compelling introduction of energy psychology to the class. I arranged—with her tense but trusting permission—for a guide at the game reserve

where the workshop was being held to bring a snake into the class at 10 a.m. the next morning.

I set up the chairs so that the snake and the handler were 20 feet away from her, but within her range of vision. I asked her what it was like to have a snake in the room. She replied, "I am okay as long as I don't look at it, but I have to tell you, I left my body two minutes ago." She was dissociating. Within less than half an hour, using virtually the same methods I used with Nancy, she was able to imagine being close to a snake without feeling fear. I asked her if she would like to walk over to the snake, still positioned across the room. As she approached it, she appeared confident. The confidence soon grew into enthusiasm as she began to comment on the snake's beauty. She asked the handler if she could touch it. Haltingly but triumphantly, she did. She reported that she was fully present in her body. A couple of days later, she joined the group on a nature walk. As the group returned, someone asked her if being out in the bush had been difficult, given her fear of snakes. A surprised look came over her face. She had never thought about snakes once during the entire walk. Her lifelong fear had evaporated, and when I made a follow-up inquiry some six months later, it had not returned.

Claustrophobia

My third experience with a public demonstration of energy psychology was with a 37-year-old woman who had suffered a stroke seven years earlier and developed a debilitating phobia shortly after her stroke. She had been placed in an MRI machine, became fearful, began to panic, and then complete terror took over. She had been claustrophobic ever since, to the point that she could not sleep with the lights out or even under a blanket, could not drive

through a tunnel, and could not get into an elevator. Besides being enormously inconvenient, this was confidence-shattering as she worked to regain her speech. Within 20 minutes, using the same protocol described in the above two examples, her anxiety when thinking about being given an MRI went from 10+, on a scale of 0 to 10, down to 0. The best way I could think of to test her was to have her go back into her room at the resort and get into the closet. During the break, she went into the closet and her partner then turned out the lights. She stayed there five minutes with no anxiety. When she returned to report what happened to the group, she said the only problem was that she found it "boring." The rest of the group was amazed. That evening she slept with the lights out and under the covers for the first time in seven years. Her partner was elated.

Six weeks after this single session, the following e-mail arrived: "You are not going to believe this! The test of all claustrophobia tests happened to me. I got stuck in an elevator by myself for nearly an hour. In the past I would have gone nuts and clawed the door off, but I was calm and sat down on the floor and waited patiently for the repair men to arrive. . . . It was an amazing confirmation that I am no longer claustrophobic!!!!!! Thank you. Thank you."

Is It Really That Simple?

So, is it really that simple? Yes and no. If these three cases are representative, as I believe them to be, they indicate that with an uncomplicated phobia, a relatively mechanical approach that does not rely on insight can rapidly and permanently overcome the phobia. Clinical experience further suggests that the core protocol will still work with more complex phobias, but greater therapeutic finesse is required. For instance, if a client presents with a fear of driving which de-

veloped following a minor automobile accident, and the basic protocol is not reducing the fear, the therapist looks for other experiences that might be psychologically linked. If the person was, for instance, injured in a skiing accident as a child, and unresolved trauma connected to that experience has been activated by the more recent event, the skiing accident would become a focus of the treatment. When the contributing experiences are based on parental or other interpersonal difficulties, the approach can quickly become quite elaborate. Most practitioners of energy psychology, in fact, integrate the field's methods with the approaches they are already using.

What about issues other than phobias? Between 1988 and 2002, a team of 36 therapists from 11 allied treatment centers in Uruguay and Argentina tracked over 29,000 psychiatric patients who were being treated with a protocol that used acupoint stimulation (http://www.innersource.net/energy_psych/e_pi_research.htm). Besides an estimated 70 percent overall improvement rate and various informal sub-studies suggesting that the energy psychology treatments yielded markedly stronger outcomes than conventional treatments with a range of disorders, systematic interviews with the therapists identified the conditions for which energy psychology treatments seemed more effective or less effective. Overall these clinicians indicated that energy psychology interventions were most effective with anxiety disorders, reactive depression, and many of the emotional difficulties of everyday life—from unwarranted fears and anger to excessive feelings of guilt, shame, grief, jealousy, or rejection. They did not appear to be as effective with disorders that were more biologically entrenched, such as endogenous depression, bipolar disorders, personality disorders, delirium, and dementia. For anxiety disorders, the therapists' uniform impression was that no

other treatment modality at their disposal (including Cognitive Behavior Therapy combined with medication as needed) was as rapid, potent, and lasting.

I understand that the therapy literature is full of "miracle stories," detailing dramatic cures of long-held problems, but signifying very little beyond the power of a therapist's expectations when combined with a client's trust. For many experienced clinicians, the claims suggested for the methods here may still seem far-fetched and the proposed mechanisms for their results simply fanciful. And I certainly do not mean to suggest that scientific investigation has established the efficacy of an energy approach. While early returns are encouraging, the research is still very preliminary.

Yet it is hard to maintain unwavering skepticism in the face of concrete results in one's own practice, case after case after case. We live in a time of endemic anxiety, and energy psychology offers tools that are certainly unique and possibly unparalleled in their effectiveness—particularly for relieving the suffering of relatively "normal" people with nonetheless real and painful symptoms. Because the methods can be immediately self-applied in situations that evoke inappropriate emotional responses, they are often experienced by the client as being enormously empowering. Because experienced clinicians can learn the methods with relatively little additional study or risk, it seems an obvious step in staying at the cutting edge for your clients to at least give them a try.

Basic Energy Psychology Protocol on a Page

Preliminaries: Energy balancing, select the problem, rate the problem from 0 to 10, word the "Reminder Phrase."

D Feinstein Ph.D. Energy Psychology

Part 1: Rub the chest sore spots or tap the Karate Chop points while saying three times, "Even though [name problem], I deeply love and accept myself."

Part 2: Tap the points (see below) while saying out loud your Reminder Phrase.

Part 3: Tap the point between the little and fourth finger, wrist side of the knuckle, as you: 1) close your eyes, 2) open your eyes, 3) look down to the right, 4) look down to the left, 5) circle your eyes, 6) circle your eyes in the opposite direction, 7) hum a bar of a song, 8) count to five, 9) hum again. Optionally, end by sweeping your eyes out and up, sending energy through them.

Part 4: Repeat Part 2.

Repeat this sequence as needed, until you can rate the problem as 0 or near 0. Challenge the results by trying to invoke the disturbing feeling. Once you are at the point that you cannot create the emotional response, you are ready to test the gains in a "real life" setting.

If the Problem Is Not Responding, identify and address other aspects of the problem, psychological reversals, scrambled energies, or energy toxins.

The Tapping Points:

Inside of eyebrows

Outside of eyes

Under eyes

Under nose

Under lower lip

Collarbone points (K-22)

"Arm Attachment" Points (optional)

Over thymus (optional)

Spleen points (4 inches below underarms)

Side of legs between hip and knee (optional)

Karate chop points

Triple warmer point above knuckles between 4th & 5th fingers

Energy Psychology Resources

Home Study Programs and CEUs:

www.EnergyHomeStudy.com

Video Programs that Teach Energy Psychology Methods:

www.eft-innovations.com/video_main.htm (2-video-tape set by Patricia Carrington, Ph.D.)

www.emofree.com/products.htm (Gary Craig's complete foundational video program)

www.EnergyPsychEd.com (David Feinstein's basic and advanced programs)

Free Internet Support e-mail List and Support Sites:

www.emofree.com/email.htm (Emotional Freedom Techniques e-mail support list)

www.eftsupport.com (Emotional Freedom Techniques support site)

<http://groups.yahoo.com/group/Meridian-Energy> (Meridian Therapy Discussion Group)

Free Newsletters/Reports (Go to the website listed to subscribe):

www.emofree.com/email.htm (Emotional Freedom Techniques e-mail support list)

www.eftsupport.com (Emotional Freedom Techniques support site)

<http://groups.yahoo.com/group/Meridian-Energy> (Meridian Therapy Discussion Group)

Energy Psychology Practitioner Referral Lists:

www.energypsych.com (Energy Diagnostic and Treatment Methods)

www.emofree.com/Practitioners/referralMain.asp (Emotional Freedom Techniques List 1)

www.eftsupport.com/practstatelist.htm (Emotional Freedom Techniques List 2)

www.seemorgmatrix.org (Seemorg Matrix Work)

Nonprofit Organizations Concerned with Energy Psychology:

www.energypsych.org (Association for Comprehensive Energy Psychology, ACEP)

www.theamt.com (Association for Meridian Therapies)

www.energymed.org (Energy Medicine Institute)

www.issseem.org (International Society for the Study of Subtle Energies and Energy Medicine, ISSSEEM)

References:

Three Articles to Introduce You to Energy Psychology:

- Energy Psychology: Method, Theory, Evidence
- Energy Psychology and the Instant Phobia Cure: New Paradigm or the Old Razzle Dazzle?
- Energy Psychology in the Treatment of Post-Disaster Trauma

Download each (and more) free from:

www.EnergyPsychEd.com

Recommended Introductory Text:

Feinstein, David; Eden, Donna, & Craig, Gary. *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change*. Tarcher/Penguin: New York 2005.

Recommended Introductory DVD:

Feinstein, David. "Introduction to Energy Psychology" (4 hours). Innersource: Ashland, Oregon, 2004.

About the Author:

David Feinstein, Ph.D., is a clinical psychologist and the national director of the non-profit Energy Medicine Institute in Ashland, Oregon. Author or co-author of 6 books and over 50 professional papers, he has served on the faculties of Antioch College and The Johns Hopkins University School of Medicine. He led a 27-person team in the development of *Energy Psychology Interactive*, an award-winning book and CD-ROM training program for psychotherapists wishing to introduce energy psychology into their practices. www.EnergyPsychEd.com.



HOW HOMEOSTASIS AND STRESS COMBINED WITH CHAOS THEORY PROVIDE A NEW MODEL OF HEALING.

Dr. Charles T. Krebs

Abstract: *The concept of Homeostasis and the Stages of Stress of the Generalized Adaptation Syndrome when combined with the principles of Chaos Theory and the Tiller-Einstein Model of Positive-Negative Space-Time offer a new model of healing based on the subtle energy flows of the Universe. The Stages of Stress of Hans Selyes' General Adaptation Syndrome result from the need to maintain physiological homeostasis to avoid crossing the "phase transition" boundaries of the homeostatic limits, which when crossed generate Distress. To prevent Distress and bring the physiological parameter in Distress back within the Homeostatic Limits, the body generates a series of compensations. If the stressor causing the Distress remains unresolved, it leads to long-term chronic physiological compensations resulting in a "new" compensated homeostasis, but one further from optimum function. As homeostasis represents a complex set of dynamic interacting equilibria Chaos Theory best describes this new self-organized system. Once self-organized, the new compensated homeostasis resists change, and unless de-compensated and driven into chaos by crossing the "phase transition" of the homeostatic limits, it cannot change. However, once the system goes chaotic what causes re-organization to move closer to optimal homeostasis? In the model proposed, based upon the Tiller/Einstein Model of Positive/Negative Space-Time, Deltronic flow in the form of Love and Compassion from Negative Space-Time directed by human Intention provide the organizational information to "push" the re-organization toward optimum function, a process called "Healing"!*

Introduction to Homeostasis and Stress:

The concept of Homeostasis was first introduced by the great 19th century French physiologist Claude Bernard whose now famous quote – "Le milieu intérieur est toujours la même!" (The internal environment is always the same or unchanging!)- was the first statement that organisms maintain a relatively constant internal environment in the face of constantly varying external conditions. The term Homeostasis was coined by the great 20th century physiologist Walter Canon, and includes all of the physiological adjustments

organisms make to maintain relatively constant internal states in the face of these constantly varying external conditions.

Physiological Homeostasis is maintained by an inter-linked series of primarily negative feedback driven equilibria. For instance, enzyme action is driven by the availability of precursor molecules, temperature and pH, but each of these parameters is also interactive with temperature affecting pH and pH affecting the mechanisms that regulate body temperature such as control of arteriole dilation. Each parameter will achieve a relatively "steady-

state” equilibrium if the other parameters are held constant. However, as one of these parameters varies, it acts as a perturbation disturbing the other two parameters, which in turn feedback to the first parameter causing a perturbation of the “steady-state” equilibrium of this system. The end result of all of these parameters interacting simultaneously is a set of dynamic equilibria that though constantly fluctuating, oscillate around a constant value.

Dr. Hans Selye was both a medical doctor and researcher in physiology. As a medical student he became fascinated with what the “sick” state was and how this came about, especially before it had developed the signs and symptoms of a specific disease entity. Indeed, Selye took a whole new perspective on sickness and disease, in his own words “Apparently, disease is not just suffering, but a fight to maintain homeostatic balance of our tissues, despite the presence of a damaging agent.”

Starting in 1936 and for over twenty years of diligent research Selye discovered that all organisms displayed a stereo-typical response to stress, and that this response preceded the actual signs and symptoms of specific disease, a response he termed the Generalized Adaptation Syndrome or GAS for short. Indeed, he could not find a noxious agent that did not produce this syndrome from physical agents such as heat and cold to mechanical trauma, pain to even forced muscular exercise.

He summarized his decades of research into GAS, a three stage response to stress, for which he won the Nobel Prize in Medicine and Physiology in 1954. The three stages were: Stage 1 Stress, or the Stage of Alarm, the initial introduction to a noxious stimulus that drives a specific system out of homeostasis. This set of integrated physiological reactions to the Stage of

Alarm involved a co-ordinated set of hormonal releases (ACTH, CRH, cortisol, & adrenalin) and a series of Autonomic Nervous System reactions. If these reactions were successful, the organism returned to normal homeostasis, and these compensations were turned off by negative feedback.

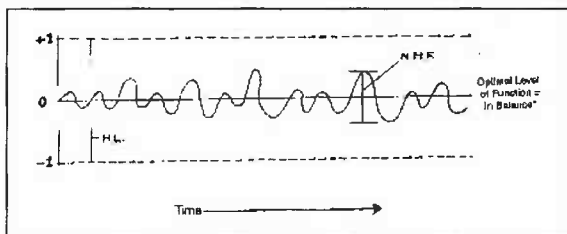
However, if this initial set of physiological compensations was not successful, and the “distress” of the Stage 1 reaction persisted, usually because the original stressor continued overtime, then Stage 2 Stress or the Stage of Resistance was initiated. In Stage 2 Stress these initial reactions were reversed by enlisting the support of other physiological systems that addressed the initial factors creating the Stage of Alarm. While Selye termed this the Stage of Resistance because the organism now “resisted” the original stressor, it is more properly termed the Stage of Compensation, because it is by physiological compensation that the stressor was resisted. The result of Stage 2 Stress was the establishment of a new compensated homeostasis, which while causing less overt stress and ending the “distress” of Stage 1, it was now far less energetically efficient than the original uncompensated normal homeostatic state, and operated further from optimal homeostatic function, thus requiring more energy.

As long as the Stage of Resistance could be sustained by compensation, the organism would appear to be functioning normally. But over time, the initial compensations begin to “break-down” and additional compensations are necessary to sustain the Stage of Resistance. At some point, the organism can no longer sustain the compensations and additional energy necessary to maintain even this compensated homeostasis, and the physiological functions being compensated, now slip outside their homeostatic limits and the organism once again goes into overt “distress”, initiating the Stage 3 Stress, the Stage of Exhaustion.

However, you cannot "live" in this distressed state for long unless another successful compensation can be found. But by Stage 3 Stress, you no longer have the "energy" to compensate with, as you run out of what Selyes termed "Adaptation Energy" leading to "death". Interestingly, Selyes Adaptation Energy has exactly the same properties as Yuan Ch'i in the Chinese Acupressure-Acupuncture system, your prenatal Ch'i that once used up leads to your death as you can no longer adapt to the stress of life. For an excellent summary of these ideas see Selyes' book, *The Stress of Life*.

Figure 1 below presents the key features of the Homeostatic State with each physiological function oscillating about the optimum level of function due to the negative feedback loops involved in maintaining normal function. For each function, there is a Normal Homeostatic Range in which the organism operates when not under stress. There are also Upper & Lower Homeostatic Limits, the most "hyper-energy/function" or "hypo-energy/function" that can be sustained without sending the system into overt "distress" initiating the Stage of Alarm. In the Chaos Theory, these Homeostatic Limits represents the Phase Transition, the critical point as which the initial system breaks down and goes chaotic.

Figure 1. Normal Homeostatic Limits.



Optimal Level of Function - represents state of Perfect balance.

H.L. Homeostatic Limits - the range of fluctuations around the optimal level

of function that can be tolerated without disruption of homeostasis.

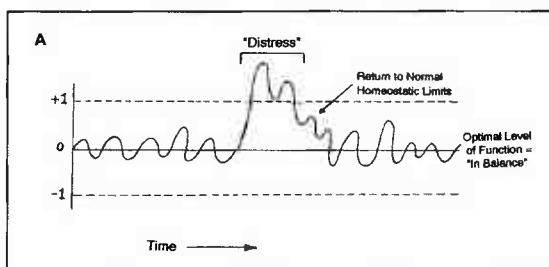
Homeostatic Limits vary depending upon the physiological function. For instance, for blood pH ± 0.1 pH unit, for temperature $\pm 0.5^\circ\text{C}$ core temperature, yet for blood oxygen tension $\pm 50\text{-}100\%$.

N.H.F. Normal Homeostatic Function - the deviations from optimal levels of function due to the various "Dynamic Equilibria" involved in maintaining homeostasis.

- +1 The greatest amount of hyper stress that can be tolerated before homeostasis is disrupted.
- 1 The greatest amount of hypo stress that can be tolerated before homeostasis is disrupted.

Figure 2A represents Stage 1 Stress, the stage of "Distress", a physiologically "chaotic state of function" after some factor has driven this system outside its Normal Homeostatic Limits, and the resolution this "Distress" by re-organization of this now chaotic system as the original stressor is eliminated or ceases and the initial compensations bring this parameter back into the original homeostasis.

Figure 2A. State of "Distress".



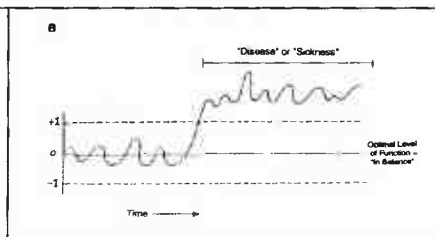
"Distress" results when the Hyper-stress (+1) or the Hypo-stress (-1) levels have exceeded Homeostatic Limits disrupting homeostasis. Once Distress has occurred, there are two possible outcomes represented in Figure 2A above and 2B below.

- 2A. Within a relatively short time, various physiological adjustments are made returning function to within Normal Homeostatic Limits, when again normal homeostatic limits are maintained.
- 2B. If the "distress" is too great or goes on too long, the body becomes highly stressed, and this uncompensated state of "distress" is called "Disease" or "Sickness".

Figure 2B below represents this on-going state of Distress we then term "disease" or "sickness". While both Disease and Sickness are represented by the state of overt Distress, Disease is usually a process requiring time before the parameter crosses the upper or lower homeostatic limits. In contrast, Sickness generally evolves quickly and rapidly drives the organism outside the normal homeostatic limits into Distress, and this Distress persists over time.

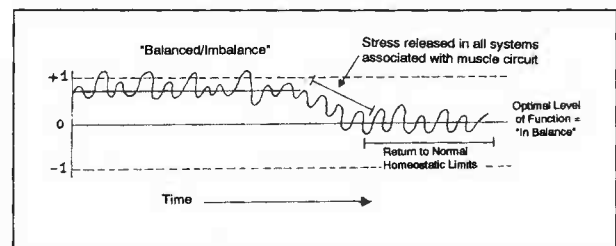
The end result of Disease or Sickness, is that the organism is in overt Distress with the physiological equilibria supporting homeostasis becoming chaotic. No organism can live long in this chaotic state of Distress, and this causes the initiation of physiological compensations to bring these chaotic physiological parameters back inside the homeostatic limits. If these compensations are not successful, the organism enters a state of total chaos resulting in the complete breakdown of homeostasis leading to death!

Figure 2B. Persistence of the state of Distress leads inevitably to the state of Sickness or Disease.



Normally, however, this state of "distress" in a specific system is compensated for by making compensatory changes in other related functions, creating a state of "Balanced / Imbalance" as demonstrated in Figure 3. Figure 3 shows how the initially "distressed" state is replaced by a new self-organized state of physiological compensation resulting in a return to within Normal Homeostatic Limits. However, this new compensated state, while once again within homeostatic limits now requires considerable more energy to maintain. And although "appearing" to be in homeostasis or in balance, is actually a state "Balanced / Imbalance" representing physiological compensation.

Figure 3. "State of Balanced/ Imbalance."



New Homeostatic Limits - if stressors causing Distress persist, the body first tries to compensate for the physiological effects of the on-going distress by altering or "resetting" the Homeostatic Limits as well as bringing down the overall level of "distress". The state of Balanced/Imbalance is this new compensated state.

State of Balanced/Imbalance - the new level of physiological function around which the dynamic equilibrium now fluctuates. Although this is energetically more demanding than the optimal level of function, it is far less demanding than the overt distressed state. Establishment of New Homeostatic Limits begins the state of "Balanced/Imbalance".

However, as this new compensated homeostasis now represents a new self-organized state, it

Compensation

Stress 2 Stress - Over Facilitated - Can't State

will resist change even back to a more orderly and efficient state closer to optimal homeostasis. Therefore, in order for "healing" to occur, techniques must be applied to destabilize this compensated state, releasing it once more into a chaotic state from which it can re-organize back into a more efficient homeostatic state. Thus when a correction or balance is applied, this de-compensated chaotic state can now re-organized into a new homeostatic system closer to optimum homeostatic values. This process is called "healing". (See Figure 4)

Figure 4. Resolution of Stress results in a return to Normal Homeostatic Limits.

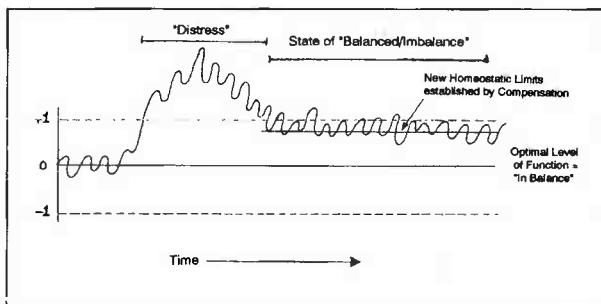
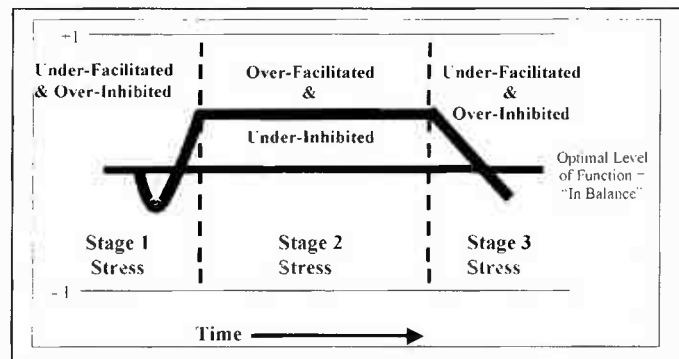


Figure 4 shows a return to within Normal Homeostatic Limits following therapeutic intervention. In Kinesiology this follows the release of stress from all states of muscle imbalance and return to normal energy flows in the primary energy systems of the body by energy balancing. The system will then usually return to within Normal Homeostatic Limits re-establishing an optimal level of function requiring the least amount of energy to maintain. Even if the re-organized state is not at optimal function, it has moved closer to this optimal function with less energy now needed to maintain this new, now less compensated state.

Figure 5 summarizes the Three Stages of

Stress of the Generalized Adaptation Syndrome, and the state of muscle stress found in the muscles associated with the stressed system when monitored. Clearly, the Over-Facilitated (OF) and Under-Inhibited (UI) states of muscle imbalance indicate Stage 2 Stress, or the compensated state of function. Thus, resolution of these OF/UI states of muscle imbalance represent moving the client back toward more optimal homeostasis.

Figure 5. The Three Stages of Stress of the Generalized Adaptation Syndrome (G.A.S.) and States of Muscle Imbalance associated with and indicating each stage of stress.



States of Muscle Imbalance & Selyes' Stages of Stress: Stage 1: Alarm Reaction.

The body shows the changes characteristic of the first exposure to a stressor, when one or more physiological parameters has deviated significantly from the Optimal Level of Function, and if this deviation is large enough to exceed Homeostatic Limits it creates the state of "distress". At the same time resistance is initially diminished, and if the stressor is sufficiently strong (severe burns, extremes of temperature), death may result. Before death, this state is indicated by Under-Facilitated and Over-Inhibited states of muscle imbalance.

Stage 2: Stage of Resistance. Continued exposure to the stressor initiates adaptation, and resistance ensues via various compensations in physiological function. The bodily signs characteristic of the Alarm Reaction have virtually disappeared, and resistance rises above normal. Note that this compensated state requires more energy to maintain, and is indicated by Over-Facilitated and Under-Inhibited states of muscle imbalance.

Stage 3: Stage of Exhaustion. Following long term exposure to the stressor to which the body has become adapted, eventually adaptation energy is exhausted. The signs of the Alarm Reaction reappear, but now they rapidly become irreversible, and if prolonged, the individual dies. Before death this is indicated by Under-Facilitated and Over-Inhibited states indicating an uncompensated state of muscle imbalance.

Stages of Stress and Meridian Ch'i Flow and Health.

According to Chinese theory, as long as the Ch'i flow in every meridian is balanced with respect to Yin and Yang, and is neither in excess nor deficiency, the associated organ receives sufficient nutritive Ch'i flow to maintain the integrity of its structure and function. Any perturbation of this flow will have immediate consequences for the function or physiology of the associated organ, causing some degree of imbalance in its physiology. If the energetic imbalance is large or goes on for a period of time, the blockage of Ch'i flow will then become apparent in the physical structure of the tissue as physical degeneration represents the expression of the Second Law of Thermo-dynamics, the Law of Entropy, an increase in physical-energetic disorder in the system.

The degree of structural or physiological imbalance is directly related to the degree of

energetic disturbance in the meridian Ch'i flow, the bigger the disturbance or blockage in energy flow, the greater will be the physiological imbalance. Hence a minor energy blockage in a Secondary or Tertiary vessel may not even be noticed consciously because effective compensations have been established at a subconscious level. However, should a Primary meridian become blocked, there will be an immediate overt physiological reaction that is perceived consciously.

One approach to the perturbed physiology is to treat the symptoms arising from the disturbed physiology with a drug to counteract the physiological disturbance. The other approach would be to locate the energy blockage and the factors creating it, and then apply acupuncture or acupressure stimulation of one or more acupoints to eliminate the energy blockage, allowing the excess of energy, termed over-energy, to flow into the area of deficiency of energy, termed under-energy. This will occur automatically, like water running down the hill automatically seeks the most direct path. Once the energy has been equalized, the physiological disturbance then automatically returns to homeostasis, as the nutritive Ch'i once more carries organizing information or Deltronic flow into the disturbed tissue – a process we call “healing”.

The first reaction to blocked energy flow, from the perspective of the Generalized Adaptation Syndrome of Western physiology is called the Alarm Reaction or Stage 1 Stress. (See Fig. 6 below) The physiology becomes overtly perturbed with some physiological function exceeding normal homeostatic limits – if the physiologic function being observed was body temperature, this would be perceived as a fever ($> +1$ Homeostatic Limit), or chills (> -1 Homeostatic Limit). Perceived from the perspective of Chinese Medicine this would be an energy imbalance created by an excess of Yang or Yin, respectively – in the case of fever, an excess of Yang energy. This would then

initiate a series of both energetic and corresponding physiological compensations to re-establish normal body temperature. If these initial rapid short-term compensations are sufficient to release the energetic blockage, and bring the body temperature back within normal homeostatic limits, Stage 1 Stress has been eliminated. For instance, I become cold because I am sitting still and there is a cool breeze – this begins to lower my body temperature, so I begin to shiver – a Yin reaction in the Chinese System, a Stage 1 Stress response in Western physiology. I then begin to walk briskly, and the heat produced from my muscular activity rapidly raises my body temperature maintaining my homeostasis and the shivering stops – the Yin excess now balanced by the production of Yang energy.

If these initial compensations were not successful, however, and cannot bring the body temperature back within normal homeostatic limits, further more complex and on-going compensations are implemented leading to the Stage of Resistance or Stage 2 Stress. In this case, because movement alone was not sufficient, my body now adapts to this on-going stressor of cold by the hypothalamus releasing Thyroid Stimulating Hormone (TSH) causing the thyroid to release Thyroxin that in turn causes all of the cells of the body to increase their basal rate of metabolism increasing body temperature in the long-term.

The compensations of Stage 2 Stress always are energetically expensive, but if successful, remain outside of our consciousness. Stage 2 Stress, the stage of compensation, can not go on indefinitely because it is dependent upon putting more energy into this function than is required by homeostasis. This means energy has to be withdrawn for other energy resources of the body in order to maintain these

compensations. As an analogy, I need to borrow money to survive financially, so I borrow money from Peter to pay Paul. But because some compensations have compound interest on the original loan of energy, soon Peter cannot lend me enough money, so I also borrow more from Fred to pay the interest I also owe Paul, and over time I may need to even borrow more widely from Harry and James. What happens when Peter now calls in his loan, as he needs the money (energy) I borrowed to survive economically? My house of cards collapses, and I am suddenly bankrupt!

In many ways this is an accurate model of what happens in the body, when Stage 2 Stress has gone on too long. As more energetic/physiologic systems are required to support the system in stress, they reach a point where the systems “lending” energy suddenly have no extra energy to “lend”, and withdraw their energetic support for the system in stress, which then results in collapse of the stressed system, leading to Stage 3 Stress, the Stage of Exhaustion. In Stage 3 Stress, the compensations supporting the stressed system can no longer be maintained and “breakdown” resulting in the person becoming overtly “sick” or “ill”. At this time they now suffer from an identifiable disease or physiological problem. If the person’s physiology cannot be pushed back into the Stage 2, the Stage of Resistance, with various types of assistance (e.g. drugs, good food, herbs, energy balancing, etc.), then the end of Stage 3 Stress results in death.

Stage 1 and 2 stress is reflected in the Law of Five Elements via an imbalance of meridian Ch’i, due to energy blockage. The meridians upstream of the block often gain an excess of Ch’i or “over-energy”, and at least some of the meridians downstream of the blockage become deficient in Ch’i, or “under-energy”. The difference between a Stage 1 stress and a Stage 2 stress is that the Stage 1 stress represents overt-uncompensated stress, one meridian is over-energy, another meridian is under-energy,

and there is as yet no compensatory energy-borrowing going on. If the energy blockage is resolved, for instance the person just gets more sleep, then the Stage 1 stress disappears as balanced energy flow is once again re-established.

