

The background of the entire poster is a deep blue space filled with numerous white stars of varying sizes. In the center, two hands are shown from the wrist up, palms facing each other, holding a bright, glowing white and yellow orb. The hands are illuminated from within, giving them a warm, golden-brown hue. The orb they hold is the brightest element, radiating light. In the bottom left corner, there is a small, faint image of a spiral galaxy.

Wellness for all

July 5-8, 2012
Annual Conference
Hyatt Lodge
Chicago

Touch for Health
37th Annual TFH Conference

Touch for Health Kinesiology Association



presenting

Wellness for all

Touch for Health
2012 Annual Conference
Chicago — July 5-8, 2012

TFHKA

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The papers presented in this Journal reflect the opinions of the authors. Some articles may not conform to the policies set forth by the Touch for Health Kinesiology Association.

This Journal is intended to provide educational and research information on vital energy balancing techniques that have been successfully used to reduce stress and pain. This Journal is not intended to provide medical diagnostic information, and the exercises presented herein are not intended to replace medical treatment where such is indicated.

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July 5, 2012

Greetings to all TFHKA conference attendees!

We are pleased to bring this conference to the Midwest, where the summers are hot, the pizza is deep, and the water is unsalted! (Of course, I am referring to Lake Michigan.) There is so much to see and do in Chicago; I hope you are planning to stay a couple of extra days and take in the Shedd Aquarium, the Art Institute, the Navy Pier, or a Cubs game at Wrigley Field.

Whatever you do, don't skip out on this once in a lifetime conference to go to the above attractions. The speakers here are too good to miss. We kick off with Donna Eden on the first night! Friday night Matthew Thie will be taking us through a guided experience using tried and true Touch For Health techniques and Saturday morning Dr. Deal will once again share with us the latest in Applied Kinesiology.

We have plenty new and different presentations as well! We have Darren Weissman, DC, developer of The LifeLine Technique®, Steve Bhaerman, co-author of Spontaneous Evolution: Our Positive Future and a Way to Get There From Here, and you don't want to miss the banquet this year, since Swami Beyondananda will be making an appearance. No doubt about it, this year's banquet is jam packed with great speakers and important topics.

With all the choices available to you, I am grateful you chose to be with us this summer. Touch For Health lives on, even in the Midwest! We are evolving. We have some exciting news to share at our annual meeting, so, please don't miss it.

Thirty-one years ago, I came to Chicago to take part in an Instructor Training Workshop that changed my life forever. I never tire of sharing these simple, yet miraculous techniques. Touch For Health could be likened to a "gateway drug". You take a TFH class and it might lead you down the road deeper into things like Biokinesiology, or Applied Physiology, or one might choose to study Energy Medicine with Donna Eden. There are those, however, who choose to stick with the milder, simpler techniques of TFH. It doesn't have to be a gateway drug. It does the job on its own! Either is ok, but if you find yourself going down the pathway of another kinesiology, don't forget your roots. Please, support us, stay members, get your fellow kinesios to become members, and come back yearly to this annual gathering of likeminded folk to learn, network, and have fun.

For those attendees who may have never attended a Touch For Health class, welcome! There is plenty here to enrich your knowledge of your flavor of energy medicine and I hope you also get a taste of Touch For Health that leaves you hungering for more.

To your health,

Darcy Lewis

TFHKA President

Touch For Health Kinesiology is a non-invasive method, using muscle bio-feedback and body awareness that can help you to reduce stress and pain, improve performance at school, work and home, in sports, in relationships and promote health and wellbeing.

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EDEN ENERGY MEDICINE



THE RADIANT CIRCUITS

By Donna Eden
with David Feinstein, Ph. D



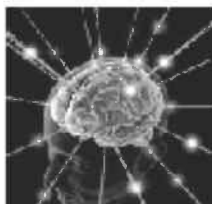
INTRODUCTION TO THE RADIANT CIRCUITS



The Radiant Circuits are about joy!!!! They also instill strength, resilience, spontaneous healing, and vitality in the body. These energies are a precious resource, and it is the body's design that they jump to wherever they are most needed. Beyond doing repair work, these are also primary energies in exhilaration, falling in love, orgasm, hope, gratitude, rapture, and spiritual ecstasy.

The Radiant Circuits are also called the "strange flows," "collector meridians," or "extraordinary vessels" in ancient Chinese medicine. More contemporary titles I've seen used are the "glad glows," "funky flows," and "joy generators." And these are, indeed, how I see them myself!! But they are not exactly flows, meridians, or vessels. More like hyperlinks on the web, they jump instantly to wherever they are about to travel. All of the body's energy systems are linked through them, and energetic deficiencies and excesses regulated. Because they are associated with the awakening of psychic abilities and the capacity to channel healing energies into the body, they were also sometimes called the "psychic channels."

Looking for a more accurate and broadly descriptive name for these critically important, yet largely misunderstood and under-appreciated energies, we chose the term "radiant" because people who see energy experience this force as carrying a radiant glow. And we chose the term "circuits" because one of their most important functions is to create instant circuits that distribute energies. They bring a radiant charge as they make their connections throughout the body. They also connect us with vital energies in the universe. Just as they literally have a radiant appearance to people who are able to see energies, they bring a radiant, joyful, uplifting quality to all they touch.



"Neuroplasticity" is a new buzzword in psychology, medicine, and education. Your experiences alter your brain throughout your life. Old dogs *can* learn new tricks. By feeding your brain lots of Radiant Circuit experiences, you repattern brain pathways so you become more joyous at your neurological foundations.

The Nature of the Radiant Circuits

- The Radiant Circuits, serving as "inner wells of joy," support vibrancy and harmony throughout the entire body-energy system.
- Working with the Radiant Circuits can change a person's future, orienting the psyche toward joy rather than despair.
- They can be marshaled for overcoming self-sabotage and negative thinking.
- They bring us in contact with our "core self," showing us how healthy functioning felt before life's inevitable woundings.
- By countering the Triple Warmer system's lock on habitual thought and behavioral patterns, they can help people trapped in dysfunctional habits to change them.
- And to the degree we can cause our Radiant Circuits to be activated more consistently, we can achieve greater inner peace and enjoyment of life.





Story: Strengthening The Circuits of Joy

A woman who suffered with periodic bouts of severe depression had been treated over a period of years with unsuccessful talk and drug therapies. She believed that if she were able to heal the torments from her past, her depression would lift. She responded well to chakra work. Over several months, distasteful or forgotten scenes from her childhood would emerge and the traumatic energies associated with them were purged.

It seemed she had energetically cleared truckloads of bad memories she had not been able to release through talk therapy, but she was enormously disappointed with the outcome. While she was no longer so entangled with the traumas from her past, they were not replaced by any kind of happiness. When she was caught in her old story, she at least felt an intensity when she would cry and wail and go to pieces. Now nothing made her feel animated.

I could see that her energies were gridlocked. Over the years, they had spiraled down into extreme life-negating patterns. Her Radiant Circuits were hardly even moving, and when I looked at her energies, I could see no radiance anywhere in her body. Her energies had a uniform dull appearance. Even after the significant, desirable healing of her childhood wounds, her body was simply unable to come out of its deadness. Constant tension and negative thinking had become habitual and were deeply ingrained. In fact, she hated the idea of "positive thinking" and was irritated by people like me who seemed "too happy."

She certainly wasn't going to look foolish by acting happy, but she longed for more passion and a sense of aliveness. As the inner deadness persisted, she went into even greater despair. Her treatment progress ceased and her disappointment and negative thinking began to dominate the sessions. We reached a point where I wouldn't even let her talk during the treatments so she would stop countering the energy work with incessant negative patter. This was some 30 years ago, and I'd not had much experience at that point working with the radiant energies, but I decided to experiment.

As I applied techniques for activating her Radiant Circuits, the first thing to happen was that tension would leave her body. This allowed the radiant energies to begin to move, which literally began to flush the negative energies from her system. Then she would feel something akin to happiness well up from inside her. It was an odd sensation for her. She knew glimpses of happiness from when she would receive a compliment or something good happened in her life, but this was coming from within. From one session to the next, the feeling would remain longer. She had been using marijuana and other drugs to get high, and activating the Radiant Circuits gave her the same feeling. This amazed her.