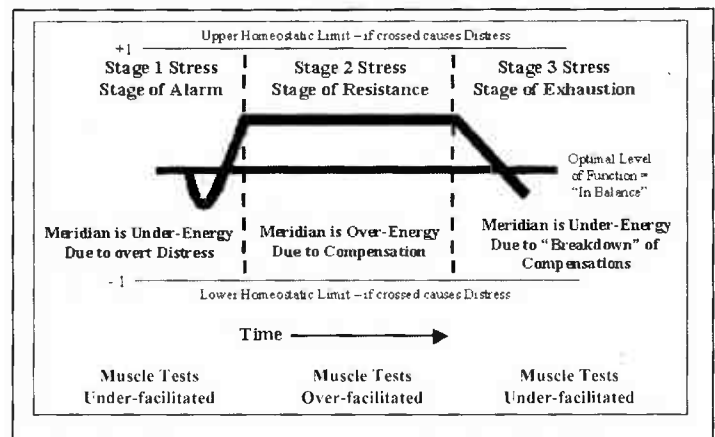
In Stage 2 stress, on the other hand, the energy blockage persists, and the body compensates by redistributing the original over- and under-energies via the secondary vessels of acupuncture. Several meridians have now "loaned" energy to the under-energy meridian, creating a number of under-energy meridians, but each with a smaller under-energy than the original under-energy meridian. Likewise, through compensatory redistribution of the over-energy, several meridians are now over-energy, but each is less over-energy than the original over-energy meridian, so the meridian system as a whole is "more balanced".

One of the common reasons the energetic imbalance persists, is that one or more of the acupoints has become "blocked" and can no longer maintain sufficient flow to maintain energetic homeostasis that is balanced energy flow. Indeed this is the basis for many cases of physiological compensation, because with a reduction in Ch'i flow, the organizational information provided by this subtle energy to maintain the homeostatic function is also diminished. Compensatory energy pathways are the activated to re-distribute the blocked energy creating an overall energetic state of "Balanced / Imbalanced energies"

To maintain a state of compensation, a stressed acupoint will draw on energy from another meridian to which it is connected via a secondary, tertiary or smaller vessel. So if there is a deficiency of Yin energy feeding into the point, then more Yin energy will be draw into the point from another

Yin-meridian to balance the dynamics of the acupoint. Indeed, it is these acupoint compensations that often underlie meridian-wide over- and under-energy imbalances. These "frozen" states need to be addressed before attempting to just stimulate the acupoints according to the Law of Five Elements, or the compensated condition will just be re-created by the blocked flow of energy through the "frozen" points over time and the original condition will return.

Figure 6. Stages of Stress and State of Energy in the Stressed Meridian System.



How Chaos Theory and its relationship to the Stages of Stress of the GAS may provide a new model for healing in general, and energetic healing in particular is presented below after a brief description and discussion of Chaos Theory.

Introduction to Chaos Theory:

Chaos Theory had its origins in the work of the great French mathematician Henri Poincaré who in 1899 published the mathematical equations underlying Chaos Theory, but because of the re-iterative nature of these equations they could not be computed at the time. Indeed, the world was to wait until the 1960s for further development of his equations. It was only with the development of modern computers that there

was sufficient computational power to actually solve his equations. Following the development of Fractal Geometry, first by Lorenz, the principles of Chaos Theory evolved over the next decade. Fractal Geometry and the theory under-lying Chaos Theory was then put on a firm mathematical basis by the great mathematician and jack of all trades, Benoit Mandelbrot, and Ilio Prigione received the Nobel Prize in Physics for elucidating the finer details of this theory in 1977.

While the advent of Chaos Theory was at first touted as a major break-through in understanding complex systems, it soon lost favor in the sciences, especially the hard sciences like physics, because while extremely descriptive, it was not predictive. Indeed, much of the physical description of biological systems from the structure of the venation of leaves and the structure of fern fronds to the circulatory and respiratory systems of man can be accurately and mathematically represented by Fractal Geometry and the equations of Chaos Theory. But because of the extreme complexity of the interaction of complex systems, especially biological systems that involve numerous interactions of many complex dynamic equilibria, very small inputs at critical times can re-organize the whole system, and exactly which inputs at which times is unfortunately not predictable. Not surprisingly, Lorenz began the development of Chaos Theory while trying to predict the weather – a highly chaotic system.

There are some striking, counter-intuitive and unusual features of Chaos Theory that provide an excellent model for healing in general, and why the “set-up” system of kinesiology in particular can produce such profound healing outcomes; outcomes that often seem impossible from a more classical mechanics point of view. The basic

principles of Chaos Theory are briefly outlined below.

A. Principles of Chaos Theory:

Chaos Theory is the best system man has yet invented to describe the dynamics of complex interacting systems containing many variables and numerous interacting dynamic equilibria. Biological systems are one of the most complex dynamical systems known:

- a. A Dynamic Equilibrium is a system which continuously varies about some “value” due to a series of feedback mechanisms. The result of these feedback mechanisms is that the system “oscillates” about a common value, but is almost never actually at that value, e.g. the variability of heart beats that while averaging approximately 72 beats per minute, vary second by second from only a handful of beats per minute to hundreds of beats per minute. This is the basis of Heart Rate Variability or HRV measurements that have been shown to be one of the best predictors of morbidity (sickness) and mortality of all physiological variables. This probably results because it represents the balance between the Parasympathetic (slowing down) and Sympathetic (speeding up) inputs, and thus represents the balance of your basic physiological homeostasis.
- b. Perturbations to a dynamic equilibrium result in compensatory “feedback” that responds to negate disruption of the system by creating new, alternative pathways that tend to return it to either its original oscillatory value, or establish a new oscillatory value, but one often requiring greater energy expenditure.
- c. When several dynamic equilibria are interacting with each other, a “higher order” dynamically interacting system is established, in which the variations in one system become perturbations in one

- of the other dynamic equilibria, and vice versa – resulting in constantly changing and fluctuating feedback between the dynamic equilibria involved – indeed why they are “dynamic”!
2. When complex interacting dynamic equilibria initially interact – since each equilibria acts as an uncontrolled perturbation to the other, the system as a whole appears “chaotic”. However, over time, these interacting dynamic equilibria then tend to “self-organize” into a new stable system, oscillating as a whole around a new now stable value, which once established, now resist further perturbation.
 3. This behaviour was first observed and described by a meteorologist named Lorenz in the 1960s, as he was using the then newly developed “computers” to attempt to describe and predict the weather – a truly chaotic system made up of endless interacting dynamic equilibria.
 4. As he ran the equations of his simplified models, Lorenz discovered that quite contrary to his intuition and current scientific theory, these systems never reached an equilibrium steady-state value, but rather established infinitely varying, but self similar patterns about a relatively fixed point which he called an “Attractor”, and this type of mathematical equation was then named the Lorenz Attractor in his honor.
 5. Benoit Mandelbrot, a mathematical genius working for IBM, then began to further develop modeling of complex interacting systems and recognised that these self-organised self similar patterns could be defined mathematically by a new type of maths called Fractal Geometry, and developed equations using this new maths that generated figures known as a Mandelbrot Set – which can only be understood when depicted graphically as picture, especially coloured pictures. One of the primary properties of a Mandelbrot Set, besides its beauty, was that the same patterns would re-appear again and again at many levels of scale.
 6. Fractal Geometry defines the maths underlying chaotic systems, and showed how relatively complex patterns in nature could be generated by rather simple re-iterative equations by allowing their complex interactions using powerful computers. While the basis of these equations were derived by the great French mathematician, Henri Poincaré, at the end of the 1800s, without sophisticated computers, these re-iterative equations were impossible to solve! (Poincaré also laid down the mathematical basis for Holography, and even Relativity, but again could not solve these equations at the time!)
 7. Remarkably, many of the structures in biological systems are fractal in nature, for instance: the intestinal villi, branching of blood & lymph vessels, branching of the bronchi and bronchioles of the lungs, etc. and many of the structural patterns seen in plants like the venation of leaves and the structure of fern fronds.
 8. Once a chaotic system of many interacting dynamic equilibria “self-organizes”, that is develops a re-iterative set of “balancing” interactions, it then robustly resists perturbation or further change as more input occurs until some “critical point” is reached where just one more input causes the Attractor to “break down” and the system goes chaotic once

- more! That critical point at which the system goes chaotic is termed the "Phase Transition".
9. However, the chaos following a Phase Transition over time leads to the development of a new self-organized system around a new attractor, which "locks" into yet another self-sustaining pattern.
 10. One of the "critical" features of the Phase Transition is that because of the complex nature of many interacting equilibria, a tiny input at the critical time can trigger the Phase Transition, and hence re-organization of the whole system. The second "critical" feature is that there is no *a priori* way of determining either the exact factor that will trigger the Phase Transition or the new system that will self-organize out of the chaos of the Phase Transition! So while Chaos Theory is incredibly descriptive of how biological and other complex dynamic systems work, it is not very "useful" from the linear perspective of classical physics because it is not predictive!
 11. Within biological systems, the complex interacting equilibria self-organize around "homeostasis", and then resist perturbations. But as the perturbation increases in strength, the self-organized equilibria representing homeostasis is moved toward its "Homeostatic Limits" – the Phase Transition point for that biological system – which if crossed leads to chaotic function in at least some of the interacting dynamic equilibria involved. The chaos created by crossing the homeostatic limit leads to overt "distress", and if it continues over time is called "sickness" or "disease".
 12. Thus, as perturbations "push" the interacting dynamic equilibria toward the homeostatic limits, compensatory physiological mechanisms are activated to prevent the system from going through a phase transition. If these initial physiological compensations can not prevent the system from crossing the "Phase" boundary, the system goes into "Distress".
 13. This "Distress" then initiates a series of further physiological compensations to bring the system back inside the homeostatic limits, however, to do this requires the input of additional energy into the system being perturbed, usually by taking energy from other dynamic interacting equilibria that were supporting other physiological systems or functions, leading in turn to perturbations in these systems, requiring yet another set of compensations. The end result is that the system as a whole goes into a state of "Balanced – Imbalance" that while within homeostatic limits once more, is energetically expensive to maintain.
 14. In maths, when perturbation causes a phase transition, you just go from one pretty self-organized pattern to a new pretty self-organized pattern! But in biological systems, you may go from one self-organized system called "alive" to another far less interesting, at least to the organism, self-organized system called "dead"!

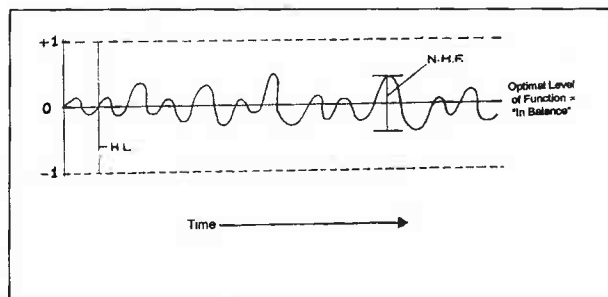
B. Chaos Theory and Healing:

The principles of Chaos Theory provide an excellent description of both sickness and health and the transition between the two we call "Healing"! The state of Homeostasis is indeed a set of complex interacting equilibria with constant variation around some optimal value for each physiological system and function. If the Homeostatic Limits are exceeded this leads

to dysfunction and disease or sickness. For instance, the Homeostatic Limits, for pH of the blood is only ± 0.1 pH unit, while for body temperature it is $\pm 0.5^\circ$ Centigrade and for oxygen levels in the blood is ± 50 to 100%. Since the oxygen levels and temperature affect pH, and the pH controls many of the reactions determining the oxygen carrying capacity of the blood and the body temperature, the interaction of just these three physiological systems can be very complex, and is thus constantly varying. (See Fig. 6)

However, once a biological system has been perturbed over the long-term, it establishes a new set of compensated Homeostatic Limits further from optimum homeostatic values through the process of physiological compensation. While this new set of interacting dynamic equilibria now sustain homeostasis, they do it at a cost, and that cost is greater energy expenditure. Yet, representing a new self-organized system, this new compensated homeostasis will resist perturbation to return to more optimal homeostatic levels, and to get this system to re-organize closer to optimal homeostasis requires that the compensated system enter, at least temporarily, a state of Chaos, as it is only from the chaotic state that re-organization to true homeostasis can occur.

Figure 6. Normal Homeostatic Limits.



O Optimal Level of Function - represents state of Perfect balance.

H.L. Homeostatic Limits - the range of fluctuations around the optimal level of function that can be tolerated without disruption of homeostasis.

Homeostatic Limits vary depending upon the physiological function. For instance, for blood pH ± 0.1 pH unit, for temperature $\pm 0.5^\circ$ core temperature, yet for blood oxygen tension ± 50 -100%.

N.H.F. Normal Homeostatic Function - the deviations from optimal levels of function due to the various "Dynamic Equilibria" involved in maintaining homeostasis.

+1 Positive Phase Transition point: The greatest amount of hyper stress that can be tolerated before homeostasis is disrupted.

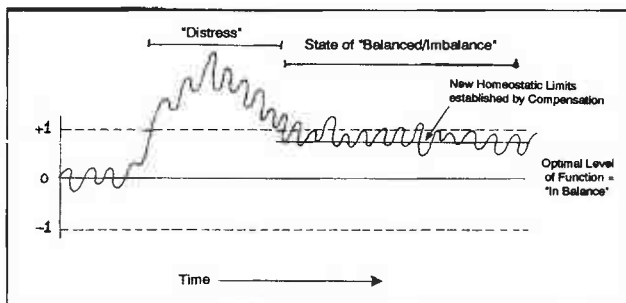
-1 Negative Phase Transition point: The greatest amount of hypo stress that can be tolerated before homeostasis is disrupted.

So when an initial stressor acts on a biological system, it will perturb one or more of the interacting dynamic equilibria, resulting in initial physiological "stress" as that system goes out of balance disrupting to some degree all of the other equilibria with which it is interacting. If this stressor is temporary and not of sufficient magnitude to push the stressed system outside its homeostatic limits, then the system will institute temporary physiological compensations to return the system to its original homeostatic values, thus oscillating once more around some optimum value.

However, if the stressor goes on too long and the initial homeostatic limits are exceeded, or is sufficiently strong enough to drive the system beyond its homeostatic limits, then the system

begins to break down and become chaotic causing physiological “distress”. At this point a Phase Transition occurs as the other physiological systems interacting with the “distressed” system re-organize to stabilize the “distressed” system through the process of physiological compensation. While the new self-organized system is now more stable than the state of “distress” and the original function has been brought back inside the homeostatic limits, it is no longer as close to its optimum value and thus places an energy “drain” on the organism as a whole. (See Fig. 7)

Figure 7. State of "Balanced/ Imbalance."



But because it is now a new self-organized system that resists change, “healing” can only occur if this self-organized compensation can be driven back into chaos, and then have some factor present that “pushes” the system back toward its original optimal homeostatic value.

So for “healing” to occur, the compensated system must be “de-compensated” to create a chaotic state from which change to a new “self-organized” state is possible. Then a “force” must be present to give that chaotic system a “push” in the direction of homeostasis and order. Without this “push”, whether the de-compensated system re-organizes closer to or further from homeostasis is up to random chance of other small varying factors happening at the time. Thus healing requires both “de-

compensation” and “direction” for the system to move back toward homeostasis.

Indeed, the role of set-up in kinesiology is to destabilize the compensated state, to create a de-compensated, more chaotic state. As each Indicator Change is entered into the circuit via Pause Lock, representing another stressor or distortion of energy flow, the system enters an increasingly chaotic state. From this chaotic state, re-organization is now possible. However, the degree of re-organization is totally dependent upon the degree of “chaos” created in the system. The greater the degree of de-compensation, the more chaotic the system becomes, and the greater the possibility of change.

Thus, if the kinesiology set-up only creates a small degree of chaos, the system can only re-organize to a limited degree, while a more complex, multi-component set-up provides the opportunity for a more profound re-organization of the whole system. One of the greatest gifts to modern Energetic Kinesiology was from Alan Beardall when he developed both Hand / Finger Modes (Digital Determinators) and Pause Lock or Circuit-Retaining Mode. Both of these tools provide the possibility of increasing the degree of de-compensation, and hence chaos generated by the set-up.

The “balance” or “correction” then provides the “push” back towards the optimal homeostatic value of the unperturbed system, a process we call “healing”. The “balance” gives direction to the self-organization that proceeds automatically by the complex interaction of the dynamic equilibria involved in this particular system such that the system now re-organizes closer to optimal homeostatic values. But what is this “push” in energy healing?

Whatever, the healing technique, the primary factor providing this “push” in contextual healing systems of energetic medicine is the Love and Compassion of the therapist, as this

provides a direct source of deltronic flow from Negative Space-Time bringing with it the organizational energy to heal. A description of the Positive-Negative Space Time model providing a Physics of Metaphysics and describing the origins of deltronic flow is beyond the scope of this paper but well described in both Richard Gerber's book: *Vibrational Medicine, Healing for the 21st Century*, and Tiller's book: *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness*.

Briefly, Tiller proposes that there is a reciprocal domain to the physical world of our five senses so well described by modern Physics which he calls Positive Space-Time. This Positive Space-Time is the world or domain controlled by the Second Law of Thermodynamics which states that energy in all systems tends towards disorder – that is, energy always runs down hill. In physics terms, there is an innate tendency towards an increase in free energy in all physical systems over time – called Entropy.

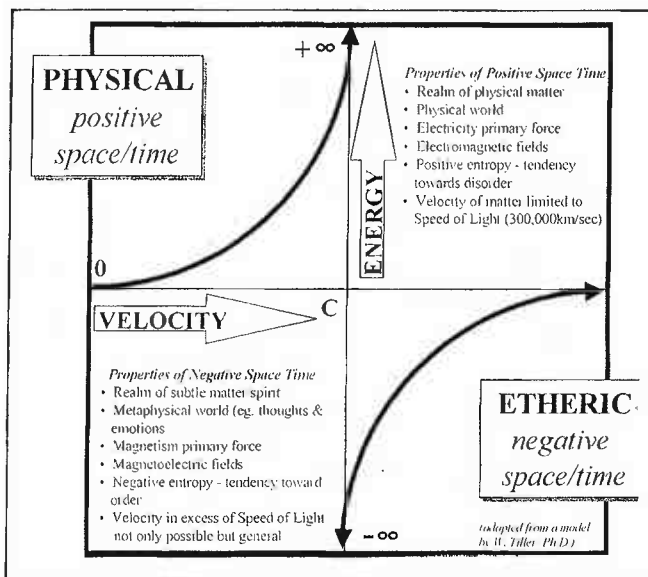
In Tiller's model, the force of Positive Entropy resulting in disorder can be counter-acted by a flow of "informational" energy from the reciprocal Negative Space-Time controlled by Negative Entropy or an innate tendency towards order. This flow of informational energy from the Negative Entropic Negative-Space-Time to provide the organizational information necessary to maintain the order and organization supporting life is carried by force particles Tiller called Deltrons. He proposes that the subtle energies of the body's energy systems such as Ch'i and Prana are indeed deltronic flows that sustain the energy templates manifesting as our physical structure. (Summarized in Fig. 8 below)

So the source of all Healing is activation of

this deltronic flow that brings with it the information-energy to generate self-organization out of chaos. Whether you are waving a crystal through the aura as in crystal healing, poking an acupoint as in acupressure or needling an acupoint as in acupuncture, or merely channeling energy as in Reiki and Therapeutic Touch it is the therapist's "intent to heal" that activates this healing deltronic flow of energy, which is then transduced by the various energy systems into the physiology of healing.

The second role of the therapist in energy medicine is to provide a "stabilizing" force during the process of set-up to allow the client's energy system to experience the chaos of de-compensation. Without this stabilizing force, it is not "safe" for the person to go into the chaos of de-compensation exactly because the compensation was created to end the chaos of "distress" in the first place! Love and Empathetic Compassion are the most harmonic forces in nature, and thus able to "stabilize" high degrees of chaos as well as provide the "push" back toward the self-organization of homeostasis.

Figure 8. Model of Positive and Negative Space/Time.



Both physical and metaphysical realities are predictable from Einstein's equations demonstrating that matter and energy are interconnected. Tiller proposes a complement to the Physical World in the Metaphysical World.

An example of these phenomena is presented below from Dr. William Tiller's recent book, *Science Experiments with Real Magic*. Dr. Tiller and I undertook a series of experiments in his laboratory in Payson Arizona doing different types of set-ups and applying different balancing techniques in healing. Dr. Tiller's laboratory is a "conditioned space", that is the energetic domains have been harmonized (for more information on conditioning space see Tiller's book, *Science and Human Transformation: Subtle Energies, & Intentionality*). This allows far more subtle energy effects to be observed more robustly.

The laboratory had a series of pH meters continuously monitoring pH in several different locations to measure changes in the randomness of the void. The void is not

really empty space, but a seething sea of virtual particles popping into and out of existence. When a virtual particle "pops" into existence, it withdraws energy from the void, but at the same time its virtual antiparticle also "pops" into existence and they immediately annihilate each other with this energy returning to the void. Since the sum of the energy changes between particle manifestation and annihilation is zero, the same amount of energy lost by the void in particle manifestation is then returned to the void by particle annihilation, therefore there is zero change in energy – hence the void being called the Zero Point Field. This is the Zero Point Field you may have read and/or heard about, and for an excellent description you are referred to Lynn McTaggart's fine book, *The Field*.

From the point of view of modern physics, the void is totally random, and hence can be ignored as a factor in experiments. However, Tiller and his group have shown over a number of years that this is only true in the absence of human intent. It is not only Tiller, but a number of respected scientists that have shown that human intention plays a significant role in how our physical world operates, and this research is summarized in *The Field*.

Human intent can direct "informational" energy in the form of deltronic flow from Reciprocal Negative Space-Time into the Positive Space-Time domain which reduces the randomness of the void and this is overtly measurable using the simple physicochemical system of pH. In the absence of human intent, pH will vary randomly about the value of the solution in which the pH electrode is immersed. This value can be "set" very precisely by use of buffers to hold the pH stable. However, there are still random variations in pH due to the "noise" in the system.

In the pH system there are only a few variables that account for virtually all of the variation in the concentration of hydrogen ions, H^+ ions, this is what pH measures, the H^+ ion concentration or acidity of the solution. A solution with an

excess of H^+ ions relative to water is acid, while a deficit of H^+ ions makes the solution alkaline. Only temperature and dissolved oxygen have any significant affect on pH in a closed system, because these factors shift the dynamic equilibria controlling the H^+ ion concentration.

In Tiller's lab there were pH meters continuously recording pH directly into a computer at various locations around the lab. In the absence of people in the lab, the pH variation is totally random, varying by only +0.01 pH unit for days on end, and only changes as the temperature and dissolved oxygen varied according to physical-chemical principles. The pH meters were insulated to reduce the temperature variations, and oxygen content usually varies relatively little in an open environment, rapidly equilibrating with the oxygen content of the surrounding air resulting in minimal pH variability due to O_2 variation.

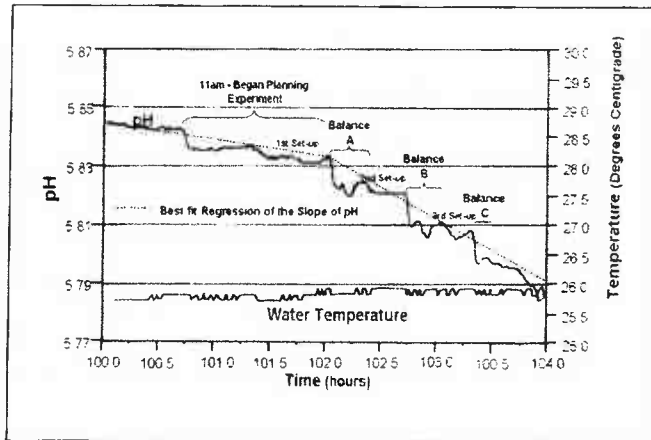
Human intention when focused and directed can strongly alter the randomness of the void which can then change the direction of the pH in a constant direction, perhaps as "organizational energy" is moved through or into the void. This "energy" represents "information", and in this case not random information, but rather directed information, perhaps the basis of "healing energy" used in Energy Medicine! Indeed, in physics today they tend to talk of the "information" in the system rather than the "energy" or mass of the system, as information is considered more fundamental!

In our experiments, I treated several different people for several different conditions from physical pain, to psycho-emotional issues to mental problems with decision-making. I initiated the circuit by entering the issue into Pause Lock, and then continued the "set-up" until I could no longer access further stress in the circuit. I

then located the type of corrective technique to balance the circuit. At this point I stated – "Starting Balancing Now!" – and the technician activated an event recorder that noted this in the pH recorder. As soon as the balance was complete, I stated – "Balance Complete Now!" – and the technician again activated the event recorder.

The next day when I came into the laboratory, the technician said, "Well I'm a believer!", as he had analyzed the data from the experiments the previous day. As soon as we sat down the morning before and overtly began to plan these experiments, human intention in action, the pH meters showed a deviation from randomness, but when I stated - "Starting Balancing Now!" – there was a dramatic decrease in the randomness of the void, as the pH began a rapid drop which lasted until I stated - "Balance Complete Now!". At this time, the pH returned to the same trajectory of pH decrease as before the correction began and remained on this trajectory until the next correction began which was again accompanied by a rapid decrease in pH indicating another decrease in the randomness of the void. (See Fig. 9 below)

Figure 9. pH and Healing: Changes in randomness of the Void as indicated by decrease in pH during Healing.



Note that although different Healing techniques were used, the Signature of changes in pH remained identical.

One of the most interesting observations was that the flow of “healing energy” or organizational information from the Negative Space-Time caused a decrease in randomness of the void, as measured by a rapid drop in pH with the initiation of each “healing” event and a return to the random pH fluctuations at the end of the “healing” event. All of the healing events looked identical, in spite of the fact that very different healing techniques were employed. For the first correction I used a typical frontal-occipital holding for stress defusion; for the second, I used a straight acupressure technique; and for the last a direct “channeling” technique. Yet, the energy signature of all healing techniques looked the same. From these observations, it appears to me that the specific correction or balancing technique is not so important, as

long as it permits you to channel your Love and Compassion as a mechanism to provide the de-compensated system - that is the chaotic energy created by the set-up - the “information” needed to direct self-organization towards homeostasis.

Summary:

Homeostasis represents a self-organized system derived from the many complex interacting dynamic equilibria necessary to maintain life. Stress initially drives this system toward chaos, but as all self-organized systems it resists perturbation by generating either short-term compensations (if the initial stressor is resolved) or long-term compensations (if the stress is on-going). These compensations result in either a return to normal homeostasis if the stressor is resolved, or the establishment of the compensated state of “Balanced/Imbalance” if the stressor is on-going. The compensated state of “Balanced/Imbalance”, although within the homeostatic limits, is further from Optimal Homeostasis, and thus it now requires more energy to maintain this compensated homeostasis.

The “set-up” procedures in Kinesiology result in de-compensating the “Balanced/Imbalance” state by releasing the blocked energy, however, this creates an increasingly chaotic state as de-compensation proceeds. It is from this chaotic de-compensated state that re-organization may occur, and the more thoroughly de-compensated the system becomes, the greater the chaos and the greater the possibility for a re-organization of the system closer to Optimal Homeostasis. However, for the system to re-organize closer to Optimal Homeostasis requires “information/energy” that brings order into this chaotic disorganized de-compensated state – this is the role of the “healer” or therapist.

The role of the “healer” in the energetic “healing process” is two-fold: first to “hold the space”, that is provide the energetic stability necessary to permit the system to go into chaos; and second to provide a flow of Negative

Entropic energy providing the organizational “information/energy” from Negative Space-Time necessary to “push” the chaotic, de-compensated energy into a new self-organized state, *one that is closer to Optimal Homeostasis*.

The origin of this organizational information/energy to heal is derived from human Intent directing Love and Emphathic Compassion that activates the Negative Entropic flow of Deltrons into the chaotic system providing the order needed to create a new self-organized state, one that is closer to normal homeostasis. Without human Intention and Loving Compassion, the chaotic de-compensated state will indeed self-organize, but not necessarily closer to Homeostasis.

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Italics, bold; Publisher, City, State, , Year.)

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QÌ-NESIOLOGY BALANCING PROCEDURE INTEGRATING QÌGŌNG AND KINESIOLOGY

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Abstract:

This paper gives you some ideas on how the author has combined traditional *qìgōng*(氣功) principles and techniques with kinesiology balancing procedure for better health and learning. Since *qìgōng* is a vast subject, there are thousands of ways of doing a *Qì-nesiology* balance. The author also believes that the spirit of the self-responsibility model, free choice and self-healing of the kinesiology will “cross-breed” with *qìgōng* techniques and applications to give rise to a new healing tradition.

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1. Introduction – How It Started

I am from Hong Kong – a place where the East and the West meets. Like many people of my generation, I grew up in a traditional Chinese extended family. I was educated in a Catholic school and went to college at the University of Oregon in the United States. Since I was a kid, I have been submerged in western and eastern cultures and ideas at the same time. When I was 14, I took my first mind-mapping and speed-reading workshop from an American organized by my school. During the same period, I was doing *Tai Chi* every week with my mother's teacher in the park where she went for morning exercises everyday.

In June 1997, I took my first Touch for Health Level One class with the late Mr. Zale Giffin, an American Instructor from Hawaii. Unlike many other brain-based, personal-growth or energy healing techniques I had been learning so far at that time, I was amazed by the simplicity and effectiveness of a Touch for Health balance. I also enjoyed the process of "listening" to my body's feedback through muscle-checking. To put it in another way, Touch for Health, a "baby of mixed blood", resonates in me. My gut feeling told me that "this is it!" Like many of you here, I started my journey of learning and discovery in Touch for Health and kinesiology. I flew to many places in the world to learn from different masters. In 1998, I became a Touch for Health Instructor and in 1999 I became a Brain Gym[®] Instructor. Since then, kinesiology has become my job, my career, my way of communicating with myself, my husband, my kids and the society. It has become a way of living and an inseparable part of my life.

Together with Mr. Conrad Ho, my best friend and husband, we set up a company and made it our mission to spread

kinesiology to the Chinese-speaking world. Being a pioneer of a totally new subject, I often faced all sorts of interesting questions from learners and users. Many of the questions we faced are typically Chinese, e.g. how is that different from Chinese acupressure or acupuncture? Is it the same as doing *Tai Chi* or *qìgōng*? I faced many more of these questions when I introduced the subjects in mainland China, where Chinese culture are more deeply ingrained and western ideas more foreign. I remembered last year, Conrad & I were introduced to the vice-principal of a university in Nánjīng, China. We showed him one of the kinesiology books that we translated – Brain Gym[®] Teachers' Edition, which talks about all the Brain Gym[®] 26 movements. He lifted his eyeglasses, browsed through the book in great interest and concentration, and responded in a loud voice, "I believe this stuff works. Don't we have similar things in China also?" Not long ago, I showed some of our kinesiology books and manuals to my *qìgōng* teacher. He said "These founders might have learnt *qìgōng* before. This is western *qìgōng* (洋氣功)!"

As a student, a teacher, a user, a practitioner, a sponsor, a facilitator, these are the question I often ask myself: what are the similarities and difference between Chinese traditional medical and keep-fit techniques such as *Tai Chi*, *qìgōng*, traditional Chinese acupressure (推拿/*tuīná*), and kinesiology (Touch for Health and Brain Gym[®] are the ones I know best and use most)? What are the best from all these modalities? How they be integrated to give new perspectives and achieve better results?

From my experiences, I have found that these techniques are common in many ways: (1) all look at the human mind/body as a whole, not as parts; (2) all are based on the

worldview that an intervention in the whole can affect the part giving out symptoms; (3) all are based on some sort of energetic model, not materialistic model. In early 2000s', Conrad & I started to explore further and deeper into various Chinese healing modalities. He took nearly all the degree courses in traditional Chinese medicine in the University of Hong Kong. I also began my study and practice on *qìgōng*. I started studying *qìgōng* from Mr. Chang Wen Yue (常文躍), founder of Ruyi Culture Centre (如意文化中心) in Hong Kong. Mr. Chang, a clairvoyant and a *qìgōng* master from Tángshān (唐山), China, have been practicing *qìgōng* since he was nine years old.