It was hardly an instant cure, but she was hardly an easy case. It is necessary to build the radiant pathways because the body's habit is for the energies to gravitate toward a negative polarity. And it is hard not to feel negative when this is the energetic foundation of your emotions. With persistence, including daily use of the Anchor and Wander technique (which you will be learning), the pathways did rebuild. Her bouts of depression gradually ceased, her pessimism shifted, and she became more upbeat in both her mood and her character.

A Brief History of the Radiant Circuits

The radiant energies were first described in ancient Chinese texts dating back some 4,500 years and their use continues to be reported within the clinical literatures of acupuncture, acupressure, Jin Shin Do, qigong, and shiatsu. A study reportedly conducted in China and subsequently suppressed found that treatments which focused on the radiant energies were "far more effective than those of the traditional Chinese protocols."

The Radiant Circuits appear to predate the meridians and are the first energy circuit to appear in the developing fetus. I believe, in fact, that a meridian is a pathway that was once, in the course of evolution, a Radiant Circuit. While I can see both the meridians and Radiant Circuits in humans and animals (actually, all nine energy systems), I cannot see meridians in simpler organisms, only the Radiant Circuits. As creatures became more complex, radiant energies that moved along the same lines day after day, generation after generation, plausibly formed the meridians. The Radiant Circuits still serve as a reservoir. If the meridian system needs more energy, it turns to the Radiant Circuits.



Meridians	Radiant Circuits
1. Meridians are the energy equivalent of riverbeds.	1. Radiant energies have no fixed pathways.
2. Meridians are habits of energy movement that have become entrenched in the body's energy system.	2. Radiant Circuits spontaneously jump to wherever they are needed.
3. A meridian is highly efficient for specific, repetitive tasks.	3. Radiant Circuits are capable of intelligent choice.
4. Meridians accomplish more narrowly defined tasks. They appear capable of doing these tasks with intelligence and efficiency, but their creative problem-solving abilities are limited to their own pathways.	4. The Radiant Circuits exhibit strong creative problem-solving abilities.
5. Meridians flow in set channels that are consistent from year to year and person to person.	5. The Radiant Circuits flow in a pattern that responds to the body's needs and to thought.
6. The points on meridians will always be in relatively the same location on everybody.	6. The Radiant Circuits are not fixed. The more you use or activate your Radiant Circuits, the more they will be available to you. One person's radiant energies can also activate radiance in another.

The Radiant Circuits not only connect the energies within our body, they attract us to, and attract to us, uplifting circumstances and events in the outer world. Their involvement in psychic phenomena is another reason the Chinese physicians applied the word "extraordinary" to them. Developing the radiant energy system is a path toward developing greater intuition and psychic ability.

Reasons to Focus on the Radiant Circuits

Emotions, thoughts, and beliefs exist in the body's energies, influencing every cell in their own ways. Some become so deeply embedded that they seem to carry the authority of absolute truth, settling into the person's deepest perspectives about life. Initiating shifts in these deep habits and states of mind, even if they are clearly dysfunctional, can be deceptively difficult. But activating the Radiant Circuits *can* shift these deep habits!!!!

The radiant energies can be particularly helpful if depression or negativity are persistent themes in the person's life, if the person is "caught in the past," if they are ruminating about or re-enacting earlier trauma, if certain habits of thought or patterns of behavior are particularly resistant to change, or if other techniques lead to improvement but the improvement does not last.

It may be necessary to focus upon other energy systems as well, but often enough, when the radiant energies are given a powerful boost, all the systems are affected. Consider giving special attention to the Radiant Circuits:

■ **If Negativity is a Persistent Theme in the Person's Life.** Because the Radiant Circuits are a distinctly "positive" energy, they erode negativity and leave a positive, optimistic, hopeful psychological imprint. They help meridians and chakras connect, allowing for pathways of release.

■ **To Overcome Resistant Habits.** Energy habits are part of the body's survival strategy that operates far beneath the conscious mind. These are usually governed by Triple Warmer (responsible for our fight-flight-or-freeze response). Radiant Circuits are powerful enough to shift TW and are able to initiate changes in habits. And because of the way they permeate the cells, the information carried by the Radiant Circuits is spread as the cells replicate.

■ **When Caught in the Past.** Even if the energy system is holding onto a habit, a belief, or a dream that is no longer viable, hooking up the Radiant Circuits as the client thinks about such issues forges a fresh pathway that allows a new truth to become embodied.

■ **When Other Corrections Won't Hold.** When energy treatments result in improvements but the improvements are short-lived, older energy habits may be winning the battle. Activating the Radiant Circuits can weave the corrections and the person will be less vulnerable to the way other influences tend to engage old habits or activate past fears and trauma.

■ **When Feeling Disconnected from Self, Others, and God or Spirituality.** Each of the Circuits deepens experience, intensifies gratitude, and brings more wonder and awe into one's life.

■ **When Life Seems Only What You Can Touch, Feel, or Smell.** Intuition and psychic phenomenon can awaken organically as the Radiant Circuits are engaged more and more.

■ **At the End of a Good Treatment Session.** When the body is open, receptive, and in harmony, hooking up the Radiant Circuits reinforces this state while instilling further openness, receptivity, and harmony.



Ways We Naturally Activate the Radiant Circuits

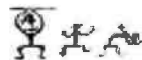
The Radiant Circuits can set off waves of energy that feel good. At the same time, they connect the meridian lines, make the chakras spin, and engage all of the other energies. But they do not lend themselves easily to formulas. The "formula" is to model oneself after the radiant energy itself, which is to be utterly spontaneous. Think of a surge of excitement, falling in love, becoming enchanted. The Radiant Circuits are the polar opposite of "staying on track."

Many things we do naturally and spontaneously activate the Radiant Circuits.

Joy Begets Joy

- When you smile from a deep natural space, it sends joy all the way down to your soul and up again. A deep smile is not an ornament or a mask. It engages your radiant energies.
- So does listening to music you love, being overtaken by beauty, reveling in nature, laughing uncontrollably, abandoning yourself to play, love, or dance.
- As does anything that moves out negative thoughts, painful emotions, or stagnant energies. This includes exercise, laughter, or energy techniques such as "Expelling the Venom."

But it is also the case that "if you don't use it," you *really do* lose it. The radiant energies can become stagnant and unable to easily move to where they are needed. This is the plight of many of us today where work, computer screens, and passive entertainment have taken precedence over deeper pleasures. The more the Radiant Circuits are exercised, the more available they are to you.



Story: A Path to Renewal



A man came for a session with his two little boys because it was his turn to take care of them. He was the pastor of a large progressive church in town, but his ministerial persona was crumbling. He was desperate inside, and he had become harsh and brittle with others. His temper was easily provoked, particularly by those closest to him. This was his first session. A story emerged. He was separated from his wife and they were deciding whether to divorce. Years earlier, they had a son who died when he was two. The man was trying to get his spirit back and to get relief from the pain and anger he was carrying. He knew it was hurting the boys. He did not think there was a chance for his marriage.

He was talking a mile a minute. When energy goes out like that, the person isn't able to receive. Incoming energies are literally being blocked by the pressured speech. Usually in a situation like this, I begin by "unscrambling" the force fields. But I had an instinct to go right to his radiant energies. I began holding points that stimulate the Radiant Circuits and connect them with one another so the entire radiant system is activated. He immediately fell silent and began to relax. It was as if he were taking in the most soothing nourishment. After a time, he began to cry and cry.

The boys came in concerned that I was hurting their daddy. But he was so soft when they came in, which was such a relief from the harshness they'd been living with, that they started laughing and laughing and laughing. And it made him laugh as well. I was just holding points. That's all I was doing. All three of them became relaxed. I got the boys to go back into the other room. Then the man began to shake. His tremors were so violent that it was one of those rare times I wanted to intervene in a natural process. I began to make him stop. He said, "No," so I let him be. He just kept shaking and releasing. Then he became still, and it looked like he was in bliss.

We worked with the radiant energies in each of his next several sessions, but from that first session, his demeanor changed, particularly with his wife. He had never realized why he was so angry with her. But as he softened and they began to communicate, he discovered that he had (irrationally) been holding her responsible for the death of their son. He'd never uttered this thought, even to himself, and this unacknowledged blame/rage was the domino that resulted in his retreat into a brittle shell.

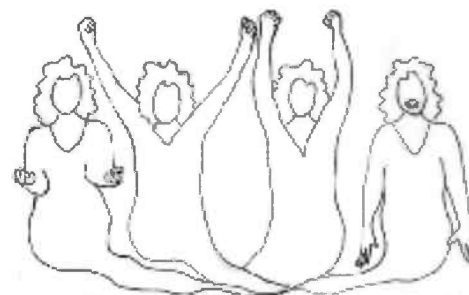
Three Easy Turn-Ons (to activate the Radiant Circuits)

Three simple ways of turning on the radiant energies (requiring less than 3 minutes each) are:

- 1) **Blow Out, Zip-up, and Hook-up**
- 2) **Butt in the Air**

This pose replaces stress with a sense of safety, security, and an "all is well" feeling—just as it did when you were a baby.

- a) If, and only if it is comfortable, kneel down on all fours with your knees on the floor, push back so your butt is resting on your heels, and bring your hands by your sides as you gently lower your head to the ground.
- b) Again, only if it is comfortable, move your body and your head forward and lay your face to one side so your butt can go higher, resting like a baby.
- c) Hold this position for about 2 – 3 minutes.
- d) Use the time to meditate, contemplating on a positive thought or image, or just let your mind go.



Expelling the Venom / "Blow Out"

3) **Dancing to the Eights**

Like the double helix of DNA, the figure-eight is one of nature's most basic patterns.

Weaving your energies in figure-eight curves activates the Radiant Circuits and brings the body into greater health and vitality.

Put on music and do Figure 8s with your hips, then with your arms. Flow freely, move your entire body and create as many small and large Figure 8 patterns as feel good to you.



The Individual Radiant Circuits

Activating Individual Circuits

Individual Radiant Circuits have, over evolutionary time, taken on specific roles and serve different functions. So you can bring about changes in habits that are entrenched not only in your psyche but also in your body by focusing on and strengthening the action of specific Radiant Circuits.

Radiant Circuit Locations

Even though various works (including this one) provide charts for the location of the Radiant Circuits, these are ultimately misleading. The radiant energies do indeed concentrate on specific lines along the body, but that is while they are relatively dormant. When they are active—and that is where the action is—they may go anywhere, and their paths cannot be reliably charted.

Tracing the Radiant Circuits

When tracing any of the Radiant Circuits, find the figure for the Circuit you wish to trace and with the slow, full contact of your hands or those of your partner, follow the solid lines in the diagram, generally moving from top to bottom.

Synchronizing the tracing with your breath is a good practice when working with the Radiant Circuits. Playing music or simply thinking of things that are fun or inspirational can also be good adjuncts while tracing Radiant Circuits. Anything that brings more presence and joy to the techniques adds to their radiant effects.



The Yin and Yang Regulator Circuits

The front (yin) and back (yang) Regulator Circuits regulate all the energetic and physiological systems including circulation, hormones, and immune function.

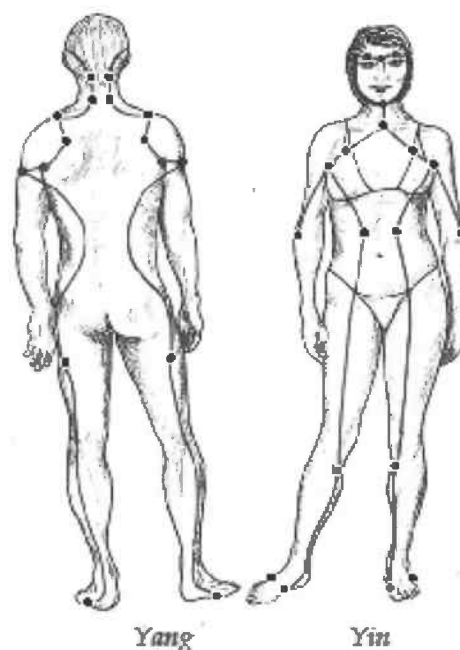
They help your body adapt to the endless challenges of internal and external changes.

Hormonal imbalances and the emotional turmoil that may follow can be addressed by working with the Regulator Circuits.

TRACING REGULATOR CIRCUITS (Emotions, weight, hormones, temperature, blood pressure)

Yin Regulator Circuit:

1. Rest fingers on eyes, face in palms, and take a deep breath.
2. Trace a heart on the face to the chin and pull straight down the neck to the top of sternum.



3. Cross arms and pull the energy firmly down the arms. Hold at the elbows for one deep breath.
4. Uncross arms and place hands on either side of the upper chest.
5. With flat hands, trace down to the inside bottom of the ribcage.
6. Continue down to inside of the knees, then over the top of the feet and squeeze the sides of feet (Spleen and Bladder).

Yang Regulator Circuit:

1. Lay fingers over eyes, elbows out to the side and hold for the length of one deep breath.
2. Pull fingers over the eyes and slide to the temples.
3. Trace around behind the ears and down the back of the neck.
4. Hang on the shoulders for the length of one deep breath.
5. Cross the arms, holding the outer arm and push in with the fingers for the length of one deep breath.
6. Uncross the arms, take them to the mid-upper back with flat hands.
7. Trace in at the back, out at the hips, straight down with the hands on the sides and back of the legs to the outer ankle. Tweak the Achilles heel.
8. Pull your elbows out from your body so you get a stretch across your upper back, and hold for two deep breaths.
9. Relax the arms and smooth down the outer side of the foot.



The Yin and Yang Bridge Circuits

The front and back Bridge Circuits connect the front and back of the body as well as the body's energetic polarities: positive and negative charges, receptive and outgoing impulses, male and female attributes, yin and yang influences. These Circuits also bridge down into one's soul and into a higher spirit. They help one stay open, as they bridge to the outside world and into the hearts, minds, and souls of other people.

TRACING BRIDGE FLOWS

(Connections, internal and external, to self and others)

Yin Bridge Circuit:

1. Begin at the Power Point at the top of the neck. Breathe and push up.
2. Move fingers up over head to the forehead Neurovasculars with the tips of the thumb, index, and middle fingers bunched together. Hold for one deep breath.
3. Using the middle fingers, trace along the nose to the Stomach points on the cheek.



4. Cross to K 27 with the wrists on top of one another and the fingers in the K 27 points. Buzz.
5. Bring the fingers together and move down to the sternum point. Hold for one deep breath.
6. Draw a heart by circling your hands up and then around each breast and then down to the belly. Do this three times.
7. Trace down and over tops of legs to inside of feet.
8. Wrap fingers under feet, hold on, and pull body up and away, butt in air.

Yang Bridge Circuit:

1. Use your imagination to experience Figure 8s all the way down your back, or have a friend make Celtic Weaves down the back of your body.
2. Sideways Figure 8 "dances" or any kind of Figure 8 energy engages the Circuit.
3. Imagine the sign of Zorro done with flair!



The Belt Flow

The Belt Flow surrounds the waist. It connects the energies of the top and bottom parts of the body. It helps all of the meridians to move in harmony and orchestrates the chakras.

Psychologically and spiritually, the Belt Flow is involved with how grounded we can stay when reaching to our spiritual heights.

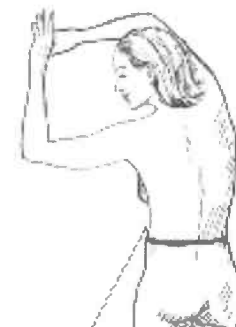
TRACING THE BELT CIRCUIT:

(Connects upper and lower body, aids in digestion)

1. Wrap both hands around one side of the waist.
2. Pull from above, below, and on the waist (across tummy toward other side of waist) several times.
3. Continue taking the energy down the leg from that side of the waist. Repeat on the other side.

Alternatives:

- Place both hands around the back at the waist; pull hands toward front of the waist and trace the energy straight down the legs.
- Pull the 2nd chakra away from the 3rd chakra, stretching the abdomen.



The Belt Flow is activated at the



The Penetrating Flow

The Penetrating Flow is the energy of deep joy, profound healing, and ecstasy. When people are depressed or feel empty inside, it may be because the Penetrating Flow is weak or blocked.

Where the Bridge Flow and Belt Flow connect your front/back and top/bottom energies, the Penetrating Flow brings energy to your inner depths. When moving freely, it penetrates into the chakras, the muscles, the bones, the genitals, the cells, and deep into the psyche. It penetrates

deep and allows a profound depth of feeling. When activated and healthy, it can also protect you from trauma “penetrating” deep into your being.