2. What is *Qìgōng*?

Qìgōng is a diamond in the treasure-house of China's cultural heritage. The basic principles, assumptions and applications of *qìgōng* form not only the most basic foundation of traditional Chinese medicine, but also Chinese philosophies, religions, literature, languages and arts. Its applications are wide. It has been used not only for health maintenance, diagnosis and treatment of diseases, but also in education, sports, arts, agriculture, industries and even in the military.

The word *qìgōng* (氣功, pronounced as Chì Gōng) is a combination of two ideas: “*Qì*” means air, breath of life, or energy, and “*gōng*” means the skill of working with, cultivating, self-discipline or achievement. *Qìgōng* is a general term that refers to a wide range of physical and breathing exercises that enhances blood flow, cultivate potentials of the mind and body, and purify the human heart and soul. According to the definition published in the official *qìgōng* textbook in China, *The Standard Training Manual of Qìgōng*, *qìgōng* are “traditional

physical exercises practiced by our people in the tranquil state that open and develop human life potentials through three means: tuning the body, tuning breathing, and tuning the heart.”

(《氣功標準教程》/*Qìgōng biāozhǔn jiàochéng*:

“氣功是人體在安靜狀態下，通過調身、調息、調心的方法，開發人體生命潛能的民族傳統體育項目。”)

For centuries, people in China have benefited from *qìgōng* and believe that improving the functioning of *qì* in the body maintains health and heals diseases. In traditional Chinese medicine, good health is a result of a free-flowing, well-balanced energy system. It is believed that regular practice of *qìgōng* helps to cleanse the body of toxins, restore energy, reduce stress and anxiety, and help individuals maintain a healthy and active lifestyle.

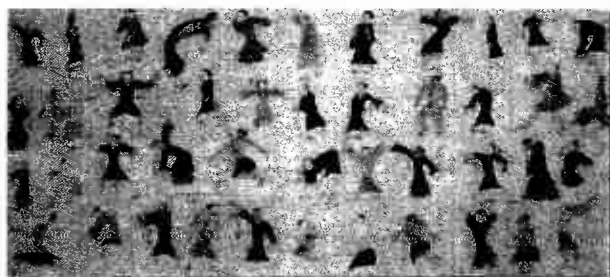
No historical relic has yet been discovered to show the exact timing when *qìgōng* was first practised in China. Artwork, medical manuals, folklore, treatises, scriptures and reports on the subject go back over a few thousand years. In the time of Yáo(堯), people had already realized that dancing could strengthen health. The chapter “On Ancient Music” of the *Lü's Spring and Autumn Annals* completed around 239 B.C. recorded: “From as early as the beginning of the Tao Tang tribe, *yīn* tends to stagnate and accumulate in the depth of the body. The water channels are blocked and water can no longer flow in its correct channels. *Qì* smolders and stagnates within the body; the tendons and ligaments shorten and joints lock up. Thus, dances are created to move and direct the circulation flow again.”

(《呂氏春秋·古樂》：

“昔陶唐氏之始，陰多滯伏而湛積，水道壅塞，不行其原，民氣鬱闕而滯著，筋骨瑟縮不達，故作為舞以宣導之。”)

Among the historical medical manuals, compilations and relics unearthed in 1974 from the King Ma Tomb No. 3 at

Mǎwángduī (馬王堆), Changsha, Hunan Province, there was a silk painting *Dǎoyīn Illustrations* (《導引圖》) of the early Western Han Dynasty period (3rd century B.C.), on which were drawn 44 men and women in various poses or postures. Under each pose, or *dǎoyīn* diagram, was a caption with the name of an animal or the name of the disease that the posture might help cure. This indicates that people in China might have already used the form of illustrations to teach and learn *qìgōng* no later than 300 B.C.



If we look from the perspective of historical origins, *qìgōng* in contemporary China can be categorized into six main types: (1) Taoist (道), (2) Buddhist (佛), (3) Medical (醫), (4) Confucian (儒), (5) Martial (武) and (6) People's (民間). If we classify by the characteristics of methodologies, there are five main schools: (1) *Dǎoyīn* School (導引派), which makes use of physical movements of the limbs, requiring the use of intention to direct energy flow, and the harmony of physical form and spirit; (2)

Tǔnà School (吐納派), which emphasizes the use of breathing; (3) *Jìngdìng* School (靜定派), which trains thoughts and intentions through emotional calmness, sitting and meditation; (4) *Cúnxiǎng* School (存想派), which trains the mind to use an intense focus, e.g. on some organ inside the body or some scenery outside the body, to crowd out other less useful thoughts; and (5) *Zhōutiān* School (周天派), which trains up the skill of directing *qì* and intention to circulate in the meridians. For sub-types, it is estimated that there are more than 300 streams (流) of *qìgōng* and more than 1,600 branches (派) in modern China.

3. What is Qi?

The concept of *qì* originates from philosophy. Traditional philosophers believed that everything in the universe is

• A silk scroll showing 44 human *dǎoyīn* poses excavated at the tomb of King Ma of the Western Han Dynasty.

a result of the movement of *qì*. In *the Book of Changes* (易經/*Yìjīng*), it says “Species evolve and emerge in the midst of the heat and mists between Heaven and Earth.”

(天地氤氲，萬物化生). When the concept of *qì* is introduced into medicine and health maintenance, it is used to explain the movement of human life forces. In a Taoist text by Gě Hóng of Jin Dynasty, *Bàopǔzǐ*, *The Master Embracing Simplicity*, it says, “Human lives in a sea of *qì* and *qì* flows in human. From Heaven and Earth to everything in the Universe, nothing is not dependent on *qì* for their existences”.

(葛洪《抱朴子》：「人在氣中，氣在人中，自天地至萬物，無不賴氣以生者也。

」)。We can conceptualize *qi* as an extremely small moving substance. This substance sustains human life and other existences in the universe.

In *qigong* theory, there are many types of *qi*. The main ones are:

- 1) Inborn *Qi* (元氣/*yuánqì*), the innate essence received our parents or from “heaven”;
- 2) Pectoral *Qi* (宗氣/*zōngqì*), a processed form of *qi* made from the fresh air inhaled absorbed by the lungs and the nutrients derived from water and foods extracted by the spleen and stomach;
- 3) Nourishing *Qi* (營氣/*yíngqì*), the *qi* directed by the heart into the blood vessels to nourish the whole body; and
- 4) Defending *Qi* (衛氣/*wèiqì*), the *qi* circulating on the surface of the body and outside the meridians to protect the body.

It is important to note that in Qi-nesiology balance, we are making use of Universal Energy (混元氣) for balance. In this way, we are not depleting our own energy reserve.

4. The Jewels of Touch for Health and Edu-K – The Spirit of Free Choice, Self-Responsibility, and Self-Healing/Learning. Muscle-checking is a Plus.

Now, let us look at kinesiology from the West. From the knowledge and experiences on kinesiology (i.e. Touch for Health and Educational Kinesiology) I have had so far, I would say it is simple, profound, and it works. In my opinion, these three presumptions stand out to be the most distinctive features of Touch for Health and

Educational Kinesiology:

4.1 Self-responsibility Model, which presumes that the person being balanced is the one who makes their own choices, in the past, in the present and in the future. He is the one responsible for his own health and learning because these are the results of their own decisions. The facilitator’s role is to make space to smoothen up the process.

4.2 Free Will and Freedom of Choice, as beautifully manifested in the client-centered goal-setting procedure. This allows the person being balanced to choose what is best for himself and his “soul”. “I” can do something for better health and learning and change the way I react to circumstances in my life! “I” can create and change things in my life!

4.3 Self-healing Model (vs. Curing Model) – the goal-setting procedure also presumes that the body/mind being balanced will automatically do its job of self-healing and learning without the need for diagnosis, advice or prescription from the facilitator. The person has all the resources he needs to facilitate his own healing and learning.

Such worldviews or presumptions, I would say, are the “Jewels of Kinesiology”. They are empowering to the individual and are crucial presumptions when applying the techniques. They are the presumptions that I would like to continue to use when applying the techniques that integrate *qigong* and kinesiology.

The other distinctive feature of kinesiology is, of course, muscle checking. When used with mindfulness, objectivity and respect, muscle checking is an advantage in providing:

- 1) an operational procedure that gives feedback on various energetic, emotional, mental or physical status;
- 2) a powerful feedback or noticing reference to the person being balanced about his own states.

5. The Basic Procedure of a Qi-nesiology balance

The basic steps of a Qi-nesiology balance are below:

1. Do pre-checks and set the "energy field" (氣場)
2. Set your goal
3. Check and/or notice *jīng*(精), *qì*(氣) and *shén*(神) values
4. Check and/or notice 14/28/42 Muscles, *qì* flow or other checks
5. Balancing of Body/Breathing/Mind
6. Recheck and/or re-notice 14/28/42 Muscles *qì* flow or other checks
7. Recheck and/or re-notice *jīng*(□), *qì*(□) and *shén*(□) values
8. Anchoring the goal with the intention of "好"(hǎo)!
9. For Home Use: *qìgōng* exercises and/or Informational Water

The following are more detailed explanations of the steps:

5.1 Do Pre-checks and Set the "Energy Field"

Do pre-checks the way you are familiar with. e.g. water, central meridian energy, left/right, front/back, up/down balance, cross crawl, etc. Setting the "energy field" means setting the intention of the kind of energy you use. In this case, we are using Universal Energy. Relax your body, and think of Universal Energy (e.g. as white fog or white clouds) gathering in your immediate surroundings in an anti-clockwise, circular motion.

5.2 Set Your Goal

What do you want? Remember to set your goal in a Positive (accepting the way things are, as well as open to new possibilities), Active (including whole body movement that feels "present time" or words that use present tense, Clear (using steps or words that a child can understand) and Energetic (with feelings, actions, and/or words that energize and inspire) way. Take a Brain Gym® 101 class if you'd like to learn how to do this more skillfully.

5.3 Checking *jīng*(精), *qì*(氣) and *shén*(神) values

In *qìgōng* model of the world, human life activities are the results of the interaction among these three elements: *jīng*(精), *qì*(氣)

and *shén*(神). We can understand these concepts as: *jīng* = materials (物質); *qì* = energy (能量); *shén* =

information (信息). Take the metaphor of a computer, for instance, *jīng* is the materials that make up the physical of a computer. *Qì* is the energy, in this case electricity, that drives the computer. *Shén* is the programming which runs the computer. In human terms, *jīng* is the raw materials that form and grow our body. There are two sources – nature and nurture. Humans get their *jīng* from their parents (when the egg and sperm meet in the fertilization process), and from Nature (food, water, air, etc.). In the case of humans, *qì* or energy in the forms of electricity, heat, magnetism, electro-

• *jīng*, *qì*, *shén*
by calligrapher
Féng Dà Biāo
(馮大彪)



magnetism, etc. that keeps life going. *Shén* includes all spiritual, mental and emotional movements and activities as well as memories, habits, life skills, etc. *Shén* does not exist by itself. It depends on *jīng* and *qì* to carry it, like memories on a magnetic floppy disc. However, it is the creative and driving force of all human life activities and movements.

When using the *jīng* (精), *qì* (氣) and *shén* (神) model for noticing, use it metaphorically to know where the blocks are. Alternatively, you may quantify it on a linear scale, e.g. 1 to 10 or attraction value 0-1000.

5.4 Check and/or notice 14/28/42 Muscles, *qì* flow or other checks

Choose the kind of checks you like for better noticing of your current postures and other mental, emotional and physical states. For 14/28/42 muscle checks, refer to John Thie, D.C.'s *Touch for Health*.

Qì flow checks are derived from primary movement directions of *qì*: Out (出); In (入); Up (升); Down (降). These movements must be coordinated and be in harmony with one another to sustain human lives. When one is experiencing a symptom, whether on a physical, mental, emotional or spiritual level, we can presume that movement of *qì* of one or all of the directions are blocked or slowed down.

5.5 Balancing of Body/Breathing/Mind

Masters through the ages have built up thousands of ways to practise *qìgōng*, which can be summarized to have these three common elements – tuning/balancing of the body, breathing and the mind. Balancing of the body refers to the adjustment of body postures and relaxation exercises; balancing of breathing refers to the exercise of

respiration and conducting *qì*; balancing of mind refers to the regulation of mental activities: the exercise of mental tranquilization and mind concentration. The ones outlined in this paper offer some of the very basic techniques.

5.5.1 Balancing the Body with Standing and Dynamic Postures

5.5.1.1 Balancing the Body with Five Basic *Qìgōng* Standing Postures

These five basic movements are the foundation of many *qìgōng* movements. Each movement can be practiced on its own or in combination with others. There is no standard time limit for each movement. Do it until it feels enough.

- 1) Nothingness (or *Wújī*) Posture (無極樁) – Everything starts from Nothingness. Nothingness is the beginning of creation. From *Wújī* comes *Tai Chi*. Stand with legs together, head upright. Relax the whole body, stand still and breathe naturally. The mind is relaxed.
- 2) Natural Posture (自然勢) – Stand naturally with legs apart at about the width of shoulders. Knees slightly bent; head and neck straight; The Hundred Convergences (百會/*Bǎihuì*/GV20) is lightly lifted; chins tucked in; tongues flat; lips and teeth closed lightly; shoulders and elbows down; arms-pit closed lightly, chests in and back up a bit, waist and belly relaxed, both arms hang loosely on the sides of the body, eyes level.
- 3) Ball-holding Posture (抱球勢) – On the basis of the Natural Posture, rotate both arms outward a bit, then inwards. Palms facing each other as if a ball is held in front of the chest. Fingers should be about 10 cm apart. Relax the waist; bend the knees and hips tucked in. Upper body should be upright, eyes

level. Palms can also be at the level of the belly buttons.

- 4) Holding and Pressing Posture (扶按勢) – On the basis of the Natural Posture, relax the wrists and fingers, lift up both arms to shoulder width and chest level. Then, bend the elbows, press palms down to belly or hip level. Relax the waist; bend the knees and hips tugged in. Upper body should be upright, eyes level.
- 5) Palms on Belly Posture (疊掌勢) – On the basis of the Natural Posture, rotate both arms outward a bit, then inwards. Both palms face each other. Then, place both palms on top of each other on the belly. The centre of the palm should be facing the belly button or just below it.

5.5.1.2 Balancing the Body with Two Basic Qigong Dynamic Postures

- 1) Qi-Pulling (開合拉氣): Sit or stand in a comfortable posture with legs apart at shoulder width. Palms facing each other at the level of the chest as if holding a ball. Slowly pull the hands farther apart for about 20 to 30 cm while at the same time, think of the edge of the Universe. Then, the hands softly come back in as if to hold the ball again while at the same time, think of the inside of your body. Repeat said steps until it is enough for you.
- 2) Qi-feeding (貫氣): Direct *qi* to the parts of your body which need it most. The intention is to channel *qi* to smoothly flow through your body (but not into your body as if to retain it to augment your energy reserve). The palms will face the relevant body part. Again, when the hands are closing in towards it, think of the inside of your body; when they are moving away, think of the edge of the Universe. Repeat said steps until it is enough for you.

5.5.2 Balancing with Breathing

Here are the four basic breathing methods:

- 1) Natural Breathing (自然呼吸) – Breathe as you normally would. Just follow the flow, and do not direct it with your thoughts.
- 2) Belly Breathing (腹式呼吸) – There are two types of belly breathing: (a) Normal Belly Breathing – when breathing in, the belly goes outward. When breathing out, the belly goes inward. (b) Reverse Belly Breathing – when breathing in, the belly goes inward. When breathing out, the belly goes outward.
- 3) Anus-lifting Breathing (提肛呼吸) – When breathing in, lift up the Converging Yin (會陰/Huìyīn/CV1). When breathing out, relax the Converging Yin. This is usually done in combination with Belly Breathing. Follow this method when doing Reverse Belly Breathing. Do it reversely when doing Normal Belly Breathing. i.e. relax the Converging Yin when breathing in, lift up the Converging Yin when breathing out.
- 4) Resonance Breathing (吐字呼吸) – The most typical of this method is the Six-character Formula (六字訣, *Liuzìjué*). i.e. *xū*(噓), *kē*(呵), *hū*(呼), *xià*(咽), (*chuī*)吹, *xī*(嘻). Every sound resonates with an internal organ. Breathe in with the nose and out with the mouth. Use belly breathing. Breathe in and out smoothly, deeply, gently with prolonged cycles.

5.5.3 Balancing the Mind

- 1) Concentrate on Relaxation – When doing a particular posture or movement, relaxing the body is the most basic requirement. This includes relaxing the mind and the body. First, relax the mind, and remain focused. Breathe

smoothly and prepare to move. Then, direct every parts of the body to relax: from top to bottom, from inside to outside, from limbs to bones and all internal organs.

- 2) Concentrate on Calmness – This is the realm of static *qìgōng* (靜功/*jìnggōng*), and can be attained by meditation at different levels. When doing dynamic *qìgōng* (動功/*dōnggōng*), just concentrate on being calm and focusing the mind on doing the movement the way it should be, including every move and every breath. At the same time, also be aware of the environment. Is the environment conducive to your calmness?

- 3) Concentrate on Acupuncture Points – This has the effect of clearing the mind, facilitating blood flow and balance relevant internal organs. The following are the most common acupoints:

i. Elixir Field (丹田/*Dāntián*) – *Qìgōng* masters through the ages have different opinions as to the locality of Elixir Field. There is the Upper *Dāntián* located at the top of the nose bridge between the eyebrows, or *Yintang* (印堂). Middle *Dāntián* is at the sternum between the nipples, or *Tānzhōng* (膻中/*CV17*). Lower *Dāntián* is just below the belly button between *Shénquè* (神闕/*CV8*) and *Qìhǎi* (氣海/*CV6*). When we say *Dāntián* in *qìgōng* practice, we usually refer to the Lower *Dāntián*. Concentrate on *Dāntián* helps one enter into a state of tranquility, facilitates belly breathing, cultivates energy, settles the mind, consolidates and centers the person.

ii. Gate of Life (命門/*Mìngmén*/*GV4*) –

behind the waist at the second lumbar vertebra between the two kidneys. Just opposite to the belly button. Concentrating on this point balances the Governing meridian and vitalizes the kidney energies.

iii. Hundred Convergences

(百會/*Bǎihuì*/*GV20*) – On top of the head, about the convergence points up the tip of both ears. Usually, this point is used to lift the body and spine up straight lightly to centre the body.

iv. Converging *Yīn* (會陰/*Huìyīn*/*CV1*) – between the two *yīns* (the anus and the genitalia), also called the seabed. This is an important point for cultivating *qì* and regulating breathing, and also an important point for balancing the body and posture. Normally, during *qìgōng* practice, the Hundred Convergences and the Converging *Yīn* forms a straight line to keep the body upright and centered. This is so even when the body is slanted.

v. Pouring Spring (湧泉/*Yǒngquán*/*K1*) – At the centre of the soles; appear when you curl your toes inward. Concentrating on these points settles the mind, calms any excess “fire”, replenishes both *yīn* and *yáng*. When doing dynamic *qìgōng*, one usually direct *qì* to the Pouring Springs, or continue to direct them to connect with the energy of the earth.

vi. Labored Palace (勞宮/*Láogōng*/*P8*) – In the centre of the palm, between the second and the third metacarpal bones. The middle fingers reach these points when you tighten up your fists. These are important places for *qì* manipulation. One may feel the movement of *qì* of these points when doing *qìgōng*

movement of the hands, such as opening and closing, going up and down, pushing forward or holding back. Concentrating on these points will strengthen the body and balance the mind.

4) Concentrate on Things

- i. Concentrate on Breathing – First breathe with the relevant breathing method. Then, follow with listening or counting your breaths.
- ii. Concentrate on Movements – Think of the rules and guidelines of doing the movements correctly.
- iii. Concentrate on Objects – Think of the blue sky, white clouds, green pastures, big ocean, etc. Enter into the state of oneness with these things.

5.6 Recheck and/or re-notice 14/28/42 Muscles *qi* flow or other checks

Recheck the ones that were off or stressful before and notice the differences.

5.7 Recheck and/or re-notice *jīng* (精), *qì* (氣) and *shén* (神) values

Recheck these values to see if there is any difference.

5.8 Anchoring the goal with the intention of “好”(*hǎo*)!

This is a procedure for celebration and for anchoring the effects of the balance. The word *hǎo* means good, or well. It contains *yīn* and *yang* energies with a woman on the left and a man/son on the right. Life is a blessing and everything is good!

• The evolution of the word “好”. In the old days, it means a woman taking care of her son, or beautiful. In modern Chinese, it means good, or well. e.g. 你好 (*nǐ hao*), is a daily greeting equivalence of “how are you?” Literally, it means “I wish you are well.”



5.9 For Home Use: *Qìgōng* Exercises and/or Informational Water Information Water (信息水)

Choose the relevant *qìgōng* exercises for further practice. Another alternative is to use Informational Water. There is a tradition in the *qìgōng* culture to use water for healing. The reasons are: (1) water is inexpensive and easily available; (2) the steps are simple. Water bears what *qìgōng* practitioners call “the nature of the heart” (心性). Its form is highly flexible and can be used as an information carrier. Read *Messages from Water* by Japanese scientist Dr. Masaru Emoto for proof and visual illustrations.

Steps:

- 1) Preparation – Hold a bottle of water with one hand. Calm yourself and focus your mind to imagine that *qì* of the Sky is channeled through your other hand (hereafter called the Channelling Hand) to the water. Move the Channelling Hand the way you want to help direct this thought. Repeat for 3 times.

- 2) Thought infusion – Move the Channelling Hand in a circular motion above the same bottle of water for 3 times (either clockwise or anti-clockwise). For each circle, remain focused and imagine that you are adding a positive thought (e.g. your goal) into the water.
- 3) Charging – Use the Channelling Hand to lift the water while thinking of the same positive thought. Imagine that the water is moving with power and energy, just like the power of water in a tsunami. Repeat for 3 times.
(一提動天地)
- 4) Integration – Use the Channelling Hand in a circular motion above the water for 3 times in the opposite direction. Imagine that the water and the person to drink the water are harmonized and integrated.

6. Qi-nesiology

This is what I would like to share on integrating *qigong* and kinesiology in this Conference. This paper has given you some ideas on how the two can be integrated. Since *qigong* is such a vast subject, there are thousands of ways of doing a *qi-nesiology* balance. I can foresee that the spirit of the self-responsibility model, free choice and self-healing of kinesiology will give a context in which *qigong* techniques and practices can function in new ways. I look forward to making more contributions to such a process.

-The End-

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Multidimensional Biomagnetism

Alberto Arribalzaga

Hello everybody, it is nice to be in contact with all you people in the light!

1 – INTRODUCTION

First of all, I have to thank John Thie and TFH School, because they have given me so many comprehensions about myself, attitudes, feelings and the tool of kinesiology.

I would like to share with you this specific work that is **great and easy** and can give you all excellent results, much further than I myself believed when I started to balance with magnets to get rid of viruses, bacteria, fungus, parasites...6 years ago.

It was the way into a fascinating multidimensional world that has given me a great understanding about how Body/Blood/Genetics/Soul/Energy interact and the way our consciousness melds them in a magnificent way.

Initially I call this system:

“MULTIDIMENSIONAL BIOMAGNETISM”

It is multidimensional because it takes us farther than the ordinary dimensions within which magnets have been used: tools to stimulate, sedate, or balance acupuncture points and flows of energy in a general

context of polarity.

I have found (or it's been given to me) that there are HOLLOGRAPHIC MAPS or combinations which are related in how GENETICS and the SOUL itself manifest in life interacting with the body.

2 – HEALING MODEL

In the Model that I use for healing, I attempt to consider all the MAIN FACTORS in the universe of human being according to my believes and when I find something that gives some kind of consciousness and a way to use it, I include it immediately.

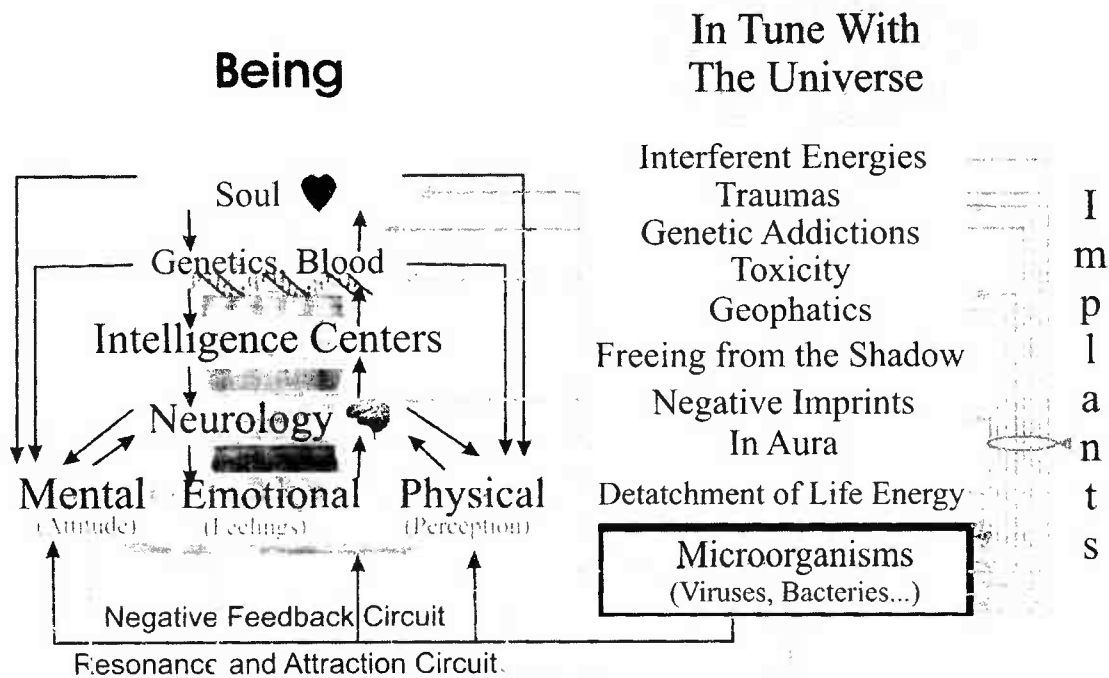
As you can see, I consider the information of **Soul/Genetics/Blood/Spheres of Consciousness** as main blocks besides the traditional Physical/Emotional/Mental. I understand the Energy of the Soul as a high level of consciousness that penetrates every cell, organ, gland, blood and subtle bodies and attaches the Vital Field and the spheres of intelligence. I also consider it keeps memories of our life experiences.

On the right side you can see that there are a few very important concepts to work with, like:

☞ **In tune with the universe.**

- ❧ **Implants (Programs installed to limit humanity by superior intelligences)**
- ❧ **Getting Rid of Shadow**
- ❧ **Energetic Interferences**
- ❧ **DETACHMENT OF LIFE ENERGY**
- ❧ **MICROORGANISMS**

In this summary I'll talk about these two last items because they are KEY CONCEPTS to work with, in order to get a better healing in every balance.



3 – DETACHMENT OF LIFE ENERGY

If we were able to maintain LIFE ENERGY in our VITAL FIELD and in the same way in our glands, organs and cells, we would be happy and healthy. For many reasons we are not able to have it functioning this way, so let us remind some of the main ones:

- ❖ Inherited limiting Patrons (Genetics)
- ❖ Soul dramatic memories
- ❖ Accidents
- ❖ Physical/Emotional/Mental Shocks
- ❖ General Anaesthesia
- ❖ Vaccines
- ❖ Unhealthy Behaviours

All of them have in common that as a result

of them “Our life energy has been thrown out of the body, glands, organs, or tissues and in consequence many biological functions are not working properly.

This is the main reason why micro organisms can build their **base camps** in the body and extend their influence, especially when we are under stressing situations.

4 – MICROORGANISMS – MANKIND RELATION

The relation between mankind and micro organisms comes far from millions of years and we have some hypothesis of their interaction and I believe we should pay great attention to these.

- 1) RESONANCE, ATTRACTION
- 2) BEHAVIOURS THAT PROMOTE THE ENEMY
- 3) NEGATIVE FEEDBACK

4.1) RESONANCE AND ATTRACTION

Humans attract micro organisms by resonance of their energetic fields which means Physical/Emotional/Mental vibration.

For example:

A) If we are in rage, our energetic fields will attract “rabies viruses” or “Hepatitis viruses” or “Herpes”, etc.

B) If we are in the hating of somebody or something we are appealing to many families such as Brucella, Enterovirus, V.I.H., etc.

4.2) BEHAVIOURS THAT PROMOTE THE ENEMY

If our way of feeding, thinking and acting is unhealthy, we will promote

specially the micro organism populations we already have in our body or in our electromagnetic fields. That is why many symptoms are repetitive.

4.3) NEGATIVE FEEDBACK

We have sources of infection, installed directly from our genes or that we get during our gestation or by somebody else’s influence.

Every source is related to an energetic imbalance and is at least engaged to:

- œ A type of attitude
- œ Certain emotions
- œ Some organs/glands
- œ Some symptoms (acute or chronic)
- œ A DISTORTED PERCEPTION OF LIFE AND BEHAVIOURS (I’d like to emphasise this point)

There is a self-perpetuating cycle where micro organisms **drive us** to the same feelings, behaviours, attitudes that feed them through the vibration of our electromagnetic fields.

We believe that we *own* our behaviours, but we don’t...

THE TRUTH IS THAT VERY OFTEN OUR BEHAVIOURS ARE BEING PROGRAMMED BY THE MICRO-ORGANISMS AND ENERGETIC INTERFERENCES that maintain active the same chips and programs in our body-mind, so they keep us acting against our LIGHT and our HEALTH.

In real life, many of our balances do not have the great effect they should have, because THE SOURCES OF INFECTIONS ARE STILL THERE.

So, even after we have balanced?

The energetic conditions for virus, bacteria, parasite, fungus, and so on, in most of the cases are still there, "WE HAVE NOT GOT RID OF THEM".

I have evidence of many such cases. So quite a few micro-organisms have developed **many shelters and toxins** to confuse our immune system and are able to maintain their safe refuge. Even using modes very often, they are not detected even though THEY ARE PRESENT.

I can prove this in the workshop I shall be holding at this conference. I'll use magnets to challenge the balanced conditions.

5 – BIOMAGNETIC PAIR

The great research by Dr. Isaac Goiz proves that when somebody is ill, there must be at least 2 organs in resonance with opposite chemical "ph" in those organs (glands). His system consists of discovering, which those 2 organs are (glands, issues) and you should place the opposite magnetic field in the 2 organs, and after 20 minutes both are balanced and symptoms disappear. Since 1988 this method has given very good results with any kind of diagnosis (arthritis, diabetes, cancer, VIH, multiple sclerosis...).

There is a map of more than 200 combinations that covers most of our ordinary culturally "so-called diseases".