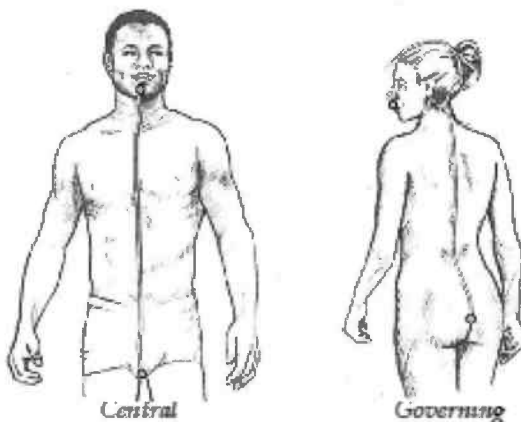
TRACING THE PENETRATING FLOW

1. Place flat of hands above mid-waist on back. Smooth slowly down the sacrum.
2. Circle flat hands around the hips, come to groin.
3. While inhaling deeply, pull hands straight up the body, up the neck, over the jaw, holding hands on jaw and cheeks.
4. Drop hands down over mouth, take three deep breaths (or blow up cheeks to a slow count of three and release).
5. Cross at neck slowly, drawing crossed hands down over Heart chakra (deep breath or sigh.)



Central and Governing

Four of the body's Radiant Circuits are also meridians. They carry radiant energy and are capable of instantly moving this energy to anywhere it is needed.



Central meridian's pathway flows up the front center of the body, feeding energy to the brain. Governing meridian's pathway flows up the back center of the body, feeding energy to the spine and much of the nervous system. The two meridians meet at the back of the throat, creating a single force field, and this is where they begin to behave like Radiant Circuits. That force field radiates inwardly and outwardly, bringing strength and vitality to the meridians, the chakras, and the aura.

When a person is filled with confusion or self-doubt, activating Central and Governing can pull the cerebrospinal fluid up to the brain and calm

the nervous system, supporting clarity and confidence.

When a person is over-sensitive to other people or the energies in the environment, activating Central and Governing lends protection by strengthening the aura.

TRACING CENTRAL MERIDIAN

1. Begin at the pubic bone and trace up to the bottom lip with the fingertips of both hands.
2. Circle your arms forward and trace up two more times.
3. On the third Zip-up, take a deep breath in and continue with your hands upward past your lips then into a prayerful gesture as you reach your arms high above your head.
4. Turn your hands back-to-back (palms facing outward), release your breath, and let your arms move down and out in a slow controlled fashion until they reach your legs.

TRACING GOVERNING MERIDIAN

1. Begin with both hands at your sacrum and bring them up your back as far as you can reach.
2. Mentally send the energy upward and reach back over your shoulders as far as you can reach to catch it, bringing it over your head to your top lip.



Triple Warmer and Spleen

The two other Radiant Circuits that carry the properties of meridians are also paired polarities – Triple Warmer and Spleen.

★ Triple Warmer as a Radiant Circuit

Triple Warmer's pathway goes between the back brain and the front brain. The back brain is more primal, carrying the survival strategies of millions of years of evolution. Triple Warmer feeds the back brain while moving primal survival information into the front brain.

It can conscript energy from every other meridian (except Heart) to insure the body's survival. This is a very serious assignment and Triple Warmer is the single Radiant Circuit whose "personality" is more like a general in combat than an upbeat mom.

No matter how frantic or stress-filled our lives, it does not serve us for TW to treat everything as a threat. TW is the great networker, and when not in panic or survival mode, it can spread calm and the ability to stay centered even in highly challenging situations. In the same way that TW can conscript energies from all the other meridians and energy systems, it can send this calming message to them, as well.

Harmonizing Triple Warmer as a Radiant Circuit

Place one hand on the forehead and the other hand on and above the navel (over the solar plexus). Hold for a minute or two. This activates the person's main Neurovascular points and the adrenals (which are governed by TW). This position sets up a communication between the blood/energy flows and the adrenal gland, which then settles down the hormones released by the adrenals.



★ Spleen as a Radiant Circuit

Meanwhile, the mother of upbeat mom energy, the Spleen meridian/Radiant Circuit, radiates the life force itself. In fact, Spleen energy resonates with and metabolizes all the other energies in the body, bringing them into harmony with one another.

Together Spleen and Triple Warmer govern the immune system through an interplay that resembles military and family values. When you can keep these energies in balance, they become a powerful team for keeping your life in balance.

Connecting Heaven and Earth

This wonderful exercise activates the Spleen as a Radiant Circuit (*Energy Medicine*, page 266).

Trace the Spleen Meridian Pathway

On both sides of the body, trace the path of the Spleen meridian, starting at the toes, to activate it as a Radiant Circuit.

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Additional Techniques for Turning on the Radiant Circuits

The Radiant Circuits may be activated by:

- Anything that helps make space in the body, such as stretching or yoga.
- Anything that crosses the energies from one side to the other, such as walking or swimming.
- Anything that engages your spirit, such as a beautiful sunrise or an inspiring story, or anything that gets you laughing.
- Anything that improves your environment, even something as simple as walking outdoors to get more air and space around you.

Why then learn special exercises for them? It is something like taking vitamins. Ideally, the food you eat would provide all the vitamins you need. Ideally, the activities in your life would keep your Radiant Circuits flourishing. For most of us, neither is the case. We can stay healthier by taking vitamin supplements and we can stay happier by attending to our Radiant Circuits.

The following eight techniques, like those already presented, are immediate, direct, and always available: Energy Medicine's endorphins. Some methods will feel better to you than others, and the ones that feel better will work better. It is worth keeping a couple of these techniques in your back pocket for daily doses as well as for those moments when your spirit begins to darken.

1) The Crown Pull

Energy naturally accumulates at the top of your head, and if it doesn't circulate freely, it becomes stale or congested. The Crown Pull creates more space in your head for that energy to move, and it literally releases stagnant energies from your skull (through the Crown chakra), making way for radiant energies to enter.

The Crown chakra, as you know, is your gateway to the higher energies of the cosmos, and the Crown Pull also helps the intellect surrender to transcendent sources of information. To review the procedure:

- Place your thumbs at your temples on the side of the head. Rest your fingertips at the center of your forehead.
- Slowly and with some pressure, push in and then pull your fingers apart so you stretch the skin to the sides. Bring your fingertips back to the center of your forehead and repeat the stretch.
- Then bring your fingertips to your hairline and repeat again.
- Continue this pattern of pushing in and pulling apart as you move up and over your head, ending at the back of your neck.



2) Stretch and Bounce

The Radiant Circuits flow naturally, but they can become blocked by tension or stress. Simple physical activities are often enough to revive their movement.

- Stand and stretch. Think of a dog or cat after a nap. Think of “making space” for your energies to flow.
- Stretch in all directions. Breathe deeply.
- Reach high and low.
- You can then *jump*-start your energies by bouncing—jumping up and down on the balls of your feet with the rest of your body loose and relaxed. A trampoline-like bouncer is also a great aid for getting your radiant energies moving.

3) Ab Stretch

Just as the head becomes clogged with residue that prevents the radiant energies from linking freely to the mind, energetic residue also tends to accumulate at the midline of the body. The Ab Stretch clears this residue, allowing the Radiant Circuits to flow between the top and bottom halves of the body.

- Standing at the back of a chair with your body straight and your hands wrapped over the chair, lift one leg backwards on an inhalation, stretching the abdomen.
- Release and then lift the other leg.
- Repeat several times.

4) Toweling Off

You can trace your meridians and activate your radiant energies every day when you bathe or shower, or when you towel off afterward.

Beginning with the bottom of one foot:

- Rub the towel or washcloth up the inside of your leg.
- Rub up the front of your body.
- Up over your opposite shoulder.
- Rub down the inside of your arm and off your fingertips.
- Repeat on the other side.

Then, starting at the back of either hand:

- Travel up the fingers.
- Rub up the outside of your arms to your shoulders.
- Repeat on the other side.

Then with both hands:

- Reach up as high on your back as you can and rub down the entire length of your back.
- Rub down the outsides of your legs and off the top of your feet.

- Come back up to your head and finish by toweeling your face downward, continuing to the bottom of the neck.
- Then curl your fingers over the back of your shoulders at the neck and drag them forward and off your body.

5) The Radiant Imagination

Recall the glow you feel when you see someone you find attractive. This is how quickly your Radiant Circuits can spring into action. Your internal images can also give a sudden boost to your radiant energies. At any given moment, you may become peaceful or anxious, happy or sad, based on what is playing in the theatre of your mind. By focusing your imagination, you can make that program not only enjoyable but a force that activates your Radiant Circuits.

Use any of the following or write your own script:

- Imagine that someone who makes you feel alive and happy has just greeted you.
- Bring to mind a color you love. Imagine the energy of this color flowing through and infusing every cell of your body.
- Bring to mind something in your life about which you can feel thankful. Gratitude is among the most profound spiritual healers. It is the mascot of the Radiant Circuits. Send this feeling of gratitude through your body. Say "thank you" to your heart, your lungs, your kidneys, and all your organs. Thank your legs for carrying you. Thank your environment, your loved ones, and your creator for supporting you.

A great time to use the mind to focus color, healing rays of light, other healing uses of the imagination, gratitude, or prayer is when you are lying down while someone else is giving you a Radiant Circuit treatment. You can also use Radiant Imagination when you are doing any EEM exercise.

6) Triple Warmer/Spleen Hook-up

Balancing the polar energies of Triple Warmer and Spleen helps with a range of problems, including addictions, overwhelm, overweight, compulsive behaviors, cravings, and blood-sugar mood swings.

- Place your left hand above your elbow, in the indent that is in line with your ring finger.
- Place your right hand under your left breast, over the area of your pancreas and spleen.
- Relax your shoulders.
- Stay in this position for up to two minutes.
- Repeat on the other side.

If you wish to attract more for your money, activate your Radiant Imagination while in this position!



7) TW/Spleen/Regulator Balancing ("Cover the Eyes")

- Cover your eyes with your fingers. Inhale. Exhale.
- Inhale with your eyes still covered. Exhale while dragging your fingers across your eyes and out to your temples.
- Inhale while dragging your fingers up over your ears. Exhale while dragging your fingers down behind your ears to your shoulders. Hang your fingers on your shoulders at the neck.
- Inhale as you cross your arms, placing your fingers on the opposite shoulders. Exhale, smoothing your hands down your arms to the forearms.
- Inhaling, place your hands flat across the ribs under your bust area.
- Exhale while sweeping your fingers down your legs and off your feet at the toes.
- Inhale while sweeping your fingers back up your legs to under your arms.
- Exhale while sweeping your fingers down and off your body at the sides of your waist.

Doing this exercise four or more times daily can shift deep habits. You are sedating Triple Warmer, strengthening Spleen, and activating the Regulator, Bridge and Penetrating Flow Radiant Circuits.

8) Heaven Rushing In

When you are hungering for more meaning in your life or feeling despair and isolation, step outside under the sky and stand tall. Ground yourself by focusing on where your feet meet the Earth.

- Take a deep breath in.
- Exhale fully.
- Spread your fingers on your thighs.
- With your next inhalation, circle your arms out to the sides and then over your head until your hands touch.
- On the exhalation, bring your hands slowly down in front of your face, coming to rest at your chest, hands now in a prayer position.
- With another deep breath, open your arms wide, lifting them slightly, and look to the heavens. Sense the vastness above you and stay alert as a larger energy comes in through your hands, chest, and breath. You are not alone. You may first feel this larger energy as a tingling.
- Allow your arms to accumulate this energy and scoop it into your chest, placing your hands over the center of your chest on the vortex called "Heaven Rushing In."



Receive the energies of the heavens and allow your mind to open to a larger story.

Habits and the Radiant Circuits

Habits run deep. Beneath habits of thought and behavior are habits in the body and its energy system. Many of the developments in Energy Psychology involve reconditioning the meridian system's habitual response to a disturbing stimulus. (See Chapter 1 - 5 of *The Promise of Energy Psychology*, Feinstein, Eden and Craig, 2005).

Another approach to counter the grip of outmoded or otherwise dysfunctional habits is to enlist the Radiant Circuits:

- Regularly stimulate the radiant energy system.
- Recondition the radiant energy system by activating vulnerable Circuits while the stimulus that evokes the dysfunctional habit is present or is brought to mind.

When the Radiant Circuits have been exercised so they stay strong under stressful conditions, they will also feed meridians that tend to be chronically weak. The Radiant Circuits are an extremely valuable and underappreciated system.



DONNA EDEN is among the worlds most sought, most joyous, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary, and she has taught some fifty thousand people world-wide, both laypeople and professionals, how to understand the body as an energy system. Since childhood, she has been able to see the flow of the body's energies, and from this clairvoyant ability, she has developed a system for teaching others, who do not have this gift, to productively work with their body's energies. Her best-selling book, *Energy Medicine*, has been translated into more than a dozen languages, and is a classic in its field. According to Carolyn Myss: "The contribution Donna Eden has made with *Energy Medicine* will stand as one of the backbone studies as we lay a sound foundation for the field of holistic medicine."



DAVID FEINSTEIN, Ph.D., a clinical psychologist, is the Executive Director of the non-profit Energy Medicine Institute. He has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. Author of more than 80 professional articles and eight books, he has been a pioneer in the areas of Energy Psychology and Energy Medicine. His books have won eight national awards, including the *U.S. Book News* Best Psychology/Mental Health Book in 2007 (for *Personal Mythology*) and an *Indies* Best Books Award (for *The Promise of Energy Psychology*). www.EnergyPsychEd.com



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FRIDAY

JULY 6th

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Awakening To The Secret Code of Your Mind

By

Darren Weissman, DC



The LifeLine Technique® (LLT)

Fundamental and lasting change begins with understanding that we live in an interactive reality whose architect is the mind. Secondly, to facilitate sustainable change you must make a *conscious* choice about how you'll live your life—the choice is between love and fear. With such extremes, dialogue is fundamental to creating peaceful and lasting change.

Even further, to create lasting change, you have to probe beneath the surface to get to the root causes of fear, stress, chronic pain, disillusionment, or any other negatively perceived aspect of life. Creating sustainable change can be likened to the difference between reading about driving a car and actually getting behind the wheel. Experience is the greatest teacher.

I'm offering you the power and the tools to choose love - a prism through which you can learn to see each and every experience, challenge, or stressful situation, whether it's a health crisis, personal crisis, or world crisis - as an opportunity to evolve and transform your life. I call this prism *The LifeLine*.

The LifeLine is a technique – a technology for quantum healing and conscious evolution, a philosophy for living, and a science that connects you to the field of energy that connects all of creation. It empowers you to discover, interpret, guide, and then ultimately – as a by-product of the process – release the root emotional causes of all physical pain and stressful experiences . . . emotional patterns of reaction buried within the subconscious mind. Even further, The LifeLine is a true lifeline, allowing you to compassionately understand and embrace the parts of yourself that you are not able to observe with your conscious senses. It is a way to own your power – for being consciously present, regardless of the circumstances - and the ability to move forward with conscious discernment, intention, imagination, and action.

Creating a Conscious Life

The cornerstone of creating a conscious life of action is powerfully matched by the individual and collective memories, environments, lenses, and programs stored in the subconscious mind. In his book, *The Biology of Belief*, Dr. Bruce Lipton explains:

When it comes to sheer neurological processing abilities, the subconscious mind is millions of times more powerful than the conscious mind. If the desires of the subconscious mind conflict with the programs of the conscious mind, which “mind” do you think will win out? You can repeat the positive affirmation that you are lovable over and over or that your cancer tumor will shrink. But, as a child, if you heard over and over that you are worthless and sickly, those messages programmed in your subconscious mind will undermine your best conscious efforts to change your life.

The conscious mind is perceived to be the driving force of life, but it’s been estimated to comprise only about 2 to 10 percent of our awareness. The subconscious mind makes up the other 90 to 98 percent. The subconscious directs the function of our 50-plus trillion cells like a symphonic orchestra in perfect harmony. From your beating heart and the regeneration of cells, to food metabolism and waste elimination, the subconscious mind is both a filter and a distiller of information, experiences, thoughts, and feelings.

The subconscious mind is the storehouse of emotions, memories, and learned beliefs whose effects are vivid, hypnotic, “illusionary”, pervasive, and deep-seated. It’s the reactive mind; it reacts to your environment so that you can adapt and survive. It has no imagination, attachment to outcomes, or ability to commit itself to a step-by-step plan. When activated, it only “re-acts” . . . does the same action again and again. In other words, it shields and protects you like a tour guide through an uncharted land, whether you know it or not . . . or whether you like it or not, for that matter.