6 – BIOMAGNETIC MULTIDIMENSIONAL HOLOGRAMS

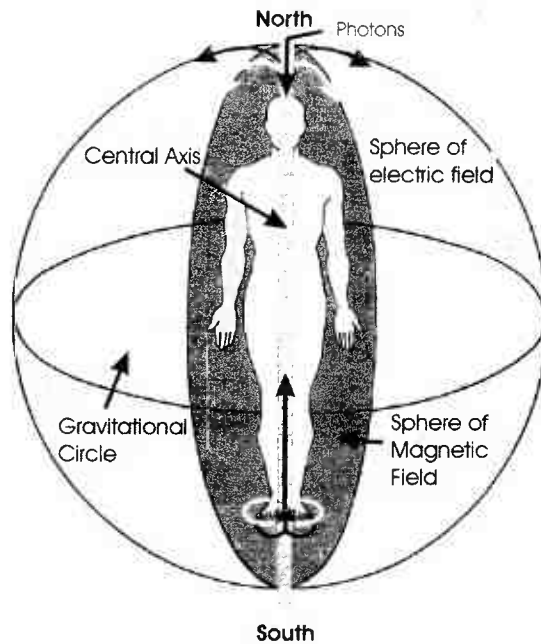
My proposal, though, goes **further and is more complete** for several reasons that I'll explain. With this system we use kinesiology to find out:

- ✦ Where has our LIFE ENERGY been thrown out?
- ✦ Which are the HOLOGRAMS that we have to balance?
- ✦ How the person has to solve the situation in the whole spectrum. (Mind, emotions, soul, genetics, blood, etc.)?
- ✦ What combinations of the Magnets will gently sway The LIFE ENERGY (SOUL GENETICS...) to fill the electromagnetic field? And in consequence **micro organisms died off** and what is more important **their base camps disappear because the energetic fields are balanced and there is no chance to get in.**
- ✦ How many levels we have to check, which are working at the same time? So GENETICS-SOUL-MIND-FEELINGS get fitted in our VITAL FIELD.
- ✦ If meridian and organ energies are in balance at the end of the process.

6.1 – VITAL FIELD

Our vital field is composed of one electric and one magnetic sphere and a gravitational circle interacting between them. This system is sustained by a central axis through which a lot of conscious energy runs and stimulates organs, feelings and behaviours.

This biological system works with the SAME PATRON IN CELLS TOO.



6.2 HOLOGRAMS

I call a hologram (Multidimensional Biomagnetic) a combination of certain key points which, when in balance, maintain the integrity of our VITAL FIELD.

And when there is an impact, shock or sickness, they can help us to get back our "LIFE POWER" and again we feel energized and full of life.

Every hologram is formed by controlling areas from where we can balance the Vital Flow of life/electric, magnetic and photonic waves) in the whole body, glands, organs, etc.

In the seminar we teach the **FORMATTING** to access to the functioning of 22 glands, and 25 organs, besides the neurological formats.

7 – PROCESS

The main lines of this method are:

We have the Aim in circuit

We find the different events to be balanced

In every event, there will be a situation:

- ✦ To be solved consciously by the client.
- ✦ Energetic Interferences (astrals, negative energies...) should be driven out of the Body/Soul. The method that works best for me is TO COCREATE WITH ANGELS, they help us to get rid of these ill energies in a very easy and quick way.
- ✦ There will be some HOLOGRAMS to be balanced with the magnets at the level of: body, organs, glands, tissues, etc. And so we get back VITAL FORCE.
- ✦ We continue this process until all the holograms are in balance so this way we are sure that "THE ANIMA" is again inside the whole body and in

every organ and gland that has been affected

- ✦ This also guarantees that the related micro organisms (and infections) disappear. So no more **NEGATIVE FEEDBACK** from **MICRO ORGANISMS** and **ENERGETIC INTERFERENCES**.
- ✦ One of the main requisites to heal is to bring the energy of **FORGIVENESS** for everybody related with the event including the client.
- ✦ In order to erase instinctive defence mechanisms of memory we should massage both lateral spine along the cervical vertebrae and also stretch metatarsals of both legs, what also removes posture memories mainly from the joints.
- ✦ The person gets installed a **NEW PROGRAM OF LIGHT** that he decides to live

EXAMPLE:

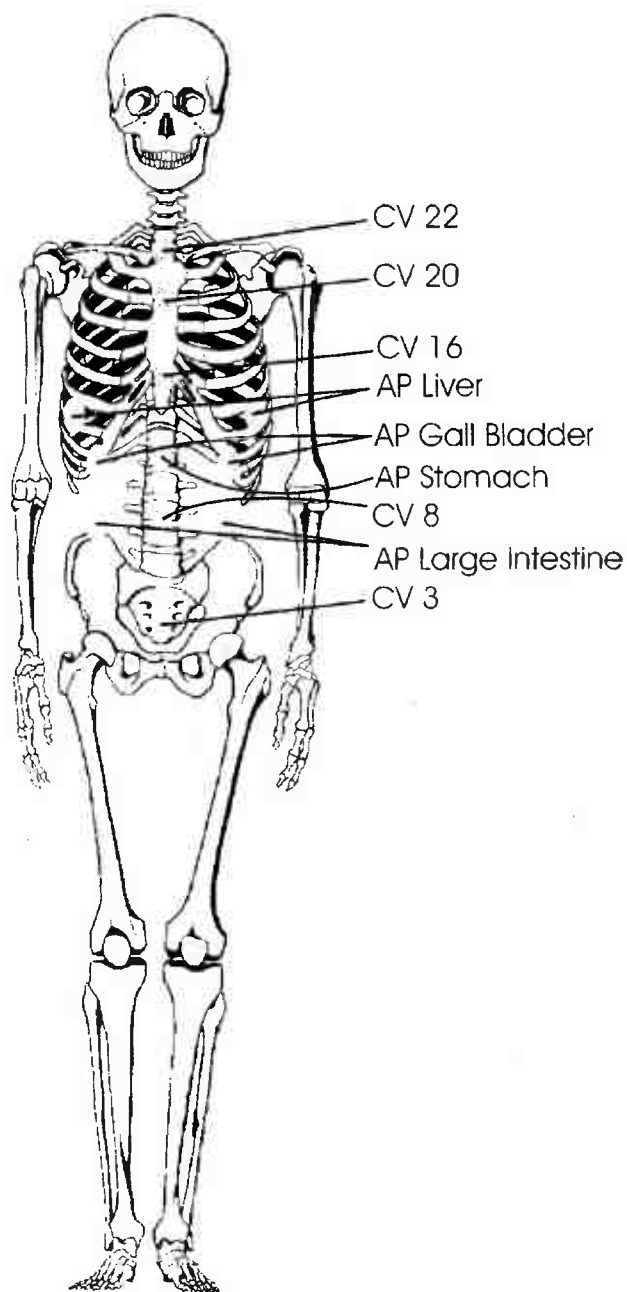
HOLOGRAM Related with the junction of BODY AND SOUL

I shall show the work with the hologram "**When the impact is received UPFRONT**", you can see it on figure

There are 12 controlling areas:

- 1 - CV 3
- 2 - CV 8
- 3 - CV 12
- 4 - CV 16
- 5 - CV 20
- 6 - CV 22
- 7-8 - AP Large Intestine
- 9-10 - AP Gall Bladder
- 11-12 - AP Liver

When we are in shock, part of our **SOUL** energy escapes and as I explained in point 3, there are many reasons why this happens, more often than what we realize.



We do the process of testing lying down and breathing in a special way, open mouth, inhale and exhale long and easy (higher consciousness and free of defence system.)

a) Test for the event that has to be solved by the person assuming new behaviours, attitudes, feelings and specially forgiveness for him or herself and the others.

b) Test for the best way to get rid of Entities who occupied the space when soul energy was collapsed (these interfering energies are linked to the emotions and thoughts of fear of death, being killed or damaged, injured). As I said earlier, I pray to the Angels or to our High Beings with excellent results.

c) We test in every point of the Hologram in order to know which pole (+ or -) must be faced on the body. When it is done properly the HOLOGRAM starts returning, aligning the energy between BODY and SOUL. As a consequence the micro organism will die and their camps will disappear in the BODY plane.

d) Test for other levels, formatting for **neurological** areas, and the functioning of **organs, glands and vertebral ganglions**.

If any appear, we check whether it is the same HOLOGRAM, and if yes, we just **put the format** in circuit. If it is not, we test which other HOLOGRAM is needed.

We follow this process until all the frames in the healing model are balanced.

If we miss points b) and c), we are probably maintaining THE ENEMIES OF LIFE Inside, still alive.

e) We install the NEW PROGRAM IN THE LIGHT

f) We thank God, spiritual masters, Angels and our beings for all the help we have received.

g) We ask for this healing to be extended to all humanity and the universe.

Note: Other courses developed by Alberto Arribalzaga:

- ☞ Kinesiology and Angelic Groups A and B
- ☞ Kinesiology and Advanced Multidimensional Biomagnetism
- ☞ Kinesiology and Mayan Healing Wheel

MODES

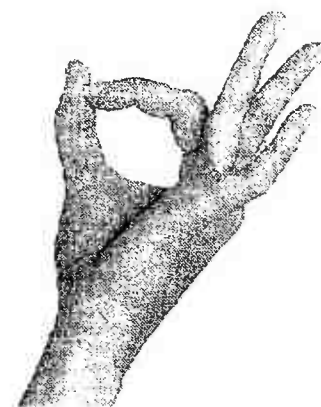
BACTERIAS



VIRUS



CANDIDA



ALLERGIES



ORGAN

ORGANO



GLAND

GLANDULA



PHYSIOLOGY

FISIOLOGÍA



ANATOMY - CELL

ANATOMIA - CÉLULA



INTERFERENT ENERGIES





EFFECTIVELY REMOVING HEAVY METALS AND OTHER TOXINS

Marcia Hart

Abstract:

All of us are loaded with toxins and chemicals that we have picked up from the conditions of our daily life. We use many products and materials because they give us something we want, and we seldom question whether they are putting our well-being at risk. We need to start noticing how chemicals in our air, food, water, clothes, cleaners, furniture, houses are affecting us. Using kinesiology, we can determine what chemicals and toxic metals are present in specific areas of the body, what remedies can be used to detox them from the body, and when the toxins have been removed from the body. The Healers Who Share Remedies provide a large part of the programs used here to effectively detox clients of their metal and chemical burdens.

Today, nearly every man, woman, child, and animal is carrying a burden of heavy metals and chemical toxins. These impact us in subtle and mostly invisible ways. We are exposed to toxins in the air we breathe, the clothes we wear, the personal care products we use, household products we use, in the food we eat, in the water we drink, and in the medications we are prescribed. These metals and chemicals are a toxic burden on our physical body, and are usually involved in many of the chronic illnesses and diseases that are being experienced by all of us.

In no particular order, let's start with the air we breathe. If you are outside, you may breathe in exhaust from motor vehicles or factories, pollutants sent into the air by a factory, mercury or other toxins emitted by a coal-fired power plant, the pollutants that

make acid rain in your area, toxins in fuels burned by aircraft, heavy metals sprayed into the air for covert government purposes, carbon monoxide or other pollutants emitted by a fire occurring somewhere. While indoors, you may be breathing in toxins that the building puts into the air—due to painting, cleaning, construction, mold, or out-gassing of construction and decorating materials. Factory-made scents may be added to materials to enhance your interest in buying something; toxic elements outgas from the walls, wallpaper, rugs, furniture; cleaning products may trigger your allergies or reactivity. If you are ill or are using medication, what affect will the above air-borne toxic conditions have on you? The effects of breathing in air-borne toxins tend to be cumulative. If some of these toxins accumulate in your body, the

various combinations of toxins may have an adverse effect on your body.

In our North American culture, there are multiple choices available to us for everything in our lives, and we usually make our choice to use something without knowing its long term benefit or harm to our health. Our clothes are produced from natural or synthetic materials. If made from natural materials, the clothing material may be organic or genetically modified. It may have been “enhanced” by the addition of chemical rinses or dyes. If the material is synthetic, chemicals and other toxins may have been mixed into the final product and may have a cumulative detrimental effect on the wearer. Or, perhaps you choose to wear clothes that are mixed—cotton underwear but synthetic shirt and pants, synthetic shoes with cotton socks. There really has been no research done on the exposure of people to differing kinds of fibers; it is assumed that what is available for purchase is safe. Certainly, sleepwear has to be fire resistant, but that fire protection chemical may not be safe for you to wear and breathe. And, if the chemicals are somewhat safe, for how long, for how many years are they safe?

Personal care products surround us and we are bombarded with commercials for products that will make us beautiful, sexy, desirable, fresh smelling and younger looking. Just consider what products touched your skin this morning as you prepared to leave your home or room in the hotel. Soap, aftershave, makeup, toothpaste, deodorant, perfume, lotion – all these probably played a part in helping you present to the world the person that you are comfortable with. Chemicals may have been absorbed into your skin from the body-care products and some of the chemicals in them may be immediately

injurious, or they may be stored in the body and later create tumors or disease. Testing may have been conducted by the manufacturer to determine that the product is safe for use by people. That testing is often conducted on animals, and may not have been ethically reported. Just as with the other areas of concern, some combinations are acceptable and non-injurious, and some are not.

Oprah Winfrey recently hosted programs about keeping the household clean and free from germs. However, the emphasis on cleanliness tends to add more and more chemicals to our personal environment every day. A multitude of products are designed to clean our rugs, upholstery, tile, floors, dishes, pots and pans, toilets, clothes. A host of products are available to scent your house with candles and oils as well. It is very important that you read the labels of these products. Most of them contain chemicals and toxins that are not in the best interest of your family’s well-being. Fortunately, there is a healthier alternative of “green,” bio-friendly, products available for all of our household uses.

When you choose the food you eat, and there are a multitude of choices available to you, I believe you should exercise care and caution. In the process of bringing food to market, much has been done that is invisible and may be detrimental to your health:

Meat animals can be raised on genetically modified (GM) food. Their nutrition may have been appropriate, but how would you know? Antibiotics given to the animals may still be in the meat product when you eat it. The animal may have died by humane slaughter, or it may have been slaughtered

because of an illness. It's difficult to know how and where the meat was stored. Chemicals may have been added or sprayed on the food to extend its shelf life. Toxic organisms picked up during the life cycle of the animal—prions, parasites, bacteria—may still be stored in the meat and infect you.

For the past 50 years, vegetables have been typically raised on increasingly nutrient-poor soil. Most seeds are inoculated for better germination which may not be in your best interest. Genetic modification may have been carried out on the seeds the vegetable was raised from. Pesticides/herbicides could have been in the soil or put on the plant. The vegetable could be prepared for sale in many ways: fresh frozen, canned, picked green and ripened artificially. What are the effects on you of how your food was raised, harvested and delivered to you?

Dairy products are pasteurized and homogenized which may not be in your best interests. In most cases we do not know how that cow was fed and what else was administered to her. Her milk still may contain harmful residues of hormones, bacteria, tuberculosis, antibiotics.

When food is prepared at a restaurant, were supplements added that you cannot tolerate – MSG, natural flavors, and/or sugar replacements? Most fast food restaurants use sugar replacements, sometimes called natural flavors. These products are addictive neurotoxins; they are responsible for multiple cases of multiple sclerosis,

and other forms of nerve degeneration.

Fruit juices generally have sweetening or flavoring substances added to them. Usually corn syrup is added and that corn may have been genetically modified. Another type of additive is preservatives.

What are the effects on your body of sugar-free products? If you are a diabetic, has anyone told you about using stevia? Stevia is a South American plant that is very sweet tasting. However, it was not allowed to be sold as a food because of the interests of the Nutrasweet/Aspartame industries. It can only be sold as a supplement and hence not added to commercial food. If you are using sugar-free products, be sure to research their effect on your body and nervous system.

What about the water we drink and use in cooking? Where does it come from? Water that falls from the skies can absorb chemicals and metals from the air. East coast forests have been under increasing attack from acid rain—literally acid that is created as the rain falls through and dissolves toxic emissions. Water from wells may have pesticides/herbicides in it from nearby commercial applications. Perhaps the underground water percolated through a toxic dump area before it reached your well. Water from reservoirs is typically treated by the municipality that dispenses it. Fluoride, arsenic, and chlorine are some of the common public water treatments. Are those safe for you? If you are downstream from a hospital, a factory, a petroleum processing plant, their effluent may affect your water. What about all of the drugs and hormones that are flushed down the toilets upstream from

your water source? Is the bottled water we buy safe, particularly when it is sold in a plastic container?

Do you take prescriptive medication? What is in it? Are the elements of your prescription natural or manmade? When the patent medication received approval, it was checked to be sure it was effective for the announced problem; any other side effects of taking the medication are tested by the manufacturer, not the FDA. Did the manufacturer have your health as its paramount concern? What happens when you take multiple prescriptions in combination? Most of these combinations have not been tested at all. What happens when the medication passes through your body and is excreted? What effect does that have on the environment or someone else's water?

Once in the body, metal and chemical toxins have a deleterious effect on the liver, salivary glands, and central nervous system. Since the body has no specific storage areas for these toxins, the body often stores them in the fluids, the lymphatic system, the tonsils, the central nervous system, the body fats, and the kidneys. The stored toxins can take up receptor sites on cells and block healthy function of those cells, or interfere with the biochemistry of organs and tissues and create a burden on the immune system. Research indicates that if your mother had mercury fillings and/or a burden of toxicity, then it is likely that you were born with a propensity to take on toxins more easily.

Testing for Toxins in the Body

A healthy immune system can protect you from many of the consequences of metal and chemical toxicity, but who has a healthy immune system? And if you don't have a healthy immune system, how do

you make it healthy? In the holistic/integrative health field, there are currently multiple ways of clearing the body of toxins. There are expensive laboratory tests to "challenge" the body into divulging what toxins are being held in the body. There are multiple methods, invasive or not, of clearing these toxins. Most of the research and clearings have been focused on heavy metals; there has been very little work done on clearing toxic chemicals. However, we don't know how well any of these procedures work and, more importantly, we don't know if they clear the toxins from the brain and central nervous system.

Just because toxins do not show in blood, urine or hair tests, this does not mean your body is free of the toxins being tested for. It only means that the toxins are not circulating in sufficient quantities in the fluids and tissues tested to show in the analytical tests. Toxins stored in organ, muscle, bone, nervous, gland or adipose tissues will not show in clinical tests until something provokes the storage areas to dump the toxins in the blood, urine, feces or hair. Most often, people and animals are symptomatic of the burden of metal and chemical toxins long before these toxins are identified by medical testing.

As kinesiologists, we have a way to identify toxins, the tissues affected by them, and how various interventions are working to clear these tissues. I've included a list of the most usual metals and chemicals so that you can ask your local kinesiologist to test you for them.

When I am testing, I usually check first for metals held between the cells, and secondly for metals held within the cells. The central nervous system often needs to be prompted to divulge what toxins it is holding on to, and oftentimes the

connective tissue of the abdomen is carrying a load that won't show in testing until it is addressed directly.

Clearing Toxins and Chemicals

In my practice I have found that clearing toxins can be accomplished rather easily in most cases. There are some very specific and very effective preparations available to the non-licensed health practitioner. In my conference presentation I will focus on the identification of toxins and the methods for clearing them. Using kinesiology, I make a prioritized list of what substances need to be detoxed from the body, and then check for which of the following products to use to detox them:

- **Vibrational Remedies** from Healers Who Share, Denver, CO
(They are named for the toxin they will clear)
- **Natural Cellular Defense** from Waiora
- **Homeopathics**, particularly those made by Biotics or HVS
- **Chelation Therapy**

Typical metals and chemicals found stored in the body are:

Metals	Chemicals
Aluminum	Aspartame
Arsenic	Drug residue
Cadmium	Formaldehyde
Mercury	Organophosphates
Lead	
Mercurous Arsenic	
Zinc Chloride	

Once you have determined which toxins are held in your body, find out the priority order for removing them. Muscle test for the appropriate remedy to use and the length of treatment. Once treatment has been accomplished, muscle test for the

effectiveness of the treatment. Usually, detoxification of metal and chemical toxins leads to an improved immune system and a smaller likelihood of the body taking on more toxins. With fewer toxins most people experience an improved well-being.

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HEAVY METALS AND OTHER TOXINS

Marcia Hart

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	PBDEs	PHTHALATES	PESTICIDES	PFAs	PCBs	DIOXINS	BISPHENOLS	METALS
Uses	Flame retardants	Make vinyl flexible, give lotions the right consistency	Myriad uses in pet care, food raising, pest removal	Nonstick pans and scratch- and stain resistant coatings	Now banned. Used in coolants and insulators	Industrial activities and fires	Polycarbonate plastics	Old paint, fish, pressure-treated wood, power plant emissions
In What	Appliances and fabrics	Cosmetics, personal care products, plastics		Fabrics and cooking pots and pans	Fish and meat	Build up in fats	Rigid plastic bottles	Air, teeth, water, soil
Avoid	Unavoidable	Unavoidable	Wash produce, vacuum frequently	Unavoidable	Fatty meats	Unavoidable	Plastic bottles	Ubiquitous
Found Where	Fabrics, mattresses, carpets, cushions, appliances, telephone	Plastics, vinyl, extension cords, personal care products, soap, medicines, toothpaste, bath toys	Antimicrobial soaps, pet flea collars, drift from crops, food production and importation	Furniture fabric, microwave popcorn bag, nonstick pans	Fish and game	Fatty meats, dairy products, fish	Plastic containers, lining of food cans	
Danger	Developmental delays in lab animals	Sexual development problems in male lab animals	Linked to asthma and neurological, developmental and immunological problems	May cause cancer in animals	Liver damage and cancer in lab animals	Cancer and birth defects	May cause reproductive harm to male and female fetuses	Subtle developmental delays to death

Notes



Western Herbs for Eastern Meridians and Five Element Theory

Evelyn Mulders

Abstract:

With Energy Kinesiology we use many tools to balance the meridians and charkas and auric field of the body. Using plant energies is not new in this work however using the herbs to balance the body on all dimensions, physically, emotionally and spiritually is revolutionary.

Plants are in co-creation with humans and they have healing qualities that support the human body on all three dimensions.

Traditionally using herbs to heal the body follows the allopathic model of healing. The signs and symptoms of disease determine which herb is needed in the body. Using the energy model of healing with the herbs offer the potential to balance the body through the meridians and charkas, which embrace body, mind and soul balance.

We live in times where we have surrendered our innate universal understanding of health to those that have studied the healing world through textbooks. Our health care providers need to be complimented with people re-empowering themselves with the wisdom of what nature has provided for our wellness.

Nature is our provider and the farther we remove ourselves from it the farther we get away from health and vitality. Typically we only look at one third of our being which is the physical aspect when addressing and diagnosing the signs and symptoms of imbalance in the body. Considering that two thirds of the body is being ignored correlates with the success rate of cure. There is a much greater potential for optimum health if our three-dimensional body were to be supported.

Choosing to use herbs from the Eastern model of healing offers a different perspective. Working inside of the holistic model taps into the full potential of herbal healing.

Four basic ways in which the Eastern approach and Western approach to health differ.

1. Circulatory Networks

- A. West- two circulatory networks
 - i. Nerves
 - ii. Blood
- B. East- three circulatory networks-
 - i. Nerves
 - ii. Blood
 - iii. **Meridians**

2. Dimensional Body

- A. West – one – dimensional body
 - i. Physical- ignoring 2/3 of our body
- B. East – three-dimensional body
 - i. Physical
 - ii. **Emotional**
 - iii. **Spiritual**

3. Source of Illness

- A. West-
 - i. Illness comes from germs
- B. East-
 - i. Illness comes from the environment
 - a. external environment
 - b. internal environment
 - a. External Environment
 - 1) Fire- heat
 - 2) Earth- damp
 - 3) Metal- dry
 - 4) Water- cold
 - 5) Wood- wind
 - b. Internal environment of the five elements
 - 1) Fire- joy
 - 2) Earth- worry
 - 3) Metal- grief
 - 4) Water- fear
 - 5) Wood- anger

4. Immune System

- A. West – one immune system
 - i. The glandular system
- B. East – two immune systems
 - i. The glandular system
 - ii. The energy field

In summary, the difference in each of the health approaches between the eastern philosophy and the western philosophy is the energy field. The eastern approach to health supports the meridians, chakras and auric field. Recognizing that we are in co-creation with the herbs allows the energy exchange. We already have a co-creative exchange with our breathing exchanging carbon dioxide for oxygen, why not the healing. Resonating with the plants in a three dimensional perspective offers us three- dimensional wellness.

How the Herbs support the health of the three dimensional body:

1. Consume the herbal remedies - physical body
2. Explore the emotion related to the herb-emotional body
3. Listen to the healing message from the herb-spiritual connection.

THE MESSAGE:

The true desire of the herbs and plants is to heal the planet; all we have to do is listen!

PHYSICAL

The herbs support the biochemistry of the body and help us to restore meridian balance and alleviate the signs and symptoms of distress. By offering the body an herbal tea, tincture or capsule, we are making a biochemical change in the body. In holistic theory we like to think of this as feeding the organ the nutrition it needs to stay healthy. There are two approaches to herbology in my mind. One follows the

allopathic approach to health; which is if you are suffering from certain symptoms then you need to have particular herbs and a choice is made as to which herb would best suite your set of disease symptoms.

The second approach to herbs is following the energy model or holistic approach to health. If the body is showing symptoms of disease then there is an imbalance in the energy field. Determination needs to be made as to which meridian or meridians are not functioning optimally. The chosen herbs will feed the meridian and the meridian will deliver the life energy to the related organ and the body can then begin to heal itself.

EMOTIONAL

The herbs support the emotional component of the body as each herb is designated an emotion. Emotions are supposed to move through your mind and body to give you awareness and to motivate action. It is only when an emotion takes hold and we hang on to it, that it will negatively affecting our health. Exploring the emotion related to the herb, gives us an opportunity to reflect how we feel and determine if we are willing to get the message and let go of the emotion. We can ask ourselves how appropriate this emotion is in relation to what we are going through at this time causing the signs and symptoms of disease.

SPIRITUAL

The herbs support the spiritual component of the body by allowing us to hear the message from the plant energies. The plant kingdom is an integral part of this planet along side of us, and the plant energies are truly here to help us heal. The message of the plant

gives us the insight of the attitude we have been carrying which charge the emotion that create the sickness and disease in our body. When we are taking the herb it is wise to listen to the message of the plant, connecting us with all of nature. This simple act helps to raise our vibration so that we can begin to receive power and energy from other vibrational sources such as light color and sound.

Herbal Support Protocol

Herbal Meridian Balance

Pre Balance Set-Up

1. Ask permission
2. Check for a clear circuit
3. Check for meridian integrity, hydration, switching
4. Set goal for the balance
5. Find emotion related to the goal
6. Pretests in relation to the goal
7. Pretest activity in relation to the goal

Herbal Meridian Balance

8. (optional) Engage meridian mode El 2c (thumbnail against inside second knuckle of the little finger) and test indicator muscle.
9. Test 5 elements in a clockwise direction around the navel and central and governing in the center looking for an unlocked indicator muscle.
10. Start with Center, Fire, Earth, Metal, Water, Wood, Fire.
11. Stop at Element location causing an indicator change Touch with a

wee amount of pressure (Yin meridian) and light touch with no pressure (Yang meridian) looking for an unlocked indicator muscle. Put in partners circuit (unlocked indicator).

12. Find the herb that supports the meridian using the Meridian Herbal Chart.

13. Place the chosen herb on the parotid (on the side of the cheek) retest the **unlocked** indicator muscle. If the herb is a beneficial choice there will be a locked indicator muscle or a "yes" response. Put this in your circuit.

If the indicator is locked the herb passes a basic body sensitivity test (biogenic). Go to step 14. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidic for this particular body at this particular time. Go back to step 12 and find another herb.

14. Keeping the chosen herb on the parotid, test the **locked** indicator while touching the transverse process of C1

If the indicator is locked the herb passes another basic body sensitivity test (biogenic). Go to step 15. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidic for this particular body at

this particular time. Go back to step 12 and find another herb

continue the process until there are no longer any “no” or stress responses.

15. Keeping the chosen herb on the parotid, test the **locked** indicator while touching the tip of the ear. If the indicator is locked the herb passes another basic body sensitivity test (biogenic). Go to step 16. If the indicator unlocks, the body is rejecting it, do not use. This herb is likely biostatic or biocidal for this particular body at this particular time. Go back to step 12 and find another herb

16. Read the blocked emotion and ask the partner to reflect on this emotion and notice if there is any relevance of this emotion to the imbalance found in the body. Could the body have blocked this emotion?

17. Then read or have the partner read the “attitude” message of the plant to our soul self. Take time to explore the herbal advice and look for an opportunity to shift your attitude to resonate with the herbal attitude.

18. Reassess the stressed location around the navel. Retest all the around the navel following the Five-Element pattern and

Post Balance Evaluation

19. Restate goal for the balance
20. Restate emotion related to the goal
21. Recheck pretests in relation to the goal
22. Recheck pretest activity in relation to the goal

The Herbal Manual “Western Herbs for Eastern Meridians and Five Element Theory” and accompanying chart and workbook have been endorsed by the ICPKP (International College of Professional Kinesiology Practice).

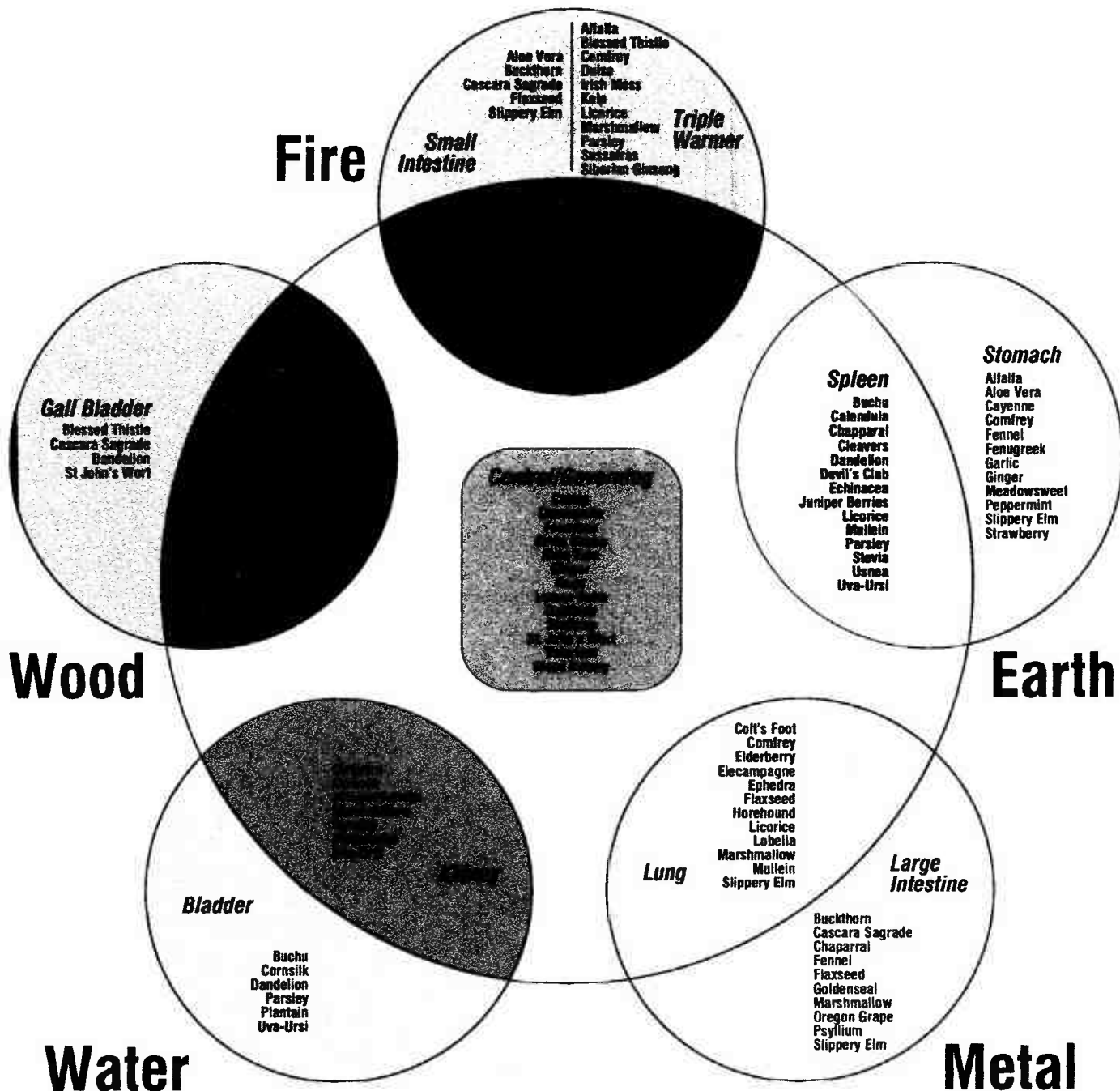
The Herbs/Kinesiology workshop is open to all Kinesiology practitioners and instructors wishing to train and then perhaps train others in their area.