Understanding the subconscious mind’s reactive nature is fundamental to being able to embrace the sometimes subtle, and other times extreme, levels of pain, fear, and stressors of life. The subconscious mind is not designed to victimize or cause suffering. That’s a complete misunderstanding of its divine nature. Even though I completely understand why people so often get caught in the misperception of being broken, lost, sick, diseased, or any other label of limitation . . . it’s simply not the truth.

The heart of the matter of chronic pain, a broken heart, or not knowing how you’ll pay your mortgage or put food on your table to feed your family has another purpose and meaning beyond the experience itself. This topic can be a very slippery slope; however, asking what I call *The Million Dollar Question* helps to discern the difference between a conscious choice and a subconscious reaction. It is a single truth question that changes the entire game of life: *“Given the opportunity, would you ever choose to create your life, a day, or even a single moment with any pain, fear, or stress? Would you choose to be abused, have cancer, wake up depressed or anxious, lose your vision, or feel overwhelmed on any level?”* The answer is obvious, and always, “Never!”

Knowing that no one *ever consciously* chooses any symptom, stress, or disease, while at the same time everyone experiences them—where are they coming from? Everything in life is attracted via the field of the mind. What is not a conscious action of attraction represents a subconscious form of reactive attraction. The LifeLine helps a person, client, or community understand, activate, and guide the subconscious reactive patterns

of the mind to a new expression of itself. Your subconscious mind only reacts, and therefore, when appreciated for its reactive nature – and given the proper vehicle – can be guided and taught to express itself in an entirely new way. This awareness is a key component to awakening the power within each and every one of us to shine.

Different from the eradication of the symptoms-based culture we live in, The LLT is not a 50-yard dash to enlightenment. Rather, it is an evolutionary journey to awakening your spirit. Because The LLT is a complete system in and of itself, it's impossible for me to get into the "how to" of The LLT. However, for the purpose of this paper, what can be immediately applied from The LLT is that every time you have a negative thought, overwhelming feelings, pain in your body, an indicator muscle gives way – or any other subtle or extreme pain, fear, or stress – you immediately embrace the experience with Infinite Love & Gratitude.

Focus on where you're going rather than what you want to go away. Thoughts, feelings, words, and actions of Infinite Love & Gratitude guide, lead, teach, and transform the energy patterns of a moment and raise the vibration of the experience to its fullest potential. This is the simplest application and the most practical way to appreciate and experience an immediate shift in your mind, body, and relationships. The different levels and dimensions of The LLT can be applied to any and every aspect of life or death.

The irony and intensity of the "journey of life," is that the only time you're aware of the subconscious mind is when it's *speaking* to you through the *language* of symptoms. The LLT distills all symptoms and stressors through a 16-step process. These 16 steps represent aspects of 16 distinct healing modalities that bridge the ancient healing arts of Chinese medicine and The Five Elements, Ayurvedic medicine and the chakras, shamanism, Neuro-Linguistic Programming (NLP), Eye Movement Desensitization and Reprogramming (EMDR), Chiropractic philosophy, homeopathic philosophy, kinesiology techniques such as Neuro Emotional Technique (NET), Total Body Modification (TBM), Natural Healing, color therapy, aromatherapy, crystals, epigenetics, holographic repatterning, timeline therapy, and the law of attraction, all wrapped into one single road map called The LifeLine Technique Flowchart®. Symptoms, stressors, and intentions are all used to create portals of possibilities setting into motion a conscious journey where a meaningful and metaphorical heartfelt story is revealed. Through the vibration of Infinite Love & Gratitude, both clients and practitioners are empowered to bridge a perceived *gap* of consciousness.

What appears to be a negative experience of reactive internalization, denial, disconnection, being broken or lost is, in reality, what I refer to as The G.A.P. (The Gratitude Action Potential). The G.A.P. is a moment of subconscious protection that graces both the client and practitioner with the potential to learn, grow, and change in a way that would otherwise never be known. It presents an opportunity to be honest with yourself and realize (with your real eyes) that there's a part of you that's been holding back from being your authentic self. Do your best to remember it's not conscious . . . it's a protective pattern for a part of ourselves. As a result of the brain and body not being able to tell the difference between memory and what's actually happening in the moment, or imagination, the brain and body form a neural network based upon the specific lens of a particular moment.

The interesting and sometimes mind-boggling component of the journey of an LLT session is the rapid transformation from fear to love. What once caused walls of fear, judgment, and hatred is now naturally embraced with compassionate acceptance, forgiveness, gratitude, and love. The LLT enables a person to intentionally reprogram reactive biological and behavioral patterns. The process can be done to yourself, to someone else, or with a group of people all at once.

In 1955, Reverend Martin Luther King Jr. stated in Montgomery, Alabama, “Men often hate each other because they fear each other; they fear each other because they don't know each other; they don't know each other because they cannot communicate; they cannot communicate because they are separated.” Has much changed in the past 57 years? Have we learned from the hate, fear, misunderstanding, lack of communication, and separation?

Whether we're speaking about the relationships between cells, organs, glands, microorganisms, senses, or systems of the body or the personal and collective relationships of humanity . . . dialogue is fundamental and essential for creating sustainable change and peace.

I'm humbled and honored to share this subtle yet extreme form of dialogue called The LifeLine Technique® here at the Annual Touch for Health Conference. I've done well over 100,000 LLT sessions. None of them has ever been the same, while at the same time they all connect to a deep truth. Within each and every one is a divine power to heal, regenerate, and be whole.

Keep shining bright!

With Infinite Love & Gratitude~

Darren

Dr. Darren R. Weissman

Developer of The LifeLine Technique®

www.drdarrenweissman.com



Shamanistic Healing

By
Dr. Paul Alfalla, DC

From Chiropractor to Shaman: The Journey & Shamanistic Healing

Description:

This workshop briefly describes the journey from Western trained chiropractor to Shaman through a spiritual calling activated by connecting with Dr. Mary Jo Bulbrook during her launching Healing Touch and Energy Medicine at Stella Morris hospital in Lima, Peru, South America. From that initial experience Paul life's path has been altered and a new vision has emerged guiding his personal life and professional work. From this base will be a Shamanistic healing demonstrated to illustrate the blending of many world views as well as ***showing you simple and powerful ways to protect yourself energetically in treating or teaching clients.***

Purpose:

The purpose of this presentation is to describe the journey from being a traditional chiropractor, then called to be an energy healer and energy medicine practitioner / instructor and becoming a Peruvian / African Shaman. It includes describing and demonstrating Shamanistic healing and ways to protect the self energetically.

Objectives:

After attending your presentation attendees will be able to:

Describe the journey from traditional chiropractor to healer and Shaman emphasizing simple ways to protect the self energetically.

Describe the "Mesa" of a Shaman and how it is used in healing.

Demonstrate the African Shaman Divination and Peruvian plant energy healing.

Presentation Content and Time Frames:

Journey Description – 10 minutes

Mesa of a Shaman – 5 minutes

African Shaman Divination & Peruvian Plant Energy Healing including Ayahuasca Ceremony – 30 minutes

Questions & Answers – 15 minutes

The Journey:

Without expecting it, I was called to be an energy healer. The process expanded my worldview and created a new path for health and healing that resulted from the journey as I walked in my truth. Identifying multi-dimensional healing is not an easy path. It is one filled with twists and turns as the healer is confronted with their own issues that require settling into the soul and examining who you are and what is your spiritual destiny.

Our lives are shaped by our experiences, both those we identify as good and as bad. There are no bad experiences, only experiences that require us to reach a higher spiritual path of love and light. Once on the journey there is no turning back as the "soul" demands you going further than expected... to reach levels out of the ordinary into the extra-ordinary.

Some of the topics to be addressed are:

- What are the ways of a healer
- Connecting with nature to heal the self and others
- Operating from the pureness of the heart
- Results from gentle power
- Peruvian traditions that support the healing process
- West African concepts of how we relate everything together
- How to identify energy and use it to make routine decisions in our daily life
- The new language for health and healing
- Constructing an Energetic Temple
- Case Studies

Opportunities to connect personally with Dr. Alfalla at the Energy Medicine Partnerships Booth during the conference are available after his presentation.

Presenter Description:

Dr. Paul Alfalla , D.C., is a chiropractor who graduated from Life University in 1997. He is Director of CQA Centro Quiropractico Alfalla in Lima, Peru. He has been living in Peru for the last 14 years, and has had the great opportunity to learn from many of the indigenous people there regarding health and healing. He is a Certified Energy Medicine Practitioner and instructor through Energy Medicine Partnerships and has been teaching EM in Peru for the last four years. He is an Initiated Babalawo from the IFA foundation of North America since 2007.