Evelyn Mulders
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Meridian Herbal Chart





Passion Maps and Living Your Passion

Lori MacKinder

About Passion Maps and Living Your Passion

The signature of an inspired life is its fluidity and effortlessness in bringing to reality what you love.

Precision and Clarity

The Passion Mapping map-making process is specially designed to integrate your intellectual, emotional and sensory faculties in an exciting new way. You will be guided in the art of tuning into your bodily responses to move into a deeply intuitive and clear space. From there you can access the intelligence of your body-mind connection and gain a whole new perspective on your life. We help you find the language that energizes you and resonates with your deepest motivations. We also provide you with an in-depth preparatory workbook to prepare you for your mapping sessions as well as a journal for your Life Passion Mapping journey and a post-map workbook to help to gain traction with your Passion Map into your life.

There is a precision and clarity about the process, which will give you a deep sense of knowing about what is truly important to you and how to incorporate that into your life. This knowing comes from within, and it

not clouded by the “shoulds” and “ought tos” of conditioned living.

Power

A Life Passion Map program is a form of orientation to help you connect with where you are, where you want to go, and the power to get you there. The skill of the guide is crucial to the process so all our facilitators are trained to a very high level. It is our unique program specially developed over many years of careful research into body-mind integration techniques. Lori MacKinder, a Passion Map facilitator, is trained to hold a space of support and encouragement while helping you tune into your own inner wisdom. They will reflect their observations and intuitions to you, and help you anchor your wisdom into your map.

Pattern

At the end of a Life Passion Map program you will have your own totally unique life map, a pattern of your deepest, clearest motivations. You also get to take a beautiful version of your map home with you to keep in a prominent place. You might want to scan this into your computer to form a screen saver or print out pocket version.

Potential

The clarity and deep self-knowledge you access in your program is remarkable. In a very short space of time you will get a very powerful taste of your true potential and sense of place in the world. You will inevitably feel energized and empowered when you engage with your completed Passion Map. It is a place from which you can feel confident and clear to make things happen in your life.

Passion

Just as the name suggests, a Life Passion Map program can bring passion to your life. It is a thoroughly enlivening experience. It will allow you to access your passions in a way you never thought possible.

Priorities

Your Life Passion Map program will help give you a unique sense perspective and vision. It is a life map that will highlight your priorities, offering a clearer sense of life direction. You will then have more confidence to pursue what is important to you and let go of what isn't. Goals can be set from a place of intuition and clarity, as opposed to many other goal-setting techniques, which tap into a more intellectual "head" awareness.

Practicality

As part of the mapping session you will be given tools to help you anchor what you have discovered into your life in a very practical and meaningful way. This is supported with special preparatory workbook, a passion journal to use during the program and post program user guide afterwards.

Purpose

The final part of the program is the development of your "Work in the World" statement. This captures a deep sense of life and career purpose in one concise and compelling statement. A wonderful ending to a wonderful program!

Energy, vitality and talents come alive.

By nurturing and journeying with your passion you will find it evolves to encompass new areas and directions in your life. It will bring out the best in you, and give you the stamina and inspiration to keep on growing and learning. True passion is a natural part of all of us, not something that has to be created. It just needs to be given form and function to help it thrive. With that comes the lightness of being true to who you are. A Life Passion Map program can help make that happen.



AN INTRODUCTION TO PSYCH-K®

Stan Hall

Abstract:

AN INTRODUCTION TO PSYCH-K® (*pronounced "SIGH-K"*)

Have you ever experienced a struggle in actualizing the wisdom and knowledge you've discovered from self-help books or workshops? Reading books and learning at many workshops is often targeted toward the conscious mind – the part of our mind that discerns and makes decisions. Many times, what we expose our conscious mind to is easily internalized and new habits may be formed quickly. However, for many people and many situations, new insights do not evolved into new behaviors and experiences. If insights make their way into the subconscious, a long lasting change or shift will occur. On the other hand, subconscious resistance to new insights often prevails and old behaviors and experiences persist.

The major challenge with experiencing what we consciously choose is conflict between the conscious and subconscious portions of our mind. Below is an explanation of beliefs, as they relate to personal experience, written by Bruce Lipton, Ph.D. Cellular Biology (www.bruce-lipton.com). Dr. Lipton has pioneered research on the premise that DNA is **NOT** the underlying cause of physiological or behavioral outcomes. Subconscious beliefs actually determine which DNA are chosen as the building blocks of our physical body and psyche. By changing beliefs, you have the ability to change your physical, emotional, and mental make up as well as an expanded experience of spirituality. The following excerpt written by Dr. Lipton is from the

foreword of the book **"Passage of Change"** written by Nancy Marie:

"Earlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a 'biochemical machine 'programmed' by its genes." We scientists believed that human strengths, such as artistic or intellectual abilities, and weaknesses, such as cardiovascular disease, cancer or depression, were traits that had been preprogrammed into our genes. Hence, I perceived life's attributes and deficits, as well as our health and our frailties, as merely a reflection of our heredity. In 1980, however, my research began to reveal that this perspective on the

nature of life was flawed. By 1985 I realized that rather than being controlled by our genes, our cells are controlled by their perception of the environment. I formulated a hypothesis that the "brain" of the cell was actually the cell membrane, and I was offered an opportunity to test this hypothesis as a research fellow at Stanford University's School of Medicine in 1987. My theory on the control of our cells by our perceptions was substantiated in two major scientific publications. This pioneering research presaged one of today's most active areas of investigation: epigenetics, the science of how genes are controlled by the environment and-more importantly-by our perception of that environment. This new perspective on human biology does not view the body as just a mechanical device, but incorporates the role of mind and spirit. This breakthrough in the science of biology is fundamental to healing, for it shows us that when we change our perceptions or beliefs we send totally different messages to our cells. In effect, we reprogram them. This new biology reveals why people can have spontaneous remissions or recover from injuries thought to be permanent. The body really represents the cooperative effort of a community of fifty trillion single cells. While every cell is an independent entity, the body's community accommodates the wishes and intents of its "central voice"-the mind and spirit. Our principle source of stress is our mind, which really consists of two separate "minds"-the conscious and the subconscious. The conscious mind is the thinking "you." It is the creative mind that expresses free will. Its supporting partner is the subconscious mind, a database of

programmed behaviors. Some "programs" are derived from genetics. However, the vast majority of our subconscious programs are acquired through the developmental learning experiences we have as children. The subconscious mind is not the seat of reasoning or creative consciousness. It is strictly a stimulus-response device. When the subconscious mind perceives a signal from its environment, it reflexively responds by activating a previously stored behavioral response - no thinking required! Our fundamental perceptions or beliefs about life were downloaded into our subconscious mind as we simply observed the behaviors and attitudes of our parents, siblings and peers during the first six years of our lives. Our adult mind's effectiveness now is defined by the quality of the programs carried in our subconscious mind. The insidious part is that our subconscious behaviors are programmed to engage without the control of, or observation by, the conscious self. Since most of our behaviors are under the control of the subconscious mind, we rarely observe them, much less know that they are even engaged."

In alignment with Dr. Lipton's research and findings, PSYCH-K is founded on the precept that subconscious beliefs are what truly determine the quality of all our life experiences.

BELIEFS

Beliefs can be understood as filters and in many cases, limitations. When we witness an incident or are involved in a situation, all of our senses pick up an enormous amount of information. The conscious mind, due to its limited processing capacity, could not possibly process such a

vast amount of information. Processing all of this information is the roll of the subconscious, in turn, keeping our conscious mind stabilized and out of overwhelm as much as possible. Our beliefs, or filters, determine what information is pertinent and what is not. A vast majority of the information is filtered out and deleted as irrelevant. The pertinent information (according to our current beliefs/filters) is assigned meaning or value, which in turn creates perception. From the perception, the subconscious, as much as possible, searches its data bank for a similar situation experienced in the past to determine what actions, or reactions, are necessary. This signal is fed back to the brain for execution in the physical body, ultimately producing a tendency or compulsion of emotion or physical behavior. The tendencies or compulsions are either carried out, often as a habit, or overridden by the conscious mind. Subconscious beliefs determine the quality of our lives as a whole by determining the quality of our individual experiences.

FLOW OF HUMAN EXPERIENCE

Outside Stimulus/Information
(environmental signals, situations)



Subconscious mind detects
stimulus/information.



Subconscious deletes, distorts, and
interprets information according to beliefs
(filters) and determines meaning and value
(perceptions).



Subconscious sends response (or reaction),
according to perceptions, to the brain.



Brain sends messages chemically and
electrically to the body for action
(emotional or physical response).



Experience - Conscious Mind justifies
Subconscious reaction,
Or... makes adjustment and overrides
reaction.

CONSCIOUS VS. SUBCONSCIOUS

The conscious portion of our mind
observes and witnesses what we actually
experience: the result of filtered
information from the environment. This is
what most of us would call our working
reality. A helpful metaphor for the
conscious mind is the desktop that you see
on the monitor of a computer. All you see
is the document with little to no awareness
of the programming that makes the
application of the document work.
The subconscious portion of our mind is
what runs everything behind the scenes.
Comparatively to the computer, it is all
programming and files stored on the hard
drive that runs the computer itself and the
applications. Below is an metaphorical
comparison between human and computer:

HUMAN COMPUTER

Conscious mind

Desktop (what is observable on the
monitor)

Subconscious mind

Software (operating system, office
software)

Physical body

Hardware (CPU, keyboard, monitor, etc.)

Feelings/emotions

Applications and Documents

The conscious and subconscious minds
play very different and important roles.

The following are a few definitive
characteristics of each role:

THE CONSCIOUS:

THE SUBCONSCIOUS:

□ Short term memory (about 25 seconds)

- ❑ Long term/Permanent memory
- ❑ Contemplates changes, justifies actions, creates goals and intention, discerns.
- ❑ Operates according to programming: (*Physiological, mental & emotion functions*)
- ❑ Entertains new ideas, new information
- ❑ Supports status quo, resists change
- ❑ Comprehends figuratively & abstractly
- ❑ Comprehends literally & through senses
- ❑ Operates mostly in past or future mode
- ❑ Operates only in the present
- ❑ Very limited processing capacity (*40 bits per second*)
- ❑ Expanded processing capacity (*40,000,000 bits per second*)

CONSCIOUS FREE WILL CHOICE

Each day we make hundreds if not thousands of free will choices. Habits are forms of free will choices – even perceivably destructive ones. However, understanding how choices are limited in availability by subconscious beliefs is crucial to self-forgiveness, acceptance, healing, and growth. Dr. Lipton presents that much of our belief system is developed before the age of 6 (i.e. before we have developed conscious discernment regarding what is truly best for us). These beliefs often delete information from our environment that would otherwise provide more options with which to respond. Additional options outside of what we perceive are always available. However, our subconscious beliefs/filters often blind us to them, or attach such a meaning that it feels natural or very compelling to choose even a destructive option. Changing subconscious beliefs and filters in a particular manner automatically allows an expanded number of options into your awareness, providing choices that are beneficial, abundant, healthy, harmonious, loving, and more.

WHY LASTING CHANGES CAN BE DIFFICULT TO ACHIEVE

- A full commitment to the change must be considered. Components such as time and resources necessary to allocate to a new experience are part of this. Any change in one aspect of life often affects all others. Relationships may also change as an outcome of changing any part of you. Reviewing the possible outcomes of belief change is an important part of determining what you really would like to create in life.
 - Clarifying your desired experience in literal and specific terms is crucial. The conscious mind thinks figuratively and abstractly while the subconscious interprets literally and through the senses. Any desired experience must be communicated to the subconscious in a language it understands.
 - By nature, the subconscious is resistant to change. The subconscious' idea of "doing a good job" is to hold the current set of beliefs as a strategy for survival or success in the world. An important component of changing beliefs is reducing or removing that resistance in some fashion.
- If we could take all of the wisdom we have consciously digested from all the books we've read and workshops attended and actually installed them into the subconscious in the form of beliefs, we would be the gurus we read about. PSYCH-K® bridges the canyon between knowing and being or doing.

WHAT IS PSYCH-K?

PSYCH-K is a self-empowered process that transforms limiting subconscious beliefs into life supporting and success promoting experiences. Whether you've read a shelf full of self-help books or not, YOU are the expert on YOU! PSYCH-K recognizes this and includes accessing the expert within you for guidance.

Rob Williams, MA developed PSYCH-K in 1988. It is a culmination and distillation of numerous fields of study including Educational Kinesiology, Neuro-Linguistic Programming (NLP), acupuncture, hypnotherapy and various other psycho-spiritual healing systems. Developed to be easy to learn and use, virtually anyone who is willing can learn how to use the tools in a two-day workshop and apply them immediately. Mr. Williams' book, "The Missing Piece Peace In Your Life," offers a more detailed description of how the process came about and how you can use it to significantly enhance or improve your life.

PSYCH-K is based on the foundation that subconscious beliefs determine our attitudes and experiences. They determine how we are in relationships, how we react to situations, and they also affect our physical health.

Subconscious beliefs are changed with protocols called "balances." These are techniques that are designed to create a balanced identification with both hemispheres of the brain called a "whole-brain" state. This state is ideal for reducing or eliminating resistance at the subconscious level allowing earlier programming to be overwritten by consciously chosen ways of being. True creativity actually occurs when both sides of the brain are working in collaboration: the "whole brain" state. The PSYCH-K Basic Workshop provides an expanded explanation of the Left/Right brain concepts and characteristics typically associated with each side of the brain. Practically speaking, it is only important to understand that there is a tendency for certain personal situations to be over-identified with one side of the brain or the other. A more important perspective is that these situations are associated with only a

limited amount of resources and options. PSYCH-K provides the means to achieve a high level of collaboration within the brain to make all resources available for any given situation. In turn, expanding options available, with which to respond in any situation.

Included in the process is a permission protocol: a way to consult your "Expert Within" to find out if a particular change is in your best interest. This protocol sets PSYCH-K aside from many other modalities of healing or change, including medical treatments. Many modalities simply assume a remedy of symptoms or conditions is the right thing to do. Physical or emotional symptoms are often messengers of an internal conflict that needs immediate attention. If the messenger is silenced, a new one will likely be sent...and it can be expected to be bigger and stronger!

Most importantly, PSYCH-K is a process that encourages and supports self-discovery and journey toward the true essence of one's Self. People who make changes with this process often find that what they really want is something other than what they originally thought. However, PSYCH-K is based on moving toward what you truly want. Identifying and defining what this naturally entails self-discovery to some degree.

PSYCH-K BASIC WORKSHOP

The Basic Workshop is two full days in length and is delivered in an interactive manner. A balanced combination of lecture, demonstration, hands-on practice, and group discussion effectively facilitates learning and integration of the tools offered. Here is what you can expect:

- Learn how and why PSYCH-K works.
- Understand the difference between the brain and the mind and their respective

functions.

- Understand the different resources the left and right brain have to offer.
- Learn how to create collaboration between the left and right brain.
- Understand the different characteristics of the conscious and subconscious portions of the mind.
- Learn how to muscle testing with respect to changing subconscious beliefs.
- Learn how to communicate with the subconscious in its own language to supercharge your intention.
- Learn powerful PSYCH-K tools you can immediately use to change your subconscious beliefs and help others in changing theirs.
- Expand your idea of what you can discover, heal, and create through your own infinite, innate wisdom.
- Begin making significant lasting changes immediately.
- Be introduced to the tools offered in the PSYCH-K Advanced Integration Workshop.

The availability of what you can change and transform with PSYCH-K seems to be limited only by your imagination and your willingness for self-discovery.

AN INTRODUCTION TO

PSYCH-K®

www.psych-k.com

Presented by:

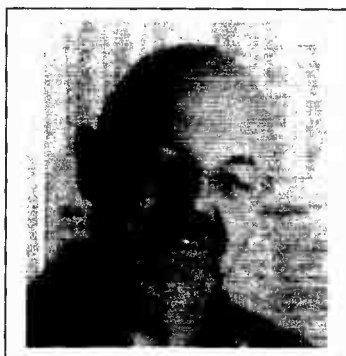
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THE CANDIDA SYNDROME

(THE EMOTIONAL – SPIRITUAL SELF STRUGGLE & SURVIVAL SYNDROME)

JOHN HOLODNAC

INTRODUCTION

The Candida Syndrome has been around for a long time (since the beginning of mankind) but in the last few years there has been more of an increase of the number of people having or developing this condition. It was observed that approximately 15 years ago, 1 in 20 people were seen to have Candida and today it is observed that 1 in 3 to 4 people have this condition.

According to the Merck Manual 17th edition, the Systemic Candida species has been found to have risen fivefold since the 1980's. It has been noted to be the 4th most prevalent organism found in bloodstream infection. It has been found to be the most common hospital acquired infection and with immune-compromised patients, it is been found to be the most common condition.

Candida can be behind many other health related conditions and/or be part of another health condition that hinders the body's functioning. Many therapists attempt to address this condition, but they only scratch the surface. The focus is to assist practitioners into looking more closely and understand what is happening behind the scenes and provide insights into what needs to be considered to bring the body back into harmony.

CANDIDA DEFINED

Candida relates to a genus of yeast-like fungi. There are different species of Candida (Candida – guilliermondii, krusei, lusitaniae, moniliasis, etc) but the most common form around is the Candida Albicans. The fungus family is related to free living eukaryotic saprophyte organisms that have a rigid cell wall layer and can be divided into two groups (yeasts and moulds). Yeasts are single celled organisms, about the size of a red blood cell that reproduce by a budding process and split into two through cell division and are usually smooth with a waxy or sticky texture. Moulds (also called hyphae, pseudo-hyphae) produce long, hollow branching filaments or threads (tentacles) that produce cotton-like powdery colonies composed of a knitted mat appearance. When moist, they can have a sticky texture. When the mould or hyphae become thick matted and intertwined networks (called mycelium or mycelia) these start to penetrate through surfaces and set down roots or branches, similar to a tree, so as to entrench themselves. Some research mentions that it has been observed that the fungi can have very strong types of suckers that can stick to membrane tissue. Most fungi reproduction characteristics can be sexual or asexual (no sexual organs but reproduce highly resistant spores that have a fruiting structure appearance).

Normally, Candida can be present on the mucous membrane, but can exist systemically within the blood system or attach to different organs/glands. The mucous membrane is normally anywhere where there is an entry or exit to the body and serves as a protection barrier to the internal environment of the body. This membrane is in the gut, digestive system, anus, urinary system, vagina, penis, mouth, sinuses, nasal cavity and ear canal.

Under normal circumstances, the Candida albicans fungal organism can tend to cohabitate alongside other microorganisms within the body in a low activity status. This forms part of the "intestinal micro-flora or gut flora" of the body. The status of the gut flora can have a major influence on the body's immune system. When the body is in harmony, there can be a balance of the gut flora and the immune system status. When a disharmony occurs that relates to the challenges of life (from allergies, infection, prolonged stress or trauma etc) then there is the possibility of a gut flora imbalance resulting in a proliferation of any of the microorganisms. One of these microorganism proliferations could be Candida Albicans and is often known as Candidiasis. There are some schools of thought that mention that it is not so much the proliferation of the Candida microorganism that causes problems, but more the release of its toxic excretions that causes the disharmony. This condition can lead on towards becoming systemic, meaning it can get deeply entrenched in the body and move around the blood and affect or entrench themselves with every organ and gland. It can open the door to a certain type of blood poisoning (Candida Septicemia) and again, the release of toxic excretions can create the severity of health disharmony. This also has been observed to be on the increase.

Mostly, it is the way that this fungi affects the pH (acid – alkaline) factor of the mucous membrane, the blood and the body, that tends to create the severity of problems. Most people think that this condition is only related to women, but it is also commonly seen in males and other living creatures, as they also, have mucous membranes and are prone to the same types of conditions and problems.

SIGNS AND SYMPTOMS

Below are some of the most common indications:

bloating, gas, intestinal cramps, rectal or anal itch, constipation, diarrhea, mucous in the stools, colitis, irritable bowel syndrome, heartburn, belching, altered bowel functioning, hemorrhoids, vaginitis, thrush, premenstrual cramping/fluid retention/pain/irritability, menstrual irregularity, itchy genitals, jock itch, frequent bladder and kidney infections, burning on urination, frequent urinary urgency, bad breath, alcohol or acetone type breath, dry mouth, sore throat, irritating cough, blisters or rash around mouth, reoccurring mouth ulcers, gingivitis, periodontitis, general itchiness, increased allergies, multiple food allergies, increased chemical sensitivities, leaky gut syndrome, clogged sinuses, headaches, internal ear itchiness, recurrent fluid in the ears, ear pain which can lead to partial deafness, burning eyes, constant eye teariness, blurred vision, continual nervousness, aching or stiffness in the joints and muscles, arthritis, burning tongue, white spots on the tongue, esophagitis, decreased libido, chronic fatigue, general malaise, depression, mood swings, hyperactivity, hypo activity, ADD, ADHD, thyroid under activity, heart and circulatory dysfunctional problems, blood sugar swings or problems, strong continuous sugar cravings, yeast or vinegar cravings,

diabetes, uncontrollable diabetes, weight gain or loss, eczema, psoriasis, athlete's foot, fingernail and/or toenail fungus, diaper rash in babies, memory loss, brain fog, poor concentration and learning ability and some conditions that have no set associated pattern.

DEVELOPMENT PROCESS & ACTIVATION

There are a number of triggers that can activate Candidiasis, but there is a common factor that occurs. To allow the physical and chemical proliferation of Candida fungi, it needs the feeding supply of yeast and sugar.

YEAST + SUGAR → FERMENTATION
→ ALCOHOL → PUTREFACTION →
DECAY

When this fermentation process starts to take place, this starts to alter the pH of the mucous lining, the blood and the body. In actual fact, the fungi actually feed off the result of fermentation, putrefaction and decay. Even the toxic excretions that get produced from the Candida fungi have a fermenting, putrefying content.

When these excretions start to affect the blood chemistry this opens up a new door to affect the status of organ and glandular functioning resulting in possible conditions of Systemic Candida and Candida Septicemia.

ETIOLOGY – TRIGGERING FACTORS

There can be a number of different origins that can trigger Candida.

Physical

Spine out of alignment
Twisted Bowel
Surgery / Post Surgery

Chemical

Allergies and Dietary Intolerances
High Use of Antibiotics / corticosteroids / other medications
Oral contraceptive pill (OCP) for women
Anti-Ulcer medications
Surgery anesthetics and medications
Mercury
Poor Diet
Nutrient deficiencies
Poor digestive function
Poor liver function
Poor gut flora
Suppressed or challenged immune system

Environmental

Toxic Chemicals – work, home
Industrial Chemicals, Pesticides, Cleaners etc
Toxic Workplace / Home
Constant exposure to electromagnetic radiation

Emotional

Emotions drive us and determine how we function and respond to the world. The expression of our spirit is through our emotions. The essence and memory of our emotions lives in the gut and its lining (the emotional brain). It is important to listen to our gut feelings to stay present and aware.

Home is where the heart is. Home is where our spirit lives. Home is where spirit feels safe, happy, at peace, so it can rest and play with ease. When spirit is not happy at home, it doesn't want to be there, so looks to be elsewhere. When spirit can't be elsewhere due to limitations or restrictions related to the body or situations, then spirit feels like the prisoner and this leads towards inner conflict, turmoil, inner self-struggle, survival, etc. This leads to physical manifestations of pH change, switching off, dehydration, adrenal and blood sugar fluctuations, surfacing of health conditions, putting us into deeper emotional survival mode.

Triggering Factors

Stress – work, family, relationships, financial, etc
Perfectionism
Inner conflict, the conflicting inner dialogue, the constant self put down, the crossroads within self
Battle of the Wills with self and others, the struggle
Excessive worry and anxiety
Constant mixed troubled emotions, always unhappy, out of touch
Suppressed anger and frustration
Fear, phobia
Constantly switching on & off

Reality Check

In today's world with rising costs of fuel, interest rates, general cost of living etc, this opens the door for a lot of frustration and uncertainty to be present. On TV, all that is seen is violence, aggression, frustration and unrest, which leads to uncertainty with where our world is going and is it safe to travel anywhere. The media creates frenzy and fear to the public and so now everyone watches their back (kids driven to school, riding or walking is out, security is at its highest). People have to work longer hours to cover all the overheads that comes with living the lifestyles that some to do. This brings tiredness, exhaustion and sometimes stress on relationships and family life. These people get cranky, irritable, depressed, withdrawn, explosive, etc and this puts further pressure on individuals to perform or do the right thing by others. They start to eat on the run (takeaway, microwave foods) and often eat sweet foods to provide more of energy boost and end up being more cranky, irritable and explosive. Medication starts to get taken to calm due to the aggressive behaviour. This opens the door for Candida. This can further progress onto a health condition, like stomach or bowel problems that are not being relieved by medication. The doctor decides to do further tests and

show all clear with no evidence of condition found. The conclusive evidence points towards a psychosomatic condition (meaning that nothing has been found so condition has been brought on by mental/emotional stress or it has been made up). This further compounds the challenged emotions due to fear of the unknown, knowing full well that a real painful condition exists that is debilitating. (What is wrong with me? Do I have cancer?) This further compounds the Candida condition.

RESTORATIVE PROTOCOLS

It is important for the practitioner to look at the **whole picture** with the treatment regime. What is helpful is using the Triad of Health Principals. It is important to check all factors relating to:

Structural / Postural

Chemistry / Dietary
Emotional / Spiritual

There are specific Kinesiology Balancing formats that need to be followed and can be integrated with the practitioner's existing skills. Important formats to consider are the following:

The location, the structure type and proliferation of the Candida; the status of emotion; sabotage events; individual constitutional type make up; hereditary factors; the emotional brain-digestive status; the gut functioning %; the pH status; the fermentation %; the regulating gland & organ status; the thyroid and sex hormone status; the adrenal status; the bloodsugar status; the hydration status; the switching status and time status.

The goal is to bring the individual back to a harmonious state on every level that is

acceptable and possible for each individual's parameters. It is important that individuals can function in a grounded manner, stay present in time, still living within the confines of what life presents to them, heading in a positive building direction, and stay at one with themselves and their living and working environment.

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About the Author:

JOHN HOLODNAK

***NATUROPATH – KINESIOLOGIST –
REMEDIAL THERAPIST –
ACUPUNCTURIST – LIFE
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QUALIFICATIONS

Bach Health Science - Dipl App Science
(Naturopathy) - Grad Dipl Herbal Medicine
Adv Dipl Complementary Medicine
(Clinical Kinesiology)
Dipl Remedial Therapies
Grad. Dipl Acupuncture
Certificate IV Workplace Training &
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Senior ICPKP Kinesiology Faculty Trainer
Touch for Health Instructor & Proficiency
Assessor

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PROFILE HISTORY

JOHN HOLODNAK has been involved in natural therapies since 1987, after looking for a change in career direction. Initiating studying and doing massage, he got introduced to kinesiology and got captivated by its dynamic expansiveness (kinesiology training in TFH, 3 in 1, PKP, Hyperton-X, NOT, some App Phys; Blueprint Series, ICPKP). Whilst completing his formalized studies, John was also building and running,

what is now, a successful and busy clinic utilizing all his skills in an integrative manner. Since the 1989, John has been a Kinesiology trainer for TFH, 3 in 1 and a Senior Faculty Trainer for ICPKP program. Over the last few years, he has been starting to develop his own training programs, whether they are kinesiology or non-kinesiology based, so as to share some of the extensive wealth of knowledge and experience as a practitioner and trainer. (Nutritional Education & Awareness; Health Awareness Series; Chakra Dynamics; Muscle Tension Reset) John's focus is about helping people and animals on their journey of life, from the physical to the spiritual.

John and his wife, Vicki, live in Western Australia, in one of the fastest developing coastal cities, called Mandurah. It offers an abundance of fishing, bird-life and pleasure living. He owns and operates 2 multi-modality complexes called Mandurah Natural Therapies Centre and Mandurah Yoga & Tai Chi. Other practitioners enjoy sharing the zest and energy vitality with working at these complexes alongside John and utilizing their skills, as health care providers for the community.

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Feng Shui and Touch for Health —A Very Usable Presentation

Sandy Gannon

Abstract:

This talk includes two energy systems based on the principles of balancing Qi to release blocked energy and re-establish well-being and the possibility of progress. Both systems use the Chinese theory of 5 Elements to stimulate or sedate certain types of energy by enhancing or challenging the energies which feed, drain or control. The aim is balance and harmony for the individual in their body and in their life.

In the Touch for Health model of energy balancing, we aim to restore harmony and increase well-being and personal potential by working on energy flows within the person. The protocols are applied using the Chinese law of 5 Elements and our knowledge of the meridian system. Blocks, restrictions and holding patterns can all undergo positive change, using our hands to balance Qi.

Just as with Touch for Health, Feng Shui relies on the Chinese law of 5 elements to understand the relationships between energies in different physical areas and how to calm or excite these energies in relationship to one another in order to bring about harmony

Feng Shui focuses on energy flows around the person, from the pathways and nature of energy flows between Heaven and Earth, over the face of the planet, within a dwelling or other building to the way energy flows around a room. Energies are harmonised and restored using the Chinese

Law of 5 Elements and our knowledge of the Ba-Gua (Pa Kua). Feng Shui uses simple “cures” to balance Qi.

By blending these two systems, both with their roots firmly in the Great Traditions of Eastern philosophy, we can detect and correct imbalances causing or resulting in the internal and external habitual environmental stress of the individual. These models support and reinforce one another.

The whole is greater than the sum of the parts!

The Ba-Gua /Pa- Kua

<p>4</p> <p>Wood/wealth, abundance Green/Purple South East April/May</p>	<p>9</p> <p>Fire/Fame, success Red South June</p>	<p>2</p> <p>Earth/relationships Pink South West July/August</p>
<p>3</p> <p>Wood/family, ancestors Green East March</p>	<p>5</p> <p>Primal Power</p>	<p>7</p> <p>Metal/children White West September</p>
<p>8</p> <p>Earth/knowledge Yellow North East January/February</p>	<p>1</p> <p>Water/career Black North December</p>	<p>6</p> <p>Metal/helpful people White/Grey North West October/November</p>

The magic square relates directly to the 5 element diagram used in our Touch for Health model of energy balancing. Using the same principles, Feng Shui seeks to balance a space (office, home, and classroom) to accord with the energetic and other needs of the occupants. The energies can be balanced towards certain goals, just as with touch for Health.

Using the 3 secrets (mudra, mantra, visualization) total energy can be augmented or specific areas enhanced. Areas of the space can be harmonized using colour, image and ritual.

Feng Shui also addresses physical features of a building which create disharmony:

- Knocking doors can cause turbulence and lead to verbal conflict;
- Corridors of energy (e.g. narrow hallways, doors and windows directly opposite one another) can cause Qi to flow too quickly, flushing out rather than nourishing the energy of the space, allowing

nurturing circumstances to leave the lives of the occupants;

- Negative space in any part of the Pa –Kua creates a deficit in the corresponding area of a persons life;
- Any internal angle of 90 degrees or more acute (beams, pillars, partial walls) creates cutting Qi (poison arrows) which can directly affect the physical well-being of the occupants, in extreme cases, causing death
- Open tread stairways allow Qi to “leak” downwards
- ~~Clutter will impede flow of Qi~~
- Dirty windows will can diminish Qi entering the space

The negative effects of the above problems can be diffused by employing simple “cures” to encourage more appropriate Qi flows within the building:

- Up lighting will lift energy
- Round-leaved plants soften and encourage upward movement
- Wind-chimes soften, lift and encourage good circulation
- Auspicious symbols increase energy and aid intention
- Lead crystals diffuse, circulate and create brightness
- Red ribbons augment yang
- Mirrors magnify, reflect, double. Placed opposite to one another, they create an infinity trap.

Combining the simple tools of the Ba-Gua and some common cures, with the powerful indication of muscle monitoring, we can quickly establish the effect of problems and possible solutions on many aspects of the individual.

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Communication, Consciousness & Self-Care:

The Origins of the Touch for Health (TFH) and Energy Kinesiology Model

Matthew Thie, M.Ed.

Abstract:

Underlying the bio-feedback techniques (muscle testing) and the Energy Balancing techniques of TFH is a philosophy of empowering individuals to be active in their own self-care which stems more from lay educational programs in (person-centered) psychology than from chiropractic or Applied Kinesiology. This emphasis on self-care and effective communication, together with the holistic energy model of TCM, is an important legacy of the emerging profession of Energy Kinesiology that helps make it distinct from other health-care modalities. This different model is powerful within the clinical setting, but is only just beginning to fulfill its potential for transformation of individual lives, relationships, families and communities.

In addition to their collaboration with George Goodheart, Gordon Stokes, and so many other pioneers in chiropractic, AK and Energy Kinesiology who contributed to the genesis and development of Touch for Health, John and Carrie Thie also studied with Virginia Satir, Yetta Bernhard, and Thomas Gordon. These authors and leaders developed simple, yet practical and powerful techniques for communication and self-development in relationships which provided the inspiration and the foundation of the Touch for Health workshops, and particularly the TFH Instructor Training.

Making Contact:

*"I believe
the greatest gift
I can conceive of having
From anyone
Is
To be seen by them,
Heard by them,
To be understood
And
Touched by them.*

*The greatest gift
I can give
Is
To see, hear, understand
And touch
Another person.
When this is done
I feel
Contact has been made"*

From ***Making Contact***
By Virginia Satir

How to be Somebody

I count, therefore I am worth
the investment of risk & pain to:

1. Change sabotaging behavior patterns.
2. Take necessary Risks of Self-Assertion
3. Develop interest beyond my own immediate personal concerns
4. Bring Meaning into my Life

From *How to be Somebody*

By Yetta Bernhard,

Physician Heal Thyself: Self-care is Not Only "Do it Yourself"

How many kinesiologists do you know that dedicate their lives to helping others to feel better and discover their own Wellness, yet leave their own self-care for last, often suffering ill-health in their service of others? Virginia Satir, in her introduction to *Self Care* by Yetta Bernhard, notes that we all "know" that self-care, taking care of ourselves, is important, yet all too frequently WE DON'T DO IT. She proposes that there are two reasons for this. *First*, we don't actually believe it. Our choices and actions belie our actual priorities and deep seated, often unconscious, beliefs. *Second*, we don't actually know HOW to take care of ourselves, or even very clearly WHAT our own Wellness consists of. The dynamic between knowledge, self-awareness and action creates not only the practical parameters of taking care of ourselves, but actually the sacred path of self-discovery and authenticity which is the common thread underlying all heal-

ing and the essential foundation of all spiritual practice.

Louise Hay, in her contribution to *Healers on Healing*, points out that taking care of ourselves, far from a selfish act, is the beginning point of spirituality, healing, and ultimately the only true form of revolution that will contribute to positive change for all of humanity and the world. Hay also points out that self-care often also means acting selflessly, or as Yetta Bernhard describes it, "developing interests beyond immediate personal concerns". Carl Rogers refers to transcending one's own narrow interests in the context of group-centered leadership, and Abraham Maslow refers to "Meta-Motivation" beyond personal needs and gratification, as a universal aspect of self-actualized people.

In the TFH tradition, we have a "Rule of Two's. This refers to muscle testing with light pressure (2 pounds, or even 2 ounces), checking to see if a muscle locks within 2 inches, pushing for no more than 2 seconds. We also have a tradition of muscle testing with TWO PEOPLE in a partnership of sensing and communicating for maximum awareness of what is happening. Part of the "Touch" in Touch for Health is the idea that there is a person taking time from their own life to touch you, specifically for the purpose of supporting your health. Certainly there are many things we can do for ourselves, by ourselves, but the added dimension of the presence, appreciation, and non-judgmental support of another person in itself is a powerful healing influence and a core purpose of the Touch for Health system.

If you know techniques for helping yourself, do you do it? Why not? Are your reasons real? Do you embody the phi-

losophy that you teach, practice what you preach, walk your own talk? If you advocate dialogue, touch and energy balancing for others, do you proactively and assertively seek this out for yourself? Where you recognize the need for something more than you can do for yourself, or achieve through subtle energy balancing, do you seek out help of appropriate nature, whether that be office assistance, tax preparation, medical care, psychological or spiritual counseling?

Bernie Siegel in *Healers on Healing* emphasizes the **responsibility** of therapists to take care of themselves, "Perhaps most importantly, a therapist must live his or her own message. This does not mean we are perfect.... I must forgive myself... just as I forgive my patients." Part of our work in taking care of others has to include taking care of ourselves.

Goals for Me

*In want to love you without clutching,
Appreciate you without judging
Join you without invading
Invite you without demanding,
Leave you without guilt
Criticize you
Without blaming,
And help you without insulting.
If I can have the same from you
Then we can truly meet
and enrich each other.*

From *Making Contact*, by V. Satir

Virginia Satir's beautiful poem, **Goals for Me**, provides us with a valuable insight into the attitude that we cultivate when we support another person to explore their issues, symptoms, and positive life goals through dialogue in the

self-responsibility model. Although many psychologists employ kinesiology and energy balancing, kinesiology teachings generally do not pretend to train us to analyze, diagnose or treat psychological processes and conditions.

We don't attempt to solve people's problems or tell them what to do with their lives. Instead we come from a place of respect for each individual's inner resources, seeking mainly to reflect and help clarify what they already know about themselves, consciously or unconsciously.

We make concrete measures of life experience, pain, suffering, conditions, symptoms, but look beyond problems to fix, seeking out a clear vision of functional goals and positive descriptions of individual Wellness. Frequently the Goal-setting process "is the balance." Simply supporting a person through a process of communication to develop their own awareness is transformative and begins to create the health and wellness that we imagine for ourselves. This is achieved through conscious conversation, but also through monitoring our postures, attitudes, and energy through the muscle/meridian balancing process.

The Problem of Diagnosis

In his seminal work, **Client Centered Care**, Carl Rogers points out that this approach is NOT built on diagnosis, but rather, the design of the process is therapeutic from the first contact, based on the type of atmosphere and relationship that is developed. It is an atmosphere of acceptance that is neither approval nor disapproval. Rather it derives from the assumption that "the client is the only one who has the potentiality of knowing fully the dynamics of his perceptions and his behavior... the primary locus of responsibility [is] kept with the client

throughout [the process] *which is important even in dealing with organic ills.*"

While Rogers defers for the most part to Medical Science and Diagnosis in the effective treatment of physical ailments, his observation in relation to mental, emotional or social "conditions" resonate with the holistic approach to health in general, "Prescriptive treatment is generally palliative and superficial." Reductionism of human lives to specific problems to be fixed with specific treatments, the disease model of cause and cure, is generally found to be ineffective when applied to the process of "self-actualization." A more holistic process of client-centered (rather than disease or treatment centered) therapy has a different focus: "the client's awareness of his attitudes and perceptions as residing in him, rather than in the object of his attitudes and perceptions."

Deeper self-understanding, integrating perception, behavior and self-awareness, all contribute to an overall sense of independence, effectiveness, satisfaction and enjoyment in life. Rather than direct, analyze or advise the client, the emphasis is on individually self-selected definitions of health and Wellness, and strategies for coping or self-development to recognize, enrich, reinforce and reproduce experiences of personal best and optimum performance. Through a process that looks like "just listening" but employs a good deal of skill and training in active and reflective listening, the individual is empowered as the primary actor in the drama of their own life.

Carl Rogers, in his introduction to his book, **On Personal Power**, quotes Gertrude Stein, "It is not what Paris gives you; it is what she does not take away." This is the same magic in the safe and gentle approach of personal empowerment through client-centered care, "It is not that this approach gives power to the person; it never takes it away."

Taking Care of Number One: The Constant Pie vs. "Giving it all away"

Rogers relates his gradual understanding of the political implications of his philosophy and technique of the client-centered approach. While 'political' can be narrowly defined as the processes of power and control within governments and institutions, he eventually came to see that his work was radical, in the sense of going to the root and foundations of human interactions, and revolutionary in the sense of creating distinct and lasting change. This is immediately apparent in the case of an individual client experiencing personal transformation, but also has resounding implications for society as a whole, and resonates with the ancient wisdom: To change the world, change yourself.

Rogers' approach was in fact radical, essentially opposite to the training of thousands of psychologists, psychiatrists, and Medical doctors which posited the therapist as the authority who must diagnose, prescribe and cure the client of their disease or dysfunction, rather than support them in their own self-discovery and eventual self-care; in the logical extreme, making the therapist ultimately obsolete!

Empowerment

“The most effective leader is the one who can create the conditions by which he will lose his own leadership”
– Thomas Gordon

When John Thie first proposed to share Applied Kinesiology techniques with lay people, embracing the dream of possibly “putting ourselves out of business,” he was criticized by some for creating (perceived/feared) economic competition for doctors who had dedicated many years of study and had a vested interest in keeping certain techniques as “trade secrets.” In 1990, when he “gave” to the existing Instructor Trainers (who established the International Kinesiology College) the authority of establishing international standards for TFH Instructors, and continuing the program of TFH Instructor Training, the intention was to allow for the dynamic growth of the TFH program to reach its maximum potential for the greatest public benefit.

Thomas Gordon, in his chapter, *Group Centered Leadership and Administration*, in Carl Rogers’ **Client Centered Therapy**, extends the principles of the person-centered approach to the group: Families, Schools, Organizations, and Companies. He suggests a “... direct relationship between the degree leadership is given over to the group and the extent to which the group will utilize the maximum potential of its members... where self-responsibility empowers the individual and creates a maximum release of constructive creativity.” Gordon holds that groups, like individuals, have within them the adjustive capacities to create harmonious and productive processes and policies, provided their administration is a process of development which encourages a maximum of participation, inclusion of all members, and a right to be heard and

understood by all members in an atmosphere of safety in matters that are of concern and/or will effect each of them. He readily recognizes that it is NOT easy to transfer the non-judgmental, accepting therapeutic attitude and process to other social settings, especially the administration of organizations and businesses. Nevertheless, the alternative has its own difficulty: Authoritarian approaches tend to engender participation that is mainly reactive, negative and counter-productive.

The challenge that we face as leaders in the field of kinesiology can be seen as the logical extension of the challenge we face as facilitators, teachers, therapists, coaches and kinesiologists. It is to have the respect and the courage to take the risk of allowing space for authentic individual participation and fostering a sense of self-responsibility for having a positive impact that goes beyond narrow self-interests.

As Louise Hay observes in *Healers on Healing*, “...we are the government, we are the churches, we are the medical profession. The changes are going to have to come through us. When enough people are willing to live that way, I think we will have peace on earth. And then we will begin to learn our real potential.”

A Short List of Accessible Reading Materials:

Origins of the TFH model of teaching and balancing, and resources for developing communication, consciousness & health. ☺

Self Care; How to Be Somebody, Yetta Bernhard, The What and How of self-care in relationships, the exponential potential for self-awareness in growth through interactions with other people. Practical exercises and steps to take for creating growth and meaning in life.

Making Contact, Virginia Satir, Paying attention to the power of words, sensory input, and emotions in the context of self-awareness, authenticity and clear communication. In simple, poetic language, Satir distills the essence of transformation through relationships.

Client Centered Therapy, Carl Rogers, (with a chapter on Group Centered Leadership and Administration by Thomas Gordon) Roger's seminal work that

has had a dramatic impact in the practice of therapy of all kinds, education, leadership, parenting... essentially all situations which involve human interactions.

Parent Effectiveness Training, Thomas Gordon, The classic text that made active listening, I-messages and no-lose conflict resolution common concepts in homes, schools and offices around the world.

Healers on Healing, Compiled by Richard Carlson and Benjamin Shield, with contributions by George Goodheart, Louise Hay, John Upledger, Shakti Gawain, among others. In this fascinating collection, healing innovators of the last 50 years weigh in with succinct commentaries, NOT on the details of their distinct techniques, but the Golden Threads which are the true basis of any healing encounter: The process and journey of self-discovery, self-awareness, self-esteem, love and the power of relationships, therapeutic or otherwise, in bringing about meaningful and lasting change.



The Seven Bodies Model: Where Do the Answers in Kinesiology Come From?

Debra Greene, Ph.D.

Abstract:

The hard question in the field of energy kinesiology is: Where do the answers in kinesiology muscle testing come from? To answer this question involves addressing the definitional challenge: What exactly is kinesiology muscle testing? In this presentation I attempt to answer these questions by briefly considering whether kinesiology is an art, a science, a religion, or something "other." I propose that it is a state-specific science that is determined in large part by the state of consciousness of the tester and testee. I describe a model of human energy, the Seven Bodies Model, to help address the issue. Included are the seven levels of energy-information and channels of experience in which the energy body is highlighted. Since muscle testing can be effectively used to access information from a variety of levels, I focus specifically on the importance of the energy body as an interface that is essential in understanding where the answers in kinesiology muscle testing come from. I support this claim with cutting-edge research from biophysics, consciousness studies and transpersonal psychology. Also addressed is the role of resonance, distortion, and interference patterns. I end with a discussion of ways to improve results gained through muscle testing based on this model.

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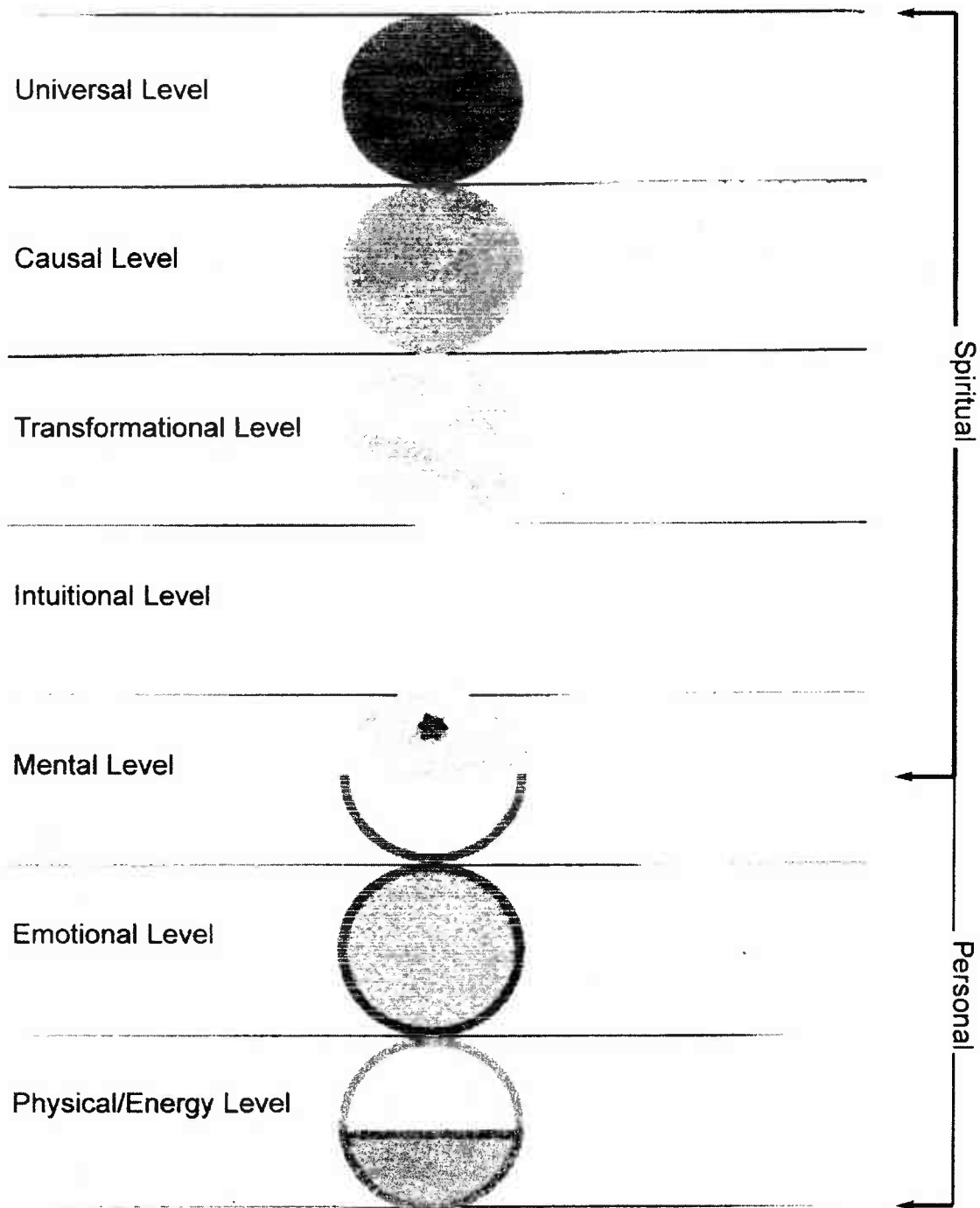
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Energy energy + information

The Human Energy Constitution





Zen & Kinesiology

Kenichi Ishimaru

Abstract:

I come from Japan, the country where Zen flourished. My nickname is **Dharma** from *Bodhidharma* - the name of the founder of Zen. In this life I have found a modern way of Zen: Kinesiology. Perhaps I was a Zen monk in a past life! To me, Kinesiology is Zen, and with this approach I have gained tremendous benefits from Kinesiology. Today I would like to talk on my Zen Kinesiology & Zen Counseling. I will be happy if you understand that Kinesiology is more effective when regarded as Zen. And I will introduce you to the Zen-like goal setting interview method named **Zen Counseling**.

The vision of Zen is so simple: everyone is a buddha, an enlightened being. By practicing Zen meditation you can get to know your true self, and attain the final spiritual state in which there is no more suffering or desire. The method of Zen meditation is so simple: just sitting silently or walking with awareness. But the daily practice of Zen meditation is so boring and difficult that historically, only a few have attained enlightenment! Don't you think that many more people could attain the highest happiness if there were a far better and far easier method to access your true self? Anyway, I thought that Kinesiology could be the alternative method to Zen meditation when I experienced a Kinesiology session for the first time in 1990.

When I started one-to-one consultations with clients, I tried to behave not as a therapist, but as a Zen teacher. Zen teachers give you a chance to be aware of your true self, but never give you any

advice because they know other people's opinions do not work. Indeed, they can

even be a hindrance – preventing you from being able to see inside yourself. I committed myself to taking a non-intrusive process to my clients, as Zen teachers did.

The outcome of my sessions was almost always successful, even though I was an inexperienced kinesiologist. Surprisingly some professional therapists and practitioners started coming to me to learn non-medical Kinesiology. Finally I found that non-medical Zen-like Kinesiology is far more effective than any other kind of therapy or medical treatment. And now I can say that Zen philosophy—everyone is a Buddha—is perfectly correct. Zen Kinesiology is a kinesiology where the kinesiologist uses a very simple technique like TFH, simply giving the client a chance to see inside, trusting that he is also a buddha.

I also did my best to train kinesiologists to spread non-medical Kinesiology in Japan. Many became very skilful, but almost no-one was successful. I wondered what was happening to them. Finally I understood that their attitude to their clients was wrong - they did their best to learn the skills, but they had no chance to study the proper attitude to their clients.

When I was wondering what to do in order to support my people, I met Dr. John F. Thie, the founder of Touch for Health in 1996. His technique was so simple, and the result was always tremendously great. He proved that a simple technique like TFH is enough if the goal setting interview is excellent. I found he behaved as a Zen monk, though in fact he was a pious Christian.

I started to try and simplify and systematize the essence of John's way of interview and my own personal experience. After repeated trial and error, I finally succeeded in creating a very efficient way of teaching the goal setting interview method. It is called **Zen Counseling**. I have already taught Zen Counseling Training more than 30 times, not only to Japanese people, but also Westerners. It is 4 or 5 day (24 hour) seminar. You can learn it in such a short time. Usually it takes more than 4 or 5 months, or 4 or 5 years to become a professional counselor. Zen Counseling is a miracle. No one believes any counseling can be learned in such a short time. Before explaining the mechanism of Zen Counseling, I would like to share the feedback of some of the participants so that you can get a little taste.

Tosh, male, aged 55 from Australia, Profession: English teacher in Japan.
Zen counseling is very simple and most effective in solving one's issues and problems. What I

really loved about Zen counseling was that the counselors need not give any advice to the client. This method relies on the person to understand and resolve his or her own issues. During the training I learned how to listen properly and carefully to the client, and also in the simple way that allows the client to come to their own understanding and how they could go about their own resolution.

A.S., female, aged 33 from Japan, Profession: Therapist/Healer.

I enjoyed Zen Counseling Training very much. I realized that not only I had difficulty listening to other people, I did not listen to myself. This course has allowed me to be more in tune with what I really wanted to do in a relaxed way. It has also allowed me to realize that I cannot take responsibility for other people's problems - this has made me more relaxed in interacting with other people and listening to their problems without judgment. I highly recommend this course. One has to experience it to understand it.

Sara Kilvert-Jones, female, aged 27 from England, Profession: Alternative Practitioner.
Zen Counseling resonates in me with such truth. This technique is so empowering for the client that everything becomes possible. To be trained as a counselor has put me into a space of great relaxation, and ready to support any client - no matter what their issue is. It has become a pleasure and a great meditation to give sessions in this way! What a gift!

Rakendra, male, aged 55 from France, Profession: Zen mediator/Therapist.
A completely different approach to counseling, in these 5 days I learned how to create a supportive space/environment for another person to solve his/her issue - a very relaxing and non intrusive way for myself and the other. I also had the opportunity to clarify and solve my issues. On the 4th day of this course I found myself in a space where no questions were there anymore, also no emotions, a very relaxed space indeed. Thank you for providing opportunity to be present moment to moment, this was such a learning experience for me.

Veronica Domit, female, aged 24 from Mexico, Profession: Psychologist.
After the 5 day course of Zen Counseling I learned an amazing tool and a very simple way to solve problems. Zen Counseling is very simple, but at the same time very deep, and what

is most important: very effective. I studied psychology for 5 years, and I never found a method as simple and effective as Zen Counseling, so I am very happy that I had the opportunity of learning about it. Dharma is a great teacher, the way he explains, makes examples and leads the course is amazing, and really facilitates the learning. I'm very thankful to Dharma for teaching the incredible method he discovered and sharing his knowledge.

Vreni Hunziker, female, from Switzerland, Profession: Production Assistant.

It is definitely a great course. It met all my expectations and I am eager to apply it. We did lots of life trainings. I will be able to help myself and others in difficult situations. Dharma coached it surely in a gentle yet effective way and really was able to show us the beauty and simplicity of Zen. Thank you, you are a great being!

Gregor Khushuru Steinmurer, male, aged 28 from Austria.

This training gave me a lot more experiences about how it is to live life from a meditative space. It's like finding out that the only truth that is, is already inside me and that is true for everybody else as well without any exceptions. There is a deeper understanding now about meditation in action, and all these Zen paradoxes about non-doing became suddenly very clear and real. And also it gave me more respect and dignity for every person that comes into my life. By seeing that everyone really carries the truth within himself and seeing the value of simplicity in life. And it was a lot of fun!!

Atmo Ida, female, aged 25 from Mexico, Profession: Nutritionist.

The course was amazing. I decided to do this course because I want to take my consideration and listening as meditation and I reached my goal, but not only that I also have confidence to be a Zen counselor because the way Dharma teaches us how to be a Zen counselor was very, very good and effective. Also I want to add the knowing what Zen in general is. I can understand what Zen Counseling is, because as Zen teaches, everything is inside me. I cannot find anything outside; hence, the people need to resolve a problem, only they know their answer to the problem. That is why Zen is effective to everything, of course it is only my opinion, but now stronger than before. I completely trust in Zen, because every human being has the

possibility to fix everything that they feel is wrong in their lives. And I trust that by practicing Zen, any human being is going to understand that everything is perfect as it is. I am telling that because is my experience. Only they have to remember that everything is inside us. Nobody can understand what Zen is until trying living it. Summarizing, I really love Zen Counseling and the way Dharma teaches.

Florian C. Schober, male, aged 37 from Switzerland, Profession: German CEO.

I enjoyed the course very much. In the first days I thought we are moving too slowly. At the 4th day I realized the power of "Listening Relaxed" experienced in the 1st day. I understand the concept of Zen Counseling intellectually. I have still not really integrated it into my normal talking/listening behavior, as my conditioning to influence is still very strong. It is a big challenge to integrate the experience of the class into my daily life. I am looking forward to it.

Y.T., male, aged 45 from Japan, Profession: MD Human Design Analyst.

My second attendance on this course has given me deeper understanding and realization of what Zen Counseling is about. It is a meditation of digging into whatever one has as an issue or negativity of self into deeper layer and allowing that it is all right as it is. I have found many answers of my other problems. It is an amazing experience.

Shunyam van Sreveninck, female, from Holland, Profession: Artist (painter).

Doing the 5 day course Zen Counseling with Dharma gave me a very strong tool in finding my goal(s) in life in a very short time. AMAZING!

Vigyano, male, aged 55 from Holland, Profession: Coach/Counselor.

I am a counselor myself and for me it's amazing what I learned in this training. It adds so much to my skills and it is clear to me, that our teacher Dharma gave us a vital map that contains the real secrets of counseling, and above that he is a great teacher with a lot of humor and the necessary distance.

Mouna, female, aged 36 from Germany/Denmark, Profession: Handicap Helper/ Body worker.

Inspiring, step-by-step, structured, effective, very simple, non-invading, space-giving, practical

approach. Really practical, useful learning, really inquiring into the art of listening and supporting to find the answer from within, accepting respectful atmosphere. I very much like this approach. I want to practice and learn how to use it more, and I really got some very clear tools to do that. Thank you very much. Dharma very inspiring enthusiastic shares very intense condensed what seems from his own experience.

Sampurno, male, aged 35 from Germany
These days brought me awareness about the importance of listening relaxed in a counseling session. I liked also the distinction between counseling and therapy. Counseling finishes with finding the goal whereas therapy looks for the answer. Dharma is a good listening relaxed facilitator. It was a great support for the ability to counsel.

The Mechanism of Zen Counseling Training

Four-day (24 hour) seminar
Step by step structure:
3 to 4 exercises per day
Not many lectures, mostly practice and feedback.

First day: Basic Lesson (6 hours)

Step 1: Listen relaxed

Step 2: The easiest way to create a supportive space (how you listen)

Step 3: Repeating

Second day: Intermediate Lesson (6 hours)

Step 4: The variation of repeating and 100% parrot repeating

Step 5: Zen stick for a Right-brained expression

Step 6: Any emotion is just a cloud!

Third day: Advanced Lesson (6 hours)

Step 7: 6 stages of counseling (What you hear)

Step 8: Zen stick for a Left-brained expression

Step 9: Distinction between Therapy and Counseling (Why you listen)

Fourth day: Master Lesson (6 hours)

Step 10: 5 minute counseling session

Step 11: 5 minute counseling session plus 5 minutes Touch For Health (or any simple Kinesiology)

Step 12: Zen Counseling Psychology. LOVE & EGO (Who are you?)

Zen counseling is not counseling in a way, because no advice is allowed. I regard my client as a buddha. I know my clients have the ability to find their answer by themselves. So no advice is necessary. Once in a while some advice may help to solve the problem, but even in such a case it will be more helpful if they have found it by themselves, instead of being given it by others. I do not allow you to give any advice to your client in this training. I just ask you to listen relaxed—this is the key of Zen Counseling. Listen relaxed. I do not allow you to make any effort to help your client to draw the answer, because the effort goes against relaxation. We just wait for him/her to find his/her own answer.

Step 1: Listen relaxed.

Exercise 1: For five minutes, do not talk, but just listen relaxed.

Result 1: More than 50% of clients feel safe and satisfied with your attitude.

Step 2: The easiest way to create a supportive space (How you listen).

There are so many ways to support your clients. But most of them are hard to do. For example, some say that a great counselor has to listen carefully with love all the time! Who can do that? It is impossible! In order to satisfy your clients, you have to behave like a god. You may think you have to try your best to support your client. But this trying makes you stressed. When you do not feel relaxed, you cannot be a good

counselor. The best way must be an easy way. The best way must be the one anyone can do easily, remaining relaxed.

What is the easiest way to support your client? Giving a chance to express his/her problem is enough. You need not listen all the time. Pretending to listen carefully is enough. This may look unethical, but it is very effective. Firstly, anybody can do it. Listen carefully for as long as you can, but if you this becomes difficult, just choose the relaxed way: pretending to listen is enough! Why? Because your client knows the answer, the most important role is to give him/her a chance to express and see his/her problem clearly. If you give them a relaxed atmosphere to speak freely and safely, it is most effective. In order to make such a relaxed atmosphere, you must be very relaxed. You should not concentrate on listening to your client all the time. You should focus on listening relaxed, but you need to give him/her the impression that you are listening very well. When you nod or make a gesture, your client believes that you are listening very well.

Exercise 2: For seven minutes, just listen relaxed. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 2: More than 55% of clients feel safe and satisfied with your attitude. Some clarify the problem, find the goal, or find the answer.

Step 3: Repeating.

The first two exercises of this course are the most important. Almost all of you will experience that listening relaxed

without giving your client any advice is so powerful. But many of your clients expect you to give some advice to them. When you feel your client expects you to advise them, you can say something to support him/her. But it is not advice. If you give any advice, it is a disturbance. What can you give instead of advice? There are two choices: repeating & asking. The easier one is repeating. When you feel your client expects your advice, you are allowed to repeat some of his/her expressions in this step. One word is enough! If it is a key word, it will be better. But it is not the main point. Any word or statement is fine if you are relaxed. The more relaxed you are, the more easily you can find the key word. Repeating to your client is one of the easiest jobs. Don't you think so? You can do it so easily, but some of you may feel stressed by thinking what is the best way of repeating. If you start to think in this way, you miss the point. Your client knows the answer, though he/she is not aware of that. By repeating his/her expressions, you can give him/her a chance to see his/her thoughts twice.

Exercise 3: For ten minutes, just listen relaxed. You are allowed to repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 3: More than 60% of clients clarify the problem, find the goal, or find the answer.

Homework for the first day: In a daily conversation, avoid talking. Just listen relaxed. When you start feeling inclined to say something, just repeat. Do not

give any advice. Do not give any comment. Just enjoy listening or repeating.

Step 4: The variation of repeating and 100% parrot repeating.

There are different variations of repeating: last word, key word, last phrase, key phrase, last sentence, key sentence, all the statement, summary.

Repeating the last word that the client said is the easiest, and summary repeating is the most difficult. Some of you may think that you have to master summary repeating to become a great Zen Counselor. But that is not the point. Summary repeating is sometimes very dangerous - you tend to add your own opinion or judgment.