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How To Improve the Techniques you Already Have

By

Warren Jacobs, MD

WHEN THE BALANCE FAILS TO FLOW

What I have learned from mistakes I have made in kinesiology.

Failure to Adhere to Principles

- The answers are in the client and not in the Kinesiologist.
- Establish what it is that the client desires different.
- No arguing with the client—just MT.
- Avoid advice, judging, condemning.
- Cowboy wisdom—when your horse dies, get off.

What Should Drive Me

- Have a desire to help and understand.
- Accept the person although not necessarily the behavior.

Rules for life—Dean Ornish

- Show up
- Be in touch.
- Tell the truth.
- Don't have too much investment in the outcome.

Resistance is to be expected

- Resistance in the client is to be met with calm and trust in the method not with doubt and frustration in the therapist..
- This lesson can be learned with experience.

Central and Governing Meridians

- Central Meridian

If not “on line” I.E. switched—MT with any indicator will only result in confusion.

- Governing Meridian

If reversed, hidden burdens in the client can block any meaningful therapy.

Unrecognized Common Issue

- Could it be that the area or issue for the client is also and area of unresolved conflict for the therapist?
- In my experience it is just beyond reason to hope to aid a client in an area where the therapist himself is blocked.

Common Errors

- Power issues:
 - When what drives me is a desire to demonstrate the power of the process.
 - Or worse, a desire to demonstrate my own power.

What Should Drive Me

- A desire to help and understand
- To accept the person, although not necessarily the behavior
- To be kind
- To know that it is the client who is in charge of his own time table

The Kinesiologist Accepts

- Accept that kinesiology is not necessarily for everyone.
- Accept that I am not necessarily the best therapist for every client (remember cowboy wisdom).



The Missing Link To Your Wealthy Worthy Life

By

Esther Coronel de Iberkleid

I live in La Paz, Bolivia, far away from where we are today. I began my journey in this my second career I name Alternative Energy Medicine studying TFH. My purpose is to make a positive difference toward wellbeing in people's life.

I never accepted the fact that as a human being one has to feel bad and this is the reason why wherever I go, I spread the VIRUS of this feeling I have that is part of who I am and my own life as well.

I believe we can all practice the same. There are many ways through which this can be done. I profoundly believe it is important for me to do it every moment and through any activity I develop during the day every day of my life.

Why? Because when I make a difference in a person's life, this makes me feel happy, satisfied and fulfilled. I am helping the other person **believe in them self and feel better with themselves.**

I profoundly believe that every human being deserves to live his life to the full. I am engaged and committed to teach people to achieve it since it is possible and not a utopia.

Even though we may all have problems, they may transform and become smaller if we take the decision to see our life in a different way. The content I will share with you today is related to my Signature System Coaching Program:

"THE MISSING LINK TO YOUR WEALTHY WORTHY LIFE"

It all begins by a simple personal decision to find "The Missing Link to Your Wealthy Worthy Life". To find the answers you are looking for to know:

Who are you really?

Which is the purpose of your life?

Which is the gift you came to deliver through living your own life?

Which is your Legacy to the ones that come after you?

Which is the "road map" through which you will achieve impact in people around you, being who you are and doing what you came to do, meaning "what you love to do"?

We all came to achieve a purpose and for a reason to life. Life of each and every human being has a specific meaning that every person may want to find (OR NOT)) and I respect this very much. This is, as well, a journey and a life path to follow for some people.

To find the answer to all these questions I discovered we all need TOOLS for LIFE, since without Tools, we cannot overcome certain situations that are lessons along our journey and life path.

I am sure many of you have been years like me asking, "How to discover ...

"The Missing Link to Your Wealthy Worthy Life?"

This is why I sign today "My journey toward YOUR success – The Magic Wand of Life". I believe it is through our own discoveries and experiences, we can understand how important we are to achieve "Wellness for All."

As a Life Changing Coach, I guide my clients to find the **Missing Link** that helps them get the inner peace to live a prosperous and fulfilled DAILY life.

In 4 years, with almost 1000 sessions delivered till today in different countries and languages, I brought relieve and happiness: "Wellness for all" to the life of people in the places I have been: Bolivia, Uruguay, Argentina, Peru, USA, as well as, planes, during my trips.

An example of my students: every child diagnosed with ADD/ADHD grows as an adult with ADD/ADHD and those techniques, known as energy therapies, help us let them understand their "condition" in a new way and manage it in a different way to improve their daily performance and help them live a happier daily life.

The testimonies of my students led me to understand my purpose and all my studies in Alternative Energy Medicine that began with TFH gave me the understanding of my own journey:

Who I am: a Healer.

What I was meant to do: guide and help people live a better daily life.

How to do it integrating all my own life trainings ... This has been a challenge!!

I help people find their own magic wand to transform their own life from the inside out toward their own success ...finding more CLARITY, CONFIDENCE and SELF-ESTEEM

My presentation is heart centered to open the mind and awareness of participants to show how we can make a huge difference in the society through the work we do practicing all these techniques, TFH, PKP, EFT and NLP on a daily basis.

I asked myself many times about "How can I spread the message to the world, inspire and motivate others about the results we have through the case studies live of our clients? Following are some ways I feel I have helped to spread the message.

I had a program, "The First Step" in Spanish "El primer Paso", for two years in Radio Paris La Paz (daughter of Radio France International) where I talked and presented a case every week (no names involved) and the results after session. The director asked me to show how a session was developed for people to listen and imagine.

For more than a year, I delivered a program in Blog Talk Radio where today close to 18.000 + people have visited my page; the number grows every day since the link is connected to all my social media and sites.

Participate in social media: connect with people from all over the world spreading the word out how this changed my own life and can change theirs as well with blogs, articles, comments, stories.

In 2010 I was interviewed in radio in Montevideo Uruguay, Program "Viva la Tarde" Radio Sarandí. <http://tinyurl.com/3buv9u9>

I was invited to deliver a conference regarding NLP in 2009 at Universidad Señor de Sipan in Chiclayo, Peru June 2009 - II Congress International and National of Psychotherapy. My presentation: "Use ya la "herramienta" que transforma su desempeño de eficiente en excelente y da brillo a su comunicación con un simple clic: "PNL" <http://tinyurl.com/5szz25d>

In 2011, I delivered these conferences online:

Becoming Woman...A Metamorphosis of Femininity,

a virtual conference for women around the world organized by The Walker Thomas Group www.becoming-woman.com

My session was related with my very successful workshop offered in cities all over the world titled: ***For Women Entrepreneurs Committed to be Successful in Economic, Emotional and Relationship Areas of Their***

Life Meaning for Women Entrepreneurs Committed to Prosper in Their Daily Life!!!

Because: **Improving the relation with myself, I improve the relation with my entire environment.**

Women Entrepreneur Committed to Prosper in Their Daily Life: Be more confident, increase self esteem, energize and transform your life. www.leadgenerationsecretstowealth.com

Interview in **Good and Green Radio** with Susan Davis <http://tinyurl.com/3p533t3>

Life and Business Coaching www.globalcoachconference2011.eventbrite.com

We can achieve more clarity, confidence and self-esteem once we find **“The Missing Link”**.

Have more clarity: discover your own message connecting with yourself using TFH to understand who you are and to find the way to achieve your goal to help bring “Wellness for all” through their daily activities.

Exercise: There are several different ways to muscle test asking the body for information.

Muscle test example 2 persons

Muscle test 3 people where one is the surrogated

Muscle test oneself: front back method, finger method, open circle method (2 hands)

“Stand up” and feel your body talk.

Have more confidence about the possibilities on how to do it

Test for food allergies and incompatibilities

Test for personal abilities to assure more confidence in oneself

Write your own signature program using those tools to bring people to their practices and spread more the word of how great those techniques are to improve their own life and the life of others around them as well as those of clients coming to see them

We can teach and train people on how to set goals and clarify their purpose. Once they understand more about their own essence and who they are.

Have more clarity: Methods to bring clarity through the use of the techniques.

Exercise 1 – Write this question. *Which is the one thing I wanted to achieve and did not?*

Why I did not?

Connect with your inner self to be able to stop sabotage; to define where you are today and where you want to be doing this work ... first with yourself.

Exercise 2 - EFT/NLP integration clearing fears and guilt

Have more confidence:

Exercise 3 – “I am not enough” topic

Imagine there is something you are dreaming to do and believe you are unable to do. a.) Write it down. b.) Answer 3 causes why you believe you are unable.

On a scale from 0 to 10 which is the level of stress that thinking about doing it brings you to feel? _____

Round EFT: *Even though I believe I am unable to _____, I deeply and profoundly love and forgive, accept appreciate and respect myself.*

Deep breath

On a scale from 0 to 10 which is the level of stress that thinking about doing it brings you to feel? _____

I may have thought in the past I was unable because I was not aware of my tools.

Today I am aware of my power and my skills as well as my tools.

Tapping: Top of the head, eye brows, side of the eye, under the eye, under the nose, under the chin, collar bone, under the arm, top of the head.

After studying Energy Medicine Techniques, teaching time management and organization you will be able to achieve understanding that you are able to find inside yourself the program through which you will gift the world with who you are and what you do.

Measure of Results and Recommendations

And how do I measure the results after working with my program?

This is the test I administer to my clients to evaluate and measure their progress regarding Clarity, Confidence and Self Esteem achieved through my program. I compare the information between before and after the treatment and according to results recommend the next step to follow.

The test - Part 1

You wake up in the morning, have breakfast (or not) and seat with a piece of paper and a pen or pencil to write one by one the “TO DO” list of activities for the day by priority. Please write more than 5 and no more than 10

1. _____
2. _____
3. etc

Time each one according to when you will do it organizing them through the day mentally and writing them.

The test - Part 2

We measure the following parameters comparing them “before the treatment” and “after the treatment” using Energy Therapies and the program you worked.

Our scale is as follow for all the parameters. The questions refer to which was the level of the specific parameter (before the treatment) and which is the level of the same specific parameter (after the treatment) you felt and register doing the exercise.

1 2 3 4 5 6 7 8 9 10
MINIMUM -----(-----)----- **MAXIMUM**

Before the Program After the Program

- 1- Level of Anxiety/Stress felt
- 2- Level of Ability to achieve felt
- 3-Level of Trust in yourself felt
- 4-Level of Confidence you felt
- 5-Level of Self esteem you felt

Our Scale is as follow for all the parameters

1 2 3 4 5 6 7 8 9 10
MINIMUM -----(-----)----- **MAXIMUM**

LEVEL OBSERVED

***Of Parameter
Considered***

***LEVEL OF
AWARENESS
TO TAKE ACTION***

LEVEL OBSERVED

***Of Parameter
Considered***

<u>Analysis of Data</u>			
	<i>GOOD</i>	<i>AWARENESS</i>	<i>POOR</i>
	<i>RESULTS</i>	<i>LEVEL</i>	<i>RESULTS</i>
Level of Anxiety/Stress felt	(1;5)	(5;6)	(6;10)
Level of Ability to achieve felt	(6;10)	(5;6)	(1;5)
Level of Trust in yourself felt	(6;10)	(5;6)	(1;5)
Level of Confidence you felt	(6;10)	(5;6)	(1;5)
Level of Self esteem you felt	(6;10)	(5;6)	(1;5)

Using Energy Therapies you find that:

Levels of Anxiety/Stress drop to a safer and secure state

Ability to achieve the tasks and move forward increases

Level of Trust in Self increases

Level of Confidence in Self increases

Level of Self Esteem increases

Pace the future

Recommendations are given strictly according to Results observed after test in each cases

Support to maintain and better the levels: Go from: 3 sessions/month to 2 sessions/month then 1 session/month and then sessions by request if needed

Homework is assigned in each case to maintain and support client daily according to each specific case.

Conclusions

The client is able to consider new projects to go for in life

The client sees his life in a more positive way

With Love Light Gratitude and Abundance to all,

Esther Coronel de Iberkleid

Life Changing Coach (Entrenadora de Cambio de Vida)

“My Journey toward YOUR success – The Magic Wand of Life”

“Transforming YOUR Life from the first Session”

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NOTES

NOTES



Energy Medicine Movement

By

Robert R. Maldonado, PhD

Movement is the cornerstone to optimum health and well-being. The body is a living, energetic organism that expresses itself through movement. When you move, you activate the breath, circulate the blood, oxygen, and muscles allowing the optimum flow of energy through the body and activating the natural health enhancement medicine within. You also connect to the emotional, mental, and spiritual aspects of yourself. Energy Medicine movement is an experiential process designed to develop an awareness of the body and mind through the medium of energy movement by restoring balance and flow.

The Energy Medicine Movement program reflects a unique blend of four well-known healing modalities: Chinese Qigong, yoga, the meridian system, and the chakra system. It is comprised of five essential and interrelated methods: gentle movement of the body, breath practice, massage, walking and meditation.

This program will increase your ability to sense, clear, and balance the energy as it relates to a particular healing need. It will also help you to gather more energy and increase vitality, allowing relief from illness. Over time, the awareness and sensitivity to energy will increase and you will become more skilled at being your own energy healer.

In the Energy Medicine Movement program, a participant first identifies a core issue that needs to be cleared in the energy system. This process involves assessing the impact of the issue on the energy system and then selecting the Energy Medicine Movement methods to balance the energy system. Finally, a reassessment of the energy system is performed while thinking of the issue.

A typical client sequence involves:

1. The healer and client set the intention for the session.
2. Establish a goal for the session. The client is asked to think of the issues that they want help with and are willing to work on.
3. The energy system is asked whether this is the issue to be worked on using pendulum, muscle test or intuition.
4. One or more of the following activities are used to help uncover the core issue: guided mediation, drawing cards, and creating a drawing.
5. An energy medicine pre-assessment is performed.
6. Preliminary Energy Medicine Movement interventions are performed to clear and balance the energy.
7. The energy system is reassessed.
8. Choose one or more exercises from the five categories below to meet a particular healing need:

Meditation: standing meditation, feeling the energy meditation, heart meditation, 7 step self-care “Powering Up” meditation, Hathor Heart meditation, Energy massage: full body energy connection, meridian energy tune-up, tracing the energy channels.

Breathing: breathing from the center, ocean wave breathing, great circle breathing, the gathering breath, full wave breathing, Shaolin Breath meditation.

Movement: Rocking motion, gather and release, bringing up the earth, bringing in the light from heaven, pressing to right and left, around the universe, wave energy breathing/bath, heart love, bringing in the heart energy, spontaneous movement; Tai Chi ruler, chakra exercises.

Walking: Aikido walking, in, in, out rhythm walking, breathwalk.

Forms: Different exercises can be combined to create a “form” that works best for the client’s healing needs and goals. Exercises can be chosen from any one category or combination of two or more to create this. For example, if one needs more grounding, relaxation and flow in their life, the form might include: breathing from the center, standing meditation, rocking motion, bringing up the earth, and ocean wave breathing followed by great circle breathing. The combinations are endless.

9. Reassess the energy system.

The preliminary exercises are designed to optimize and support the cultivation and generation of energy (Qi)—the intrinsic energy or life force within. They prepare the body for healing and flow right into the subsequent set of exercises. These exercises consist of: Standing Meditation, Breathing from the Center, Energy Balloon/Qi Ball, Shaking the Tree, and Clearing out Negative Qi.

The exercises in the Energy Medicine Movement program can be used for specific problems. We are continuing to develop and refine new ones throughout the program. We encourage you to create your own daily practice from the exercises that you find helpful in this program, using something that you enjoy and will do every day. The following are suggested combinations for specific uses and are not all-inclusive.

Balance and increased energy Standing meditation Energy Balloon Breathing from the Center Tracing the energy channels Bringing up the earth Great circle meditation Rocking motion Wave energy flowing Breathwalk	Chronic pain Full body connection Standing meditation Clearing negative Qi Tracing the energy channels Heart meditation 7 step powering up Bringing in the light from heaven Gather and release breathwalk
Detoxification/Clearing stagnant Chi Clearing negative Qi Shaking the Tree Full body connection Tracing the energy channels Bringing up the earth Bringing in light from heaven	Life Purpose Standing meditation Hathor heart mediation Around the universe Bringing in light from heaven Breathwalk 7 step powering up meditation

Depression Standing meditation Breathing from the center Energy Balloon 7 step powering up Hathor Heart meditation Full body connection	Lungs Energy Balloon Breathing from the center Ocean wave breathing Great circle breathing The gathering breath Full wave breathing
Abdominal problems Clearing