The more relaxed you are, the more easily you can find the best way of repeating. If you are relaxed, any repeating can be effective.

When your client speaks very fast, you may have some difficulty to cut in on him/her. To learn the timing to cut in, I give another exercise. It is called 100% parrot repeating. You will start listening to the rhythm through this practice.

Exercise 4: For five minutes, repeat everything your client says. You have no time to nod or make a gesture. It seems stressful, but it is so important. Do it totally. You have to repeat at least 90%.

Result 4: Many start listening to the rhythm of speech.

Step 5: Zen stick for a Right-brained expression. Most of the time listening relaxed and/or repeating is enough! But if some of your clients start becoming

bored, irritated, or tired because they do not get a satisfactory result, you can give another support to your client in this timing. The first support is just to give a safe space to see his/her problem by listening relaxed. The second support is to give a chance to see the problem twice or more by repeating. The third support is to give some awareness by asking a question. I call it a Zen Stick.

Questioning is often dangerous to the client. When asked something, the client has to stop talking in order to answer. Questioning often interrupts the flow of talking. You have to learn what kind of question is useful. There are two kinds of useful questions: one is for right-brained expressions, the other is for left-brained expressions. I have found that a client's expressions are classified into two types. Just two types! If you classify it from the stand point of subject, you have to deal with dozens of types. Relationship problems, money problems, bodily pain, spiritual problems, political problems, and so on. I do not believe you can give great advice for all of these problems. If you believe you must do that, you will be so stressed. Zen Counseling is the most relaxed method.

I classify the client's expressions into just two types: *Right-brained Expression and Left-brained Expression.* The brain of stressed people is not integrated. The expressions of stressed people are not integrated. Sometimes the client uses right-brained expressions, other times left-brained expressions.

If you understand the mechanism of the brain and expression, you will see which side of the brain is working better in each moment. Right-brained people do not see trees, but see the forest. Left-

brained people do not see the forest, but see the trees. Whole-brained people see both the trees and the forest. By giving left brain awareness to right-brained expressions, you can support your client to have whole brain awareness. By giving right brain awareness to left-brained expressions, you can support your client to have the whole-brain awareness.

In the right-brained state, your client, who does not see the trees but the forest, expresses everything vaguely, unclearly, or imprecisely. When you find some unclear expressions, you will find your client is right-brained in this moment. If you ask a question to clarify the unclear expression, it will be an effective question. The question is a Zen stick for right-brained expressions. It helps your client to integrate both sides of the brain. By asking a useful question, your client can clarify the problem or the goal.

Exercise 5: For twelve minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 5: More than 65% of clients clarify the problem, find the goal, or find the answer.

Step 6: Any emotion is just a cloud!

We do not deal with emotions. This is another reason why you can master Zen Counseling in such a short time. If you start classifying and analyzing emotions, it will take years and years to master

counseling. When your client speaks of his/her emotion, it's fine. We may ask some questions to clarify the emotions, but we never urge him/her to talk about them. Many kinesiologies love classifying and analyzing emotions. Zen Counseling thinks it is non-essential.

EMOTION is *Energy* MOTION in the body. We call KIMOCCHI (KI in the body) in Japanese. Then what is the Energy MOTION in the sky? We call it TENKI (Ki in heaven) in Japanese. TENKI means Weather. EMOTION in the sky is Weather! Energy MOTION in the body is EMOTION. Energy MOTION in the sky is WEATHER.

The quality of emotions and that of weather is the same. Once you understand any emotion is like a cloud, you will stop clinging to the emotion. Do you think that the weather can be fine by classifying or analyzing it? NO! Some believe that any negative emotion can be positive in a short time. It may happen, but in fact any emotion is just flowing like a cloud. Can you believe that a rainy day can be fine in such a short time? Any effort to transform negative emotions into positive ones is wasting time.

But your client wants to be fine in a short time! How can the weather be fine in a short time? Classifying and analyzing is not useful. There is only one way to become fine in a short time! If you can fly over the clouds, you can be fine in a short time. You might have experienced this when your airplane took off, it was raining at the airport, but 3 minutes later it became fine above the clouds. This fineness is called **“enlightenment”** in Zen.

By flying over your clouds, you can be fine in a short time. I teach you to fly over the emotions instead of trying to deal with them. But how can you fly over? Through AWARENESS. Through Brain Integration.

Exercise 6: For fifteen minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 6: More than 70% of clients clarify their problem, find the goal, or find the answer.

Homework for the second day: In a daily conversation, be aware of unclear statements of the people around you. Just listen relaxed. Do not give any advice. Just enjoy listening, repeating or asking.

Step 7: Six stages of counseling (What you hear).

You tend to be stressed because you do not know what to expect when your clients speak. If you knew what your client would talk about, you could be more relaxed. I teach you the vital map of what your client will talk about. There are 6 stages. All of your clients follow these stages. So you have only to wait for them to climb up through these stages.

Your client visits you in a state of CONFUSION. This is the **first stage**. By talking about his/her issue, he/she starts getting some AWARENESS. This is the **second stage**. By continuing to talk, he/she starts understanding the core of the problem, why it happened, how it

happened, whose fault it is, etc. This is the **third stage** - Clarifying the Issue. The moment that he/she clarifies the issue, you the counselor should ask: "Then what would you like to be?" or "What would you like to do now?" Then your client will start talking about the goal. In the beginning, it is not clear, but he/she will clarify which direction is best for him/her. This is the **fourth stage** - Finding the Direction of the Goal. Then they find the goal. This is the **fifth stage** - Finding the Goal. And then they feel that their problem is solved. This is the **sixth stage** - Solving the Problem.

(1) Confusion

(2) Awareness

(3) Clarifying the Issue

(4) Finding the Direction of the Goal

(5) Finding the Goal

(6) Solving the Problem

Exercise 7: For seventeen minutes, just listen relaxed. You are allowed to ask a question to clarify your client's unclear statements. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statements or give any advice.

Result 7: More than 75% of clients clarify their problem, find the goal, or find the answer.

Step 8: Zen stick for a Left-Brained expression. After clarifying any unclear expression with questioning for left-brain expressions, some of your clients still feel that it is difficult to see the core of their problem. In this case, a Zen stick for Left-Brained expressions is useful. In

the left-brained state your client, who does not see the forest but the trees, clings or sticks to one small thing. When you find some stuck expression, you will find your client is left-brained in this moment. If you ask a question to give a chance to see the issue from another angle, it will be an effective question. The question is a Zen stick for left-brained expressions. It helps you to make your client have an integrated brain. By asking a useful question, your client can see the issue with a bird's-eye view. You may wonder what kind of question will work. Do not worry. Just try to be relaxed. Then you can see from a distance with a telescopic eye. Your client is so stressed that he/she is not aware that he/she is focusing a small point. When you are relaxed, you can see his/her issue from different angles. When you are aware of that, it is enough. Just ask any question.

And this is the last method. **The Zen Counselor has just 4 choices:** *Listen silently, repeating, questioning for right-brained expressions, and questioning for left-brained expressions.* The first one is the easiest but the most important and powerful. The last one seems difficult, but if you are relaxed, it is also so easy. If you feel it is difficult, you need not use it. Use the easiest way, then you can be more relaxed.

Exercise 8: For twenty minutes, just listen relaxed. You are allowed to ask a question to give a different point of view. You can repeat some of the client's expressions. You can nod or make a gesture to show the client that you are listening very well. Do not show your agreement or approval. You are not allowed to make any statement or give any advice.

Result 8: More than 80% of clients clarify the problem, find the goal, or find the answer.

Step 9: Distinction between Therapy and Counseling (*Why* you listen).

We define the role of counseling. We make it clear that counseling has a limit. Usually so-called counselors have an illusion that any problem can be solved some day in the future just with counseling. They believe that any problem can be solved in the future without any therapist or doctor. But it is impossible. It is just a fantasy. Sometimes it may happen, but it happens by accident. You cannot promise that it absolutely can happen. It is not because the counselor was not trained well, but because *counseling* itself has a limit.

The job of counseling is not to solve the problem, but to clarify the problem and the goal. First we help to clarify what is the problem; then the goal: what they would like to be or to do. Zen Counselors can listen more relaxed because they understand the role of the counselor. They need not behave like a god. They just wait for the client to talk about the problem and the goal.

Then who will solve their problem? Of course the clients have the final responsibility to solve their own problem. But therapy or medical treatment can help.

Without a good goal-setting interview, any therapy or medical treatment is not so useful. But with an excellent counseling like Zen Counseling, it becomes more helpful. A session can easily be complete with Counseling plus Therapy. A good combination of Counseling and Therapy leads to a

splendid result. Of course you will use Kinesiology as a therapy.

Exercise 9: For twenty five minutes, just listen relaxed. You are allowed to do anything you like as a counselor. I recommend that you avoid giving any comment or advice.

Result 9: More than 85% of clients clarify the problem, find the goal, or find the answer.

Homework for the third day: In a daily conversation, be aware of stuck statements of people around you. Just listen relaxed. Avoid giving any advice. Just enjoy listening, repeating or asking questions.

Step 10: 5 minute counseling. I have already shown you how to do normal counseling plus therapy. It takes 30 to 50 minutes or more to complete it.

Sometimes we do not have enough time for a long counseling session. You need to learn short-time counseling for those situations. Five minutes seems to be impossible, but anyone can do it. There must be some conditions. If you and your client do not cooperate, you cannot complete the short-time counseling. You have to ask your client to talk about their problem in half a minute—10% of the counseling time. Now your client knows he/she has no time to explain details, your client starts talking about the core of the problem. Then you can ask a simple question "Is this your problem? Then what is your goal?"

Anyway you have no time to just listen in this practice. You will have less time to repeat. You need to ask more questions from the beginning. You need to be more aware of his/her unclear expressions or stuck expressions. When

you can listen relaxed, you will be successful. You may be worried now, but do not worry. In fact, you have no time to worry, you have just five minutes! What you can do is listen relaxed, try to find what the problem is and the goal. It will be fun. You will be successful.

Step 11: 5 minutes counseling + 5 minutes Touch for Health (or any simple Kinesiology). When your counseling is excellent, any simple kinesiology is enough. After a 5 minute interview, use any simple technique (ESR, Cross Crawl, 8 figures, 14 muscle balancing, etc.). Some think Touch for Health is just for lay people and not so great, but those who say so have not learned any interview method. If your interview is excellent, Touch for Health is enough. If your interview is poor, you have to add as many techniques as you can in order to support your client. John Thie's Touch for Health is much more powerful than any medical model treatment.

Step 12: Zen Counseling Psychology, LOVE & EGO (Who are you?). I have already taught all of the techniques of Zen Counseling. Each technique is so simple, but the issue of your client is sometimes so complicated that it takes more than one hour to clarify the goal. It may be unpleasant to you without any other guideline. I will give you the last clue to support your client. It is **Zen Counseling Psychology**. It came from my personal experience, but I feel it is the universal golden rule which applies to any client. So-called Western psychology is complicated, but Zen Counseling Psychology is so simple that anyone can use it. If you understand Zen Counseling Psychology, you will get a

successful result for more than 95% of the clients. The mechanism is so simple. Our heart or mind consists of two things: **LOVE & EGO**. All mental conditions can be explained with these two words. Strictly speaking, we are LOVE deep inside. But our EGO prevents us from noticing our LOVE. If you understand why and how our LOVE has changed into EGO, you will understand your client more.

What is LOVE? Historically, so many thinkers and philosophers have tried to define LOVE. We choose the definition described in the Chinese character in ancient China. The word *LOVE* is made of two Chinese characters, *Acceptance & Heart*.

LOVE = ACCEPTANCE + HEART

Accepting heart is LOVE to any of you. If you accept yourself 100% as you are, it means you love yourself 100%. If you accept people around you 100% as they are, it means you love them 100%.

We are born as LOVE. Babies start their life by accepting themselves as they are. And their parents congratulate them on their birth 100%. Babies feel loved by their parents. Babies' lives start with the experience of loving themselves and being loved as they are.

Unfortunately this LOVE situation does not last. Soon they come to experience that they are not loved, and start to forget loving themselves. It does not happen intentionally, but automatically.

The parents do their best at their level to love their children, but it is impossible to meet babies' expectations of unconditional LOVE which they experienced at birth. For example, their

mother goes shopping and happens to come late. It is a terrible experience to the babies, threatening their life. They expect to be loved and protected by parents all the time. But their parents did not protect them. They feel they may not be loved any more.

LOVE is the experience at birth that you are accepted and celebrated as you are 100%. Sooner or later you start learning that being as you are is not enough, though it was enough at birth. This is how and why *another self* starts appearing. You start thinking that you have to play another self to adapt to your family, school and society. Another self for adaptation is **EGO**. In order to adapt to your family, school, society, EGO is a must. If you criticize EGO, you cannot exist. EGO is a part of you.

EGO plays a useful role. I call this useful ego: the **POSITIVE EGO**. You learn in infancy that you will be loved by doing something which makes your parents happy. EGO itself is excellent if it is used properly. Ego is necessary to adapt to your family, school, and society. EGO needs attention from your mother, your friends around you, and so on. It is most important to EGO to know where your mother is, where your people are and how to get attention from them. It started from your experience in infancy that you had to check where your mother was. EGO is so useful as long as it is used to enjoy meeting your people's expectations.

But you cannot meet all of their expectations. Even after doing your best, you may fail to meet their expectations. You will have experienced that you have been scolded after making huge efforts to tidy-up your room. What will be the

alternative choice when you cannot meet the expectations of people however hard you have tried? Giving up being a good child is the only other choice to get attention. When you reject your mother's order to study harder, she may get angry but you have succeeded in getting attention. When you say, "I have a stomach ache, I cannot go to school today" your mother replies gently worrying about your body. Some of you learned that being sick is one of the easiest ways to get attention from your mother. In order to get attention easily, you start playing a bad boy, a sick daughter, or a mischievous boy. This is a destructive behavior to you, but it is the easy way for your EGO. Zen Counseling calls this kind of self-destructive ego: the **NEGATIVE EGO**.

EGO will do anything to get attention. Cruel crimes are broadcasted on TV all over the world. Politicians do not stop wars of aggression. As medical science has developed, sick people have increased. Why are these cruel things happening? Many say "I do not understand the reason", but I know the reason very well. EGO will do anything to get attention.

EGO will do any bad thing, any cruel thing, any foolish thing unabashedly. But the common appeal is "I wanted to get attention by pleasing people I love", "I wanted to be admired by doing something I love like being a gold medalist in the Olympic Games." Your client comes to you feeling hurt by the negative ego. Superficially, their issue is about physical pain, relationships, financial problems, and so on, but deep inside the issue is common: "I wanted to be loved by the people around me. I did my best to be loved, but in vain." It is a

longing for unconditional love, which they lost at birth. Unfortunately, it will not be realized forever. Your parents did their best at their level to love you, but you have expected unconditional love 24 hours a day, 365 days a year. You expect that other people or your environments will change for you. But it is not so easy to change the outside. But your client wants to get a satisfactory result. How can you support him/her? Because EGO's satisfaction depends on others and on the outside, it cannot satisfy him/her eternally.

But by noticing LOVE beneath EGO, he/she can be healed profoundly.

Awareness of *accepting* yourself as you are 100% will help you to feel blissful. This is the final goal of your therapy and the final goal of your life. Whatever terrible situation you are in and however badly other people judge you, you can be blissful by being aware of the LOVE within you. When you remember that you can love yourself as you are, you can start to live trusting your intuition, and following your energy flow inside. You can start living in harmony with other people around you, being content with the truth that ***You are LOVE***.

This is Zen Counseling Psychology:

We start our life with LOVE, need positive EGO for adaptation, feel hurt by negative EGO, and finally notice LOVE again. This is our life.

This is all I can explain for you. If you really grasp it, please experience it. You will understand your client is also a buddha, and you are a buddha, an enlightened one.



TRAUMA RECOVERY
**REFLEX INTEGRATION
AND IT'S IMPLICATION ON LEARNING,
DEVELOPMENT AND HEALTH**

**THE MASGUTOVA METHOD OF
NEURO-SENSORY-MOTOR AND REFLEX INTEGRATION**

Svetlana Masgutova, Ph.D., Russia-Poland (Speaker)
Nelly Akhmatova, M.D., Prof., Russia

*"The first infant movements do not disappear; they continue to work
in union with higher nervous formations..."*

L.S. Vigotsky, outstanding Russian psychologist (1930).

This Program is based on the **Masgutova Method of Neuro-Sensory-Motor and Reflex Integration**. It consists of two main aspects:

- 1) Diagnosis of primary movement patterns and reflexes;
- 2) Correction and integration of the primary movement system of individuals of different ages, health, and mental states, for better self-management and functioning.

The goal of the program is facilitation of the process of reflex integration within neuro-sensory and brain processing, and also motor activity. This type of integration serves as the neuro-physiological and neuro-developmental basis for successful learning, development and self-management of health.

Our program is oriented on optimal organization of natural functioning on the levels of:

- sensory-motor integration for appropriate neurological functioning,
- primary movement activation for support of the self-regulation processes in

the "Body-Mind" system,

- movement and emotional processes for emotional stability and growth,
- movement and mental processes for successful development and learning.

The main concept of this method of integration is that primary movements present natural genetic programs within three aspects of a reflex circuit activity:

- (1) sensory stimulation and recognition of the stimuli by our sensory system,
- (2) brain processing (recognition of stimuli by the brain on the level of protection or development),
- (3) and the motor response as the reaction to the sensory stimuli.

The reflex pattern integration process offers phenomenal support for health care, learning and development. This program on Neuro-Sensory-Motor and Reflex Integration is based on the research work carried out during the last 17 years in

Russia, Poland, USA, and Canada with 2,990 children ranging from the age of 1 month to 18 years; on practical work with 24,064 clients from different countries, and also teaching over 3,000 specialists and parents. Remarkable results are achieved in the work with children and adults in the International Camp for challenged people in Poland and the USA, which is based on the implementation of the Masgutova Method.

Human Development has created a series of primary movements and reflex patterns. A reflex is a "body-brain" response to sensory or proprioceptive stimuli. As an automatic response, it presents an inherent genetically encoded program. It is a neuro-physiological unit which affects and directs self-regulating processes of health, development and learning.

In defining a reflex, we base our understanding in the framework of higher and lower nervous system activity as developed by Russian physiologists I.P. Pavlov, I.M. Setchenov and expanded by A.A. Uhtomsky, N.A. Bernstein, and P.K. Anokhin. The most traditional and widely used definition of a reflex is as follows:

Reflex – is a reaction of the nervous system caused by stimulation of receptors of skin, tendons, muscles, mucous membrane and pupil receptors.

(1) The reflex, on one hand, exemplifies the general ability of an organism to respond to a stimulus. Stimulus may be the external environment (sound, light, touch, smell), or internal human environment (change of blood chemical composition, irritation of internal organs, etc.) The response to any stimulus is a muscle contraction, which causes motion or gland secretion (outputting of saliva or gastric juice).

(2) On the other hand, reflexes can also be considered as some kind of "program" of primitive movements and actions which allow the organism to survive in specific conditions. These are unconditional inborn reflexes.

Reflexes serve mainly as the basis for our protection in stress and survival.

Reflexes are also the fundamental neurological building block for our developmental processes, and crucially influence our brain functioning as well as mental and intellectual processes as we mature. For various reasons, in utero, at birth, or later in life, a child and adult may experience some trauma that affects his or her ability to properly access or utilize positive protective and developmental possibilities of reflex patterns. These stressful situations can cause a child/adult to retain or revert back to these early infant reflexes. Even though these reflexes are activated for the sake of protection or survival, the process can lead to challenges such as overprotection and health issues.

Stress – physical, emotional or mental – is the main reason for activating negative protection, muscle tension, impulsive behaviours, primitive reactions and reflexes, which lead to a regression in self-regulation processes. Impulsive reactions and reflexes play a protective and survival role, taking the reasoning processes away from the neo-cortex of our brain. Some of these primary reflexes are activated because of poor health states, lack of appropriate movement, poor motor developmental problems, sensory processing disorders, and poor integration with intentional movements in infancy (and utero.) The other survival reactions and reflexes are triggered because of deprivation of actual needs, suppression of the

emotional sphere and through everyday life stresses.

The affected reflexes are “active” and therefore are non-integrated. As a result, a child/adult develops unconstructive or even abnormal movement patterns, compensations and may be unable to progress in self-regulation of health. They also meet resistance in the development of more mature movements, skills, or intellectual processes.

In our research on groups of 1 month to 18-year-old children (2,990 – in total),

--78 % of them (age: 4 to 15 years) had different difficulties with poor storing (memory) while demonstrating an inadequate, active, or hypoactive Asymmetrical Tonic Neck Reflex.

--57% cases with poor development of a Symmetric Tonic Neck Reflex showed poor transition from concrete operations to logic and abstract ones, and hyperactivity (ADD and ADHD.)

--58% of the children with attention disorder had problems with the inappropriate functioning of the Spinal Gallant and Pereze Reflexes, and also Asymmetrical Tonic Neck.

--54% of children had challenges with allergies and hypersensitivity for food and poor Spinal Pereze formation

--72% had problems with urine system functioning (including Enuresis) and hyperactive Spinal Galant Reflex.

These examples show how incomplete integration of reflex patterns can be seen as a probable connection to many challenges – functional and structural. We suggest that the dysfunction of reflexes is a probable reason for poor self-regulation processes. This can be explained through the following:

- The Brain-Body System mixes or

confuses the sensory processing and motor response (for example: the stimulation of the Babinski can triggers the reaction corresponding to Foot Tendon Guard or Foot Grasping; the stimulation of Pereze can present a Leg Cross Flexion response; the Hands Pulling can trigger a Hands Supporting reaction),

- Poor integration of the natural components of a reflex can be noted within its circuit: pattern correspondence (sensory-motor links), strength of reaction, direction of movement, timing, symmetry and others.

- Poor integration of the reflex patterns with intentional movements, motor skills and abilities.

In infant reflex structures we have both dynamic and postural reflexes. They correlate with the reactions of “Fight and Flight” and “Freezing”. These reactions serve as protection. In cases where they “overwork” they cause challenges. So it is important to recognise the timing of their appropriate development in order to support the formation and integration of a reflex pattern.

The authors are developing the idea of the integration of the infant reflex on the level of:

- sensory-motor circuit functioning,
- its basic pattern (protection), and variants (developmental potentials),
- intentional movements, skills and abilities and whole body movement system.

This concept is original and is different from the traditional concept of reflex extinction/inhibition.

In this work we address the infant reflexes for several reasons:

- Infant Reflexes determine the motor development – they play a certain role in building movement patterns and also influence the formation of the motor and

cognitive skills and abilities (L. Vigotsky, J. Piaget).

- Development of the movement system in infancy crucially influences the formation of the brain, mental and intellect processes in the future life of a person (I. Pavlov, I. Setchenov, P. Simonov, J. Konorsky, L. Vigotsky, J. Piaget, A. Luria, L. Lisina).

- Infant Reflexes are the neurological basis for the development of intentional and controlled movements, giving the possibility to make choice on the level of reasoning (L. Vigotsky).

- Infant reflexes display a protective function and help us to survive in stress situations. We need them and must take care of their maturation and appropriate functioning for them "to act" from a positive protection level. A delayed, non-matured, or hyperactive reflex is limiting our behaviour and thinking and causes a lack of coordination in the "Body-Mind" on different levels (S. Masgutova).

- Each time we are in a stress situation we return again and again to the first movement patterns – reflexes (L. Vigotsky, N. Bernstein, L. Semionova, S. Masgutova).

- Infant reflexes are designed by nature for the neurological support of the developmental process itself and act as a the foundation to create the strongest potential of self-regulating mechanisms of the "Body-Mind" system (S. Masgutova, P. Curlee).

Understanding of the nature of Dynamic and Postural Reflexes explains the basis of individual motor development on a deep level. Facilitation work with these reflexes is directed at releasing their negative effect on different aspects of a persons functioning: health, emotional, and intellectual (cognitive) spheres. This work can be a very supportive tool for new solutions based on the "reason and source"

of the problems of poor motor development and challenges.

The Diagnosis of Integration of Dynamic and Postural Reflexes allows us to clear up specific disorders in the reflex circuit functioning. It is based on evaluation of the reflex pattern depending on:

- the age of the child/adult,
- neurological state of a person and his/her possible symptoms,
- structure and dynamics of the reflex evolution (as the inherent genetic program).

The principles of the evaluation are based on:

- Correspondence of the reflex as an automatic and spontaneous reaction to stimuli according to the age of the individual,
- Sensory-motor integration of a reflex,
- Dynamics of the reflex development and integration,
- Reflex characteristic components – correspondence of sensory-motor pattern, appropriate timing, strength of the reaction, correct direction in motor response, symmetry in motor response.

The correction and facilitation aspects of the Masgutova Method (re-patterning and integration techniques and exercises) has the task of activating proprioceptive, tactile, audio-visual systems for healthy functioning and learning. This concept is different from those that propose to inhibit the active reflexes that are demonstrated in later ages of challenged children and adults. We show the natural approach of integration of reflex and primary movement patterns - our genetic programs - with learned and controlled skills and abilities. Orientation of correction exercises and movements is the "training,

Nicolai BERNSTEIN
VIGOTSKY

MOVEMENT DEVELOPMENT

maturation, and the coordination of the reflex pattern". This method also proposes natural, soft, and friendly movements, and games. Integrating dysfunctional or inactive reflexes allows the body-brain system to access normal movement patterns and enables growth and progresses these natural programs allowing improvements to be achieved in even the most severe cases.

The Concept of Sensory-Motor Integration of a Reflex

Each reflex is the form of a response to certain stimuli. The reflex circuit consists of the activity of:

- the afferent nervous system (receptors, afferent nerve fibers bringing the nerve impulses to the brain),
- certain brain/nerve system centers designed for the processing of the sensory or proprioceptive information,
- the efferent nervous system (efferent nerve fibers bringing back the nerve impulses in a form of a command to the muscles and organs/ glands to organize the reaction/motor response).

According to the neurophysiology of the nervous system, each reflex must integrate on the sensory-motor level. A certain sensory stimulation must cause a corresponding motor/gland response. This type of specific link between the sensory and motor aspects in a reflex circuit through the brain/nerve system processing is genetically based and has been trained throughout the years of human existence.

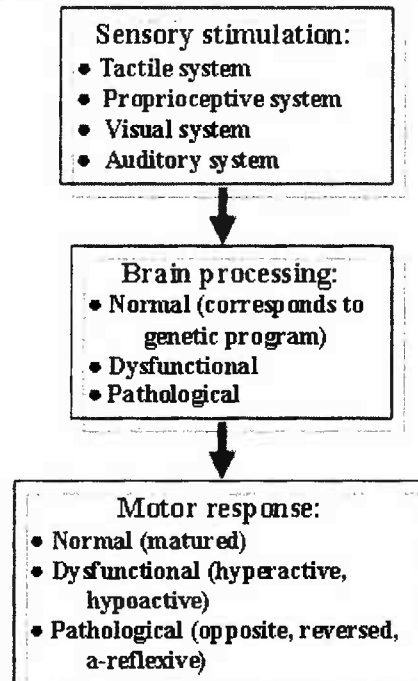


Fig. 1. Three aspects of sensory-motor integration of a reflex circuit.

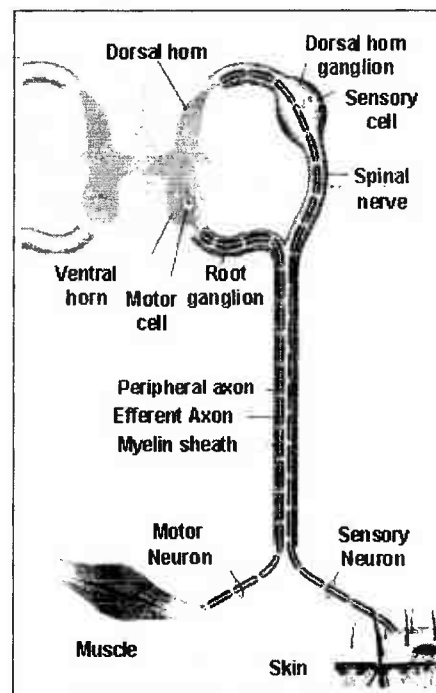


Fig 2. Sensory information comes to the brain and brain determines the character of the motor/gland response. If the sensory stimulus is not recognized by

the sensory apparatus, and as a result is misinterpreted by brain---or if the efferent nerve system brings the command the wrong way---then the development of a reflex pattern will not be appropriate. This means that the maturation and integration of the reflex with controlled movements and skills will be in delay and will not be reliable, especially in cases of new learning and stress.

Concept of the Dynamic of a Reflex Integration

Each reflex emerges at a certain time, and develops its own basic pattern (during the first three phases.) It then goes through a transition time (during the fourth phase) preparing for the development of the variants (during last fifth, sixth and seventh phases).

Each phase has its own task. For example, the basic pattern is responsible for coding the sensory-motor circuit, creating the nerve network for the connection of specific types of stimuli with physiological functioning and protection. The transition phase is important for the preparation of the basic pattern to move further in its growth pattern. The variants of a reflex develop during the last phases and are characterized by a well developed nerve network.

This process is ready to go from the level of protection to level of bringing it into the reflex traits of the intentional response. Maturation of the nerve net system for a reflex circuit happens. The role of these phases is to extend the development of a reflex and to create the grounds for their integration with the motor

skills and abilities, which serve as a foundation for learned skills (including school skills such as elementary reading, drawing, writing, and calculating). The delay of a reflex development or the jumping over any of the phases, always affects the formation of future skills – we can see the delay in the next level of their development. Jumping over the phases of the reflex means it will not be able to create the appropriate nerve network, so it will cause dysfunctions or compensations (positive or negative), which never are true patterns and are not reliable in situations of

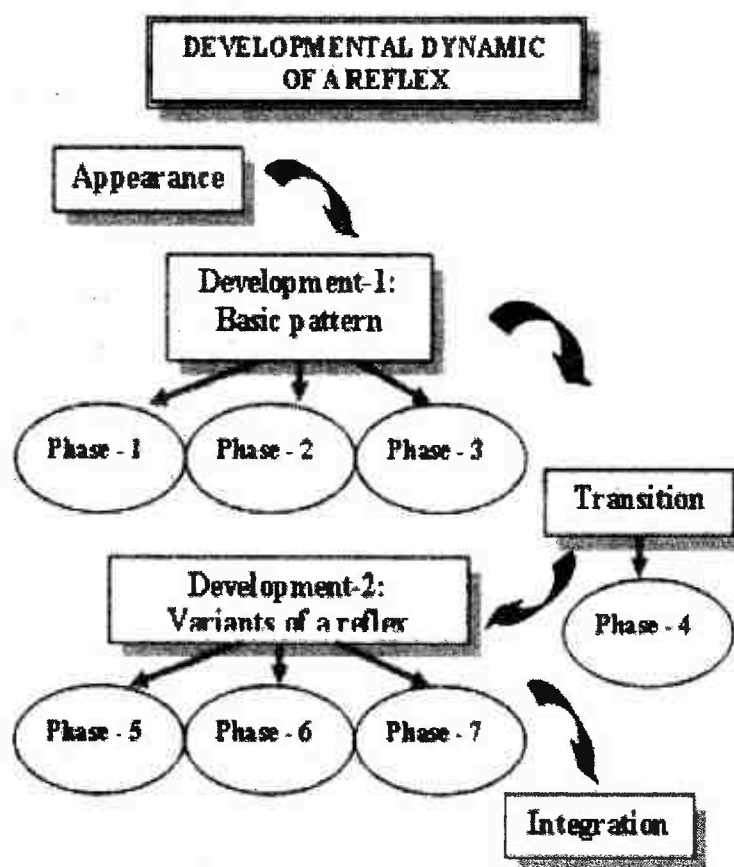


Fig. 3. Reflex development dynamic

stress or unexpected transition. It is so important for a reflex to go through each phase for complete development, maturation and integration. This concept, as we mentioned above, is completely different

from the traditional understanding of the inhibition of a reflex.

Reflex Characteristic Components

The main characteristics that we are evaluating are: correct pattern (sensory-motor coordination and outcome), appropriate timing and dynamics, correct motor direction, strength of the reaction, and symmetry. All these characteristics are evaluated through the recognition of the motor response only. Measurement of the level of sensory sensitivity and brain processing are not possible to directly appraise at this time.

Pattern of a reflex. Pattern is the co-ordination of a set of reactions and/or movements organizing the stimulation and response of the sensory-motor system = the reflex

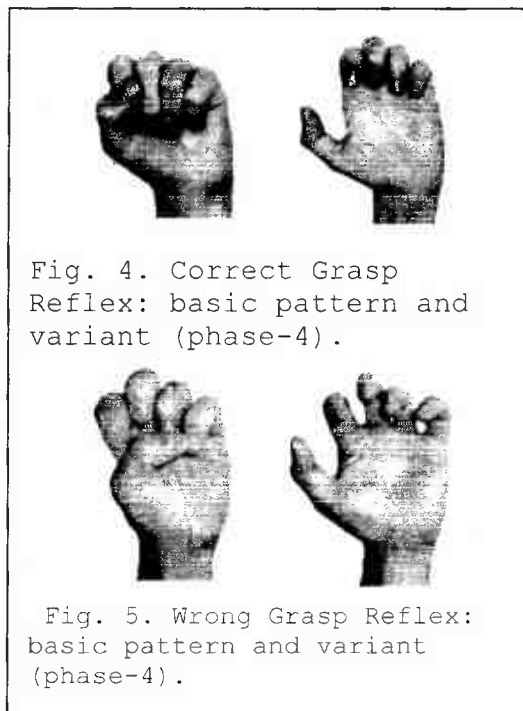
Direction of motion in a reflex response.

Each reflex presents a certain sequence of reactions or movements which finish in a posture or are continued by a motion in a specific direction. Our body posture and muscle system serves to organize these postures and movements.

Timing and dynamic. The reflex circuit works within the sensory input, brain processing, and motor response. The motor response must take approximately 10^{-7} bit/seconds from the moment the sensory stimulations starts. The reaction must happen within a very short time – it must be quick because the priority function of a reflex is to create protection. The delay of a respond in time can postpone the protection needed at any moment and can become the reason for injuries or developmental delays.

Strength of the reaction. This characteristic of a reflex reaction means the physical and energy strength supplied by the appropriate

tone of the muscle/ligaments system. The strength of the muscles serving the functioning of a reflex pattern must reflect the intensity of the stimuli. Hyperactive, hypoactive, or absence of a reaction are inadequate responses.



Symmetry. Motor reaction in a reflex circuit can be evaluated also in the comparison of the bilateral organization of the body and its limbs. Symmetry can be seen in the body structure, direction of the motion of a reflex response, time, and strength of the reaction.

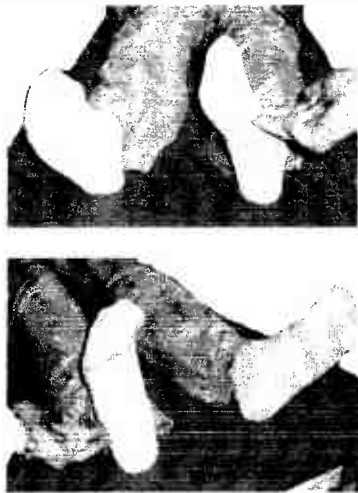


Fig.6. Asymmetry in Babinsky: reaction in left foot is correct direction; right foot is inappropriate response to the sensory stimulus.



Fig. 5. Direction of motion in Hands Supporting Reflex pattern: a) correct and b) asymmetrical/inappropriate

Workshops about our program shows the basis of the work with some reflex patterns such as:

- The "Red and Green Light" Tendon Guard, and Labyrinthine Tonic Neck – for the self-regulating processes for well being,
- The Asymmetrical Tonic Neck – for hearing and memorizing and the development of the proprioceptive system,
- The Symmetrical Tonic Neck, Truck Extension – for body posture control and binocular vision and binaural hearing,
- The Spinal Perezze and Galant – for cross motor coordination development and brain detoxification
- The Eyes Horizontal and Vertical Tracking, Eyes Staring - for vision functioning, reading and writing,
- The Robinson Grasp and Hands Pulling - for supporting writing skills and drawing,
- The Sequential Fingers Opening - for calculation skills and other mathematic skills.

Our research results-- on reflex integration in children and adults with challenges: CP (Cerebral Palsy), Autism and Autistic Spectrum, ADD and ADHD (Attention Deficit Disorder, Attention Deficit and Hyperactive Disorder), Dyslexia and Hyperlexia, Genetic Problems, FAS (Fetal Alcohol Syndrome)—have shown patterns of the dysfunctional reflexes within each group of challenges (look at the table below with results on research with participation of children).

Dysfunctional Reflexes in Groups of Children with Different Challenges (2,990 children, age: 1 -18)

Our program is created for the facilitation of the growth of potential in children and adults with challenges: CP

(Cerebral Palsy), Autism and the Autistic Spectrum, ADD and ADHD (Attention Deficit Disorder, Attention Deficit and Hyperactive Disorder), Dyslexia and Hyperlexia, Genetic Problems, Developmental Delays, and FAS (Fetal Alcohol Syndrome).

The results of our work with individuals with challenges strongly show the importance of appropriate correction procedures of dysfunctions on the level of primary movements and reflexes. They have clearly demonstrated that reflexes are the units of the sensory, motor and proprioceptive systems influencing health, learning and development. Our program demonstrates new possibilities arising from the use of natural resources which awaken the self-regulating process through reflex integration.

Our method is offered as a strong support for the creation of new developmental possibilities and programs for children and adults. Our reflex integration methods involve natural, non-invasive movements that can be easily learned by parents of challenged children, adults, and professionals who work with challenged individuals. These techniques do not require a lot of external resources and simply complement other therapies.

The Masgutova Method includes the following programs:

- Neuro-Structural Reflex Integration
- Tactile System Integration
- Infant Reflex Pattern Re-patterning:
Sensory-Motor Integration of the reflex circuit
- Lifelong Reflex Pattern Re-patterning and Proprioceptive System Activation
- Visual and Auditory Reflexes Integration

- Oral-Facial Reflexes Integration
- Dance-Therapy
- Pet Therapy for Reflex Integration
- Aquatic Reflex Re-patterning
- Art Creation and Reflex

Integration.

This programs are offered by our group of professionals specialized in the Masgutova Method of Neuro-Sensory-Motor and Reflex Integration (www.masgutovamethod.com – Team).

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SVETLANA MASGUTOVA

Received her Ph.D in Developmental and Educational Psychology in 1988. She worked as a lecturer at Universities in Moscow and as a scientific researcher at the Russian Educational Academy. Her doctorate paper on Psychology is based on works by L. Vigotsky, I. Bozovich, I. Dubrovina and N.Tolstykh.

She is currently the Director of the International Dr. Svetlana Masgutova Institute for Movement Development and Reflex Integration™ in Warsaw, and of the Svetlana Masgutova Educational Institute of Neuro-Sensory-Motor and Reflex Integration in the U.S. Svetlana is the author of 85 journal articles on psychology, education, Neuro-Sensory-Motor and Reflex Integration, Educational Kinesiology, Art-Kinesiology™, and movement-based development.

Since 1989, Svetlana has offered leading research on the Neuro-Sensory-Motor and Reflex Integration Methods, and has studied the influence of primary movements on different aspects of development and overall functioning. The main concepts behind her work is to use developmental movement and reflex integration to facilitate sensory processing, emotional recovery, motor-physical and sensory-motor rehabilitation, as well as learning and developmental enrichment.

Dr. Masgutova has received five awards of achievement by Universities in Russia, and in 1996 she received an award from the Educational Kinesiology Foundation (USA) for outstanding results and development of the Educational Kinesiology in Russia. She was also acknowledged through two awards from the parents and specialists in Poland for outstanding results in work with challenged children.

For thirteen years, Svetlana organized and lead experimental work on Developmental Movement and Personality Development in kindergartens, schools, universities and Educational Academy in Russia.

Dr. Masgutova currently lives in Poland and teaches her Neuro-Sensory-Motor and Reflex Integration Programs in Poland and in other countries - Russia, Germany, France, Belgium, Netherlands, Austria, Australia, Sweden, Switzerland, USA, Canada, Israel, Singapore, Argentina, and Hong-Kong.

March 17, 2007.

Svetlana Masgutova, Ph.D.

Nelly Akhmatova, M.D., Prof.

www.masgutovamethod.com

Brian

B.W.

Svetlana Masgutova, Ph.D.
Nelly Akhmatova, M.D., Prof.

CHALLENGE	MAIN REACTION TYPE	SWITCHED OFF REFLEXES		
		AMOUNT	DYNAMIC	POSTURAL
AGGRESSIVE BEHAVIOUR (280)	FIGHT	10 Dynamic: 6 Postural: 4	<ul style="list-style-type: none"> • Grasp (3) • Hands Pulling (6) • Cross Leg Flexion(7) • Thomas Automatic Gate (5) • Moro (8) • Babinsky (6) 	<ul style="list-style-type: none"> • Bonding (1) • Hands Supporting (9) • Asymmetric. Tonic Neck (2) • Labyrinthine Tonic(4)
WORRY AND FEAR (PHOBIAS) (390)	HIDING (FREEZING) AND FLIGHT	16 Dynamic: 8 Postural: 8	<ul style="list-style-type: none"> • Grasp (1) • Hands Pulling (8) • Moro (7) • Cross Leg Flexion (7) • Bauer Crawling (1) • Galant Spinal (3) • Perezze Spinal (2) • Babinsky (7) 	<ul style="list-style-type: none"> • Palmomental (8) • Bonding (7) • Hands Supporting (2) • Symmetrical Tonic Neck (3) • Labyrinthine Tonic (6) • Landau (4) • Flying and Landing (7) • Pavlov Orientation (9)
CHRONIC "LATEBLOOMERS" AND DYSLEXIA (580)	HIDING (FREEZING) AND FLIGHT	12 Dynamic: 5 Postural: 7	<ul style="list-style-type: none"> • Grasp (5) • Hands pulling (8) • Moro (3) • Bauer Crawling (3) • Galant Spinal (7) 	<ul style="list-style-type: none"> • Hands Supporting (6) • Asymmetric. Tonic Neck (1) • Bonding (5) • Symmetrical Tonic Neck (2) • Labyrinthine Tonic (4) • Flying and Landing (7) • Pavlov Orientation (8)
HYPERACTIVITY (480)	FIGHT AND FLIGHT	17 Dynamic: 7 Postural: 10	<ul style="list-style-type: none"> • Grasp (5) • Moro (6) • Cross Leg Flexion (5) • Bauer Crawling (1) • Galant Spinal (3) • Perezze Spinal (4) • Babinsky (9) 	<ul style="list-style-type: none"> • Palmomental (10) • Hands Supporting (9) • Asymmetr. Tonic Neck (10) • Bonding (10) • Symmetrical Tonic Neck (8) • Trunk Extension (2) • Labyrinthine Tonic (7) • Landau (10) • Flying and Landing (4) • Pavlov Orientation (10)

AUTISM (340)	HIDING (FREEZING)	16 Dynamic: 8 Postural: 9	<ul style="list-style-type: none"> • Grasp (8) • Hands Pulling (7) • Moro (7) • Cross Leg Flexion (6) • Bauer Crawling (5) • Thomas Automatic Gate (2) • Pereze Spinal (6) • Babinsky (4) 	<ul style="list-style-type: none"> • Hands Supporting (5) • Bonding (1) • Asymmetric. Tonic Neck (2) • Symmetrical Tonic Neck (3) • Landau (6) • Trunk Extension (2) • Labyrinthine Tonic (1) • Flying and Landing (2) • Pavlov Orientation (7)
CEREBRAL PALSY (420)	HIDING (FREEZING) AND FIGHT	15 Dynamic: 8 Postural: 7	<ul style="list-style-type: none"> • Grasp (4) • Moro (2) • Cross Leg Flexion (5) • Bauer Crawling (5) • Thomas Automatic Gate (4) • Galant Spinal (6) • Pereze Spinal (6) • Babinsky (4) 	<ul style="list-style-type: none"> • Palmomental (10) • Hands Supporting (9) • Asymmetric. Tonic Neck (2) • Symmetrical Tonic Neck (3) • Trunk Extension (2) • Labyrinthine Tonic (1) • Flying and Landing (2)
DELAYED DEVELOPMENT (380)	HIDING (FREEZING)	11 Dynamic: 5 Postural: 6	<ul style="list-style-type: none"> • Grasp (6) • Bauer Crawling (2) • Thomas Automatic Gate (3) • Galant Spinal (7) • Pereze Spinal (6) 	<ul style="list-style-type: none"> • Palmomental (1) • Asymmetric. Tonic Neck (1) • Symmetrical Tonic Neck (5) • Labyrinthine Tonic (4) • Flying and Landing (8) • Pavlov Orientation (4)
FETAL ALCOHOL SYNDROME (120)	HIDING (FREEZING)	12 Dynamic: 6 Postural: 6	<ul style="list-style-type: none"> • Grasp (3) • Bauer Crawling (2) • Thomas Automatic Gate (3) • Galant Spinal (2) • Pereze Spinal (2) 	<ul style="list-style-type: none"> • Palmomental (1) • Asymmetric. Tonic Neck (1) • Symmetrical Tonic Neck (3) • Labyrinthine Tonic (4) • Flying and Landing (8) • Pavlov Orientation (4) • Bonding (1)



VIBRATIONAL REMEDIES CLEAR INHERITED DISEASES

David Alan Slater

David Alan Slater is the founder of Healers Who Share, a company in Westminster, CO that makes vibrational remedies. It is now believed to be the largest source of vibrational remedies in the world with offices in the US, Canada, Germany, Norway and Australia.

Vibrational remedies work by taking into the body the same vibration of the targeted problem, similar to homeopathy. It follows a physical and metaphysical law of the progress from density to lightness. The same vibration of the solid problem/pathogen in wave form will break down the substance from a solid to a liquid to a vapor. By changing form it will not harm you. Just as a hailstone can harm you in solid form, it will not harm you in rain form or mist form.

HWS has pioneered a principle of miasms. Miasms are weaknesses in our bodies based on the sicknesses of ancestors. They are the basis of issues that run in the family and the basis of most diseases. In more technical terms a miasm is an electrical suppression of the DNA. We found that vibrational remedies can remove the miasmatic suppression on the DNA for a lifetime.

Contrary to current scientific thinking the DNA turns out not to be "damaged", but only suppressed. Instead of making gene transplants as a cure for inherited diseases, miasmatic-based remedies can free the DNA of the suppression so it

will revert to the correct construction of what was once diseased.

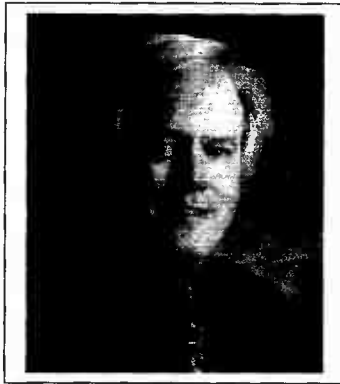
Since 1995, we have shown permanent results with such incurable diseases as Asthma, Crohn's, Emphysema, Diabetes, Ankylosing Spondylosis, Leukemia, Tourette's, Autism, Alzheimer's, etc. The number of successes for each disease runs from hundreds to thousands. Infections are exact and easy including tuberculosis, genital herpes, STDs, shingles, intestinal infections, parasites. The speaker has used the remedies to cure himself of 6 forms of Leukemia, 3 forms of Porphyria, Myasthenia Gravis, lung cancer and thyroid cancer.

We teach practitioners how to use our remedies in their work for permanent results with their clients. All material is based on original research and results. Our conference lecture is a combination of a few new and old lessons taught in our courses. It encompasses the effect of miasmically distorted bones and their effect on the function of the body. Amongst the material is:

- (1) The bone structural cause and cure of Polycystic Breast Syndrome and Polycystic Ovary Syndrome. This material includes the cause of menstrual headaches, depletion of the adrenals and the moods that come with them.

D Slater Vibrational Remedies Clear Inherited Diseases

- (2) Scoliosis of different bones in the head. This material includes how they effect emotions, some unwanted mental quirks, proclivities you might want to change, emotional insecurity and intelligence.
- (3) Common Scoliosis, Ankylosing Spondylitis, Lupus, Rheumatoid Arthritis, Osteo Arthritis, sore backs, the non-massage cure of sore necks and shoulders, Slipped Discs, effective alternative cures instead of knee replacements, hip replacements and rotator cuff problems.
- (4) Questions and answers for a variety of non-bone issues, time permitting.



Energy Medicine: Why You Can Do What You Do

James Oschman Ph.D.

Abstract:

The thesis of this paper is that the new energy psychology techniques are effective because of the subtle ways they address consciousness residing within the living matrix. The intention is not to downplay the role of the nervous system and traditional psychoanalysis, but, instead, to describe and begin to explore this second system that has important roles in the development of the conscious present. The new techniques of energy psychology are providing additional evidence of the properties of this system.

Excerpts taken from: *Journal of Bodywork and Movement Therapies*, 2006 10, 21-34.

To summarize, there is a substantial theoretical and experimental basis for the storage and movement and processing of information and energy within the microscopic internal skeletons of cells of supposedly simple organisms as well as all of the cells in the human body. And these properties extend beyond the cell, to the extracellular matrix.

Matrix/neurology relationship in trauma

Now we recall the question from the introduction: where and when do the neurological and matrix consciousness interact with each other? In the context of psychology and psychotherapy, this question becomes one of the locations of the “defenses” or “barriers” that prevent the subconscious mind from expressing itself. The idea that this is a barrier is a definite mind-set in

terms of exploring the interface. The “defenses” could also be more optimistically referred to conceptually as interfaces between our two “minds” that can be porous rather than impenetrable. If this is the case, it will have implications both for our understanding of where traumatic memories reside within the organism and for the application of our insights and intuitions in the therapeutic process.

One can look for the anatomical places where the two systems, the two “minds”, the nervous system and the living matrix, interface with each other. The situation has some analogies with the search for the engram, which turned out to be everywhere. The living matrix system makes up the nervous system as well as the perineural connective tissue

surrounding every neuron. The matrix is therefore everywhere physically and functionally continuous with neurons and all of their parts. It should therefore not be difficult for the nervous system to “listen” to the living matrix, and vice versa, for the matrix to “listen” to neuronal processes. This “listening” can involve the matrix keeping tabs on the larger scale phenomena such as the conduction of action potentials and synaptic transmission, as well as the more subtle processes, including those taking place in the cytoskeleton, nucleus and at the quantum level.

Energy Medicine in Therapeutics and Human Performance (Oschman, 2003) summarizes evidence that the living matrix system has the capability of sensing and responding with appropriate movements in situations where very fast reactions are required. This happens in athletic events and other performances when complex decisions must be made extremely rapidly, or where the functions of various systems in the body must be perfectly coordinated. The matrix, it has been proposed, is also the “first responder” when the organism is faced with a life-or-death situation or a trauma such as physical or emotional abuse. Following this logic, it can be suggested that emotional trauma is first registered by the matrix rather than by the nervous system. This can expand the focus of trauma therapy from the nervous system to the entire body. It is possible that the tedious nature of traditional psychotherapy, in contrast to energy psychology, may be due to the fact that psychotherapy indirectly addresses the places where traumatic memories reside. The traumatic lesion or emotional memory may not, in fact, reside in the nervous system, but in the living matrix.

Figure 3 provides a conceptual scheme of the temporal interactions between the matrix, shown on the left, and the nervous system, on the right.

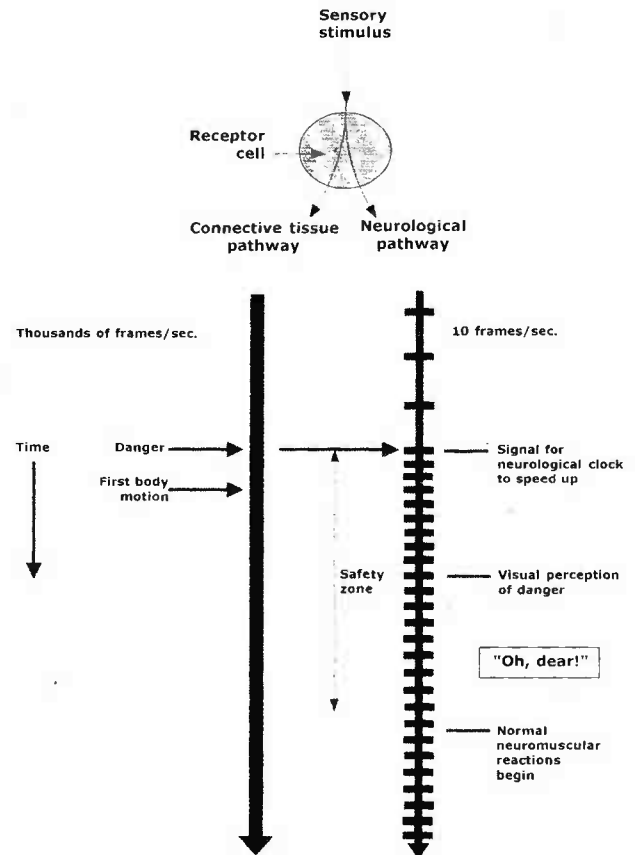


Figure 3 A conceptual scheme of the temporal interactions between events taking place in the matrix, shown on the left, and the nervous system, on the right. It is proposed that all sensory information detected by receptors splits into the two pathways shown at the top of the diagram. The matrix is faster than the nervous system and therefore serves as an early warning system, capable of sensing impending events before sensory signals have reached conscious awareness. This is the system that stores physical and emotional trauma and is the place to focus trauma therapy. For details, see the text.

The diagram at the top shows how information detected by a sensory receptor activates two pathways. The pathway to the right is the well-known neurological circuit that can send a message to the brain or to other parts of the nervous system. The pathway to the left takes the same signal into the connective tissue/living matrix system. This is referred to as "the continuum pathway" because it can be propagated throughout the body (Oschman, 2003).

It is proposed that the matrix is the "early warning system", capable of sensing impending events before sensory signals have reached conscious awareness. It is further suggested that the matrix can initiate appropriate movements via direct energetic pathways to the muscles.

The conduction velocity and the fast "clock" or pacemaker for the matrix enables it to detect events in the environment far faster than the nervous system. In times of danger, extreme trauma, emergency or in a crucial moment in any performance, the "awareness" of the situation and body reactions arise first in the matrix. After a finite delay, the nervous system is activated. In times of crisis, the neurological clock speeds up, increasing the number of conscious frames per second. Because more frames are occurring per second, the experience is of "time slowing down". It takes a fraction of a second for the visual system to form an image of the impending danger and a bit longer for the seriousness of the situation to reach conscious awareness, shown in Fig. 3 as "Oh, dear!" There is a further delay before the onset of neuromuscular reactions to the situation. The living matrix, then, provides a "safety zone" that enables the body to begin responding to an impending crisis before the nervous system is engaged.

In his book, *Trauma Energetics: A Study of Heid-Energy Systems*, Redpath (1995) noted that the trauma of an event is set in place in the fraction of a second before we are consciously aware of it. Years later, this energetic "signature" of the event continues to be referenced in the formation of every conscious moment, as described in Brown's Microgenesis theory. Oschman (2003) suggested that the energetic signature" of a trauma is recorded prior to conscious awareness of the event, in the living matrix, outside of the thought and speech centers of the brain. Successful trauma resolution then depends less on recalling and verbalizing the neurological "records" of the event than it does on finding the record laid down in the connective tissue and cells of the living matrix the instant before the event was consciously experienced. The success of hands-on methods in resolving emotional trauma then arises from meaningful interactions with the tissues where the traumatic structural patterns and cellular memories reside. Details of this concept are provided elsewhere (Oschman and Oschman, 1994a, b; Oschman, 2003).

References :

Refer to the numerous references from the original article on www.sciencedirect.com called Trauma energetics, James L. Oschman, Phd. Journal of Bodywork and Movement Therapies, 2006, 10, 21-34.

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The History of Kinesiology Theory

Carrie Thie & Matthew Thie

(CPT= Carrie Thie, MAT= Matthew Thie)

MAT:

How did you first “get involved” with Kinesiology? Why did you want to do this type of work?

CPT:

My grandfather on my mother’s side was a Methodist minister, and so it was always part of our attitude in our family that we had the role of helping in the community and attending to people to make their lives better. On my father’s side, my Grandmother was a midwife and was considered to have a special gift of “presence” and often attended people in time of need, particularly sitting with people through the dying process, what today would be considered Hospice care. My mother was a Block Mother in World War II and hosted the Red Cross trainings in our home. So I grew up with the model of the helper role, and always had the intention of following this type of social helper role for myself.

When John and I met, we found we had a common seriousness about wanting to dedicate our lives to making the world a better place in whatever way we could. I was studying psychology and child development, John was actually studying Law, but later decided to become a chiropractor.

John’s parents, John C. Thie and Mary Thie, were second generation immigrants from Poland and always looked for ways that they could help “the little guy” to succeed in this country. John C. Thie was a naturopath and chiropractor and developed a nutritional program which he called “A New Approach to Therapy.” He formulated his own line of nutritional supplements and both John and I worked for his company and got to know many chiropractors and physicians in California.

The Holistic tradition of chiropractic, and John’s father’s clinical knowledge and philosophy were a major influence on our growing vision for the work we wanted to do together. Early on we were exposed to many of the various ideas and techniques that chiropractors were using. So when we first heard about Dr. George Goodheart’s ideas of Applied Kinesiology, we quickly recognized that this was something different, and as John began to use it in his chiropractic practice he saw that this was amazing work.

MAT:

What did you think of all this “muscle-testing” and “energy-balancing” stuff?

CPT:

I was already pretty grounded in the benefits of chiropractic through my own observations of the changes in the lives of many patients at John's chiropractic clinic. When I saw the rapid changes in muscle response and the rapid shifts in posture, I was so amazed that at first it seemed unbelievable or miraculous. Over time, the consistency of the results made it more of an everyday thing for me. Part of what made it easier to understand was to move beyond the structural model to more of an energetic model of understanding human beings, and the transformative power of focusing on the positive, what we would call *Wellness* today. This was an era in which there was an initial awareness of TCM and Acupuncture with the opening up of China, and the beginning of the awareness of importance of self-esteem and the effects of stress in popular culture and health care.

MAT:

How did **TFH** specifically get started? What was the original idea? What was the concept or theory, and how did that work out in practice?

CPT:

The original idea was that we need healthy families as the basis of a healthy society. Just as we need to brush our teeth everyday to maintain health, we learned from Virginia Satir that we need a certain number of hugs per day, we need emotional support and opportunities to develop a vision of our own health, and we also need a role in maintaining and developing *Wellness* at the grassroots level within families. We loved the model of passing on fundamental information through an "each one teach one approach." Based

on the **Effective Communication Skills** that we learned from Virginia Satir, Yetta Bernhard, and Thomas Gordon, together with the muscle balancing principles of Goodheart's Applied Kinesiology, we developed a program called "Health from Within," which was meant to be a basic, safe program for lay people (for anyone), regardless of previous training or education.

As we developed the **TFH** training program and put together the book **Touch for Health**, we mainly emphasized the "bodywork" aspect of what we were doing, together with the model of balancing energy from TCM. The communication skills informed the process of teaching, but were not formally presented to students until they reached the Advanced Training for potential instructors of the basic program.

This program of teaching lay people has been repeated and spread all over the world during the last 30 years, and many people have adopted it as a health maintenance tool in their families AND this work has been adopted by so many different kinds of professionals from MDs, psychologists, school teachers, massage therapists, to chiropractors, etc. The concept and way of working has been embodied in so many creative ways through all of the additional Energy Kinesiology systems, and there is now the emerging profession of Energy Kinesiologist, which I believe will allow for continued growth of the awareness of this work, and its adoption by more families and individuals for self-care, and the improved health of the human family.

MAT:

What are some stories of things you've seen happen with **TFH/K**?

CPT:

I have countless stories, far more than I can even remember. One example, there was a man in his fifties, a father of a child with Down's syndrome. His goal for the boy was for him to be able to do basic things for a smooth transition into the mainstream classroom in school. The boy not only learned to button his pants, but achieved very high functioning in his classroom; and when his father became a chiropractor, the son went to work as his assistant in the clinic.

MAT:

Do you have some stories about how this work has helped *you* personally?

CPT:

Living with John Thie was always an ongoing learning, mind-stretching experience. I kidded John that his middle name was "Next," because of his enthusiasm for brainstorming and launching into new projects. **TFH** has been a road of ongoing personal development, and lots of exciting work.

MAT:

What type of conditions have you seen successfully treated with **TFH**?

CPT:

As a byproduct of helping a lot of people, many "conditions" have been overcome. The word "condition" suggests the medical, disease model, which has *not* been the focus of **Touch for Health**. Rather we focus on each person living their own unique life. Helping to balance people to achieve their life goals seems to be a better way

of improving health in general, rather than focusing on treatment of disease.

MAT:

Why is there this division in **TFH** between the Diagnostic Model and the Holistic Model?

CPT:

First of all, many of us using **TFH** do not have a license to diagnose, and we legally may *not* do diagnosis. Nor are we interested studying pathology. We continue to search for a vocabulary that is an alternative to doctor/patient or practitioner/client, which spans the various contexts of kinesiology (home, seminars, workshops, peer groups, clinical settings). Perhaps we need to go back to Martin Buber's concept of "I and Thou." Rather than assume that we can analyze and fix what's wrong with other people, we take on an expert supporting role in helping people develop *WHO* they are and *WHAT* they want to *BE*. Balancing their energy so that their natural life processes can function most efficiently and effectively.

MAT:

Do you do muscle testing and energy balancing even TODAY?

CPT:

My role over the years has been more in a support capacity for the teaching and training that John and now Matthew do. I have often contributed to instruction, especially on my favorite topic of **Effective Communication Skills**. My personal practice has included the balancing work that John and I did together and to an even greater degree, a lot of work in joyous visioneering-conversation, healing prayer, and spiritual development through our study

and participation in our local church and various evangelical programs.

One of the adventures that John and I began together was to help organize a Prayer and Healing ministry at the MUMC which incorporates some singing, some inspirational readings and **TFH** balancing and surrogate balancing as a healing modality in the context of the healing tradition of the church.

MAT:

What have you personally seen that really works to effective to share this work with the general public?

CPT:

I think that really, the most effective way to spread this work is to do the work of being an authentic friend to the people who are part of your life. It all grows from the individual connections through our own authentic, genuine experience of life, and the benefits of this work. Gossip spreads from person to person quite effectively, and in perhaps a slower, but more profound way, we create true awareness one person at a time through our shared experiences of appreciating and developing our own lives. It's really a way of being, rather than a product.

That doesn't mean that I am against good PR, press releases, radio interviews, and plenty of advertising, I have done a whole lot of that for over 50 years. I know it's important for getting the word out. But, at the end of the day, what gives this work sustainability is its actual practical use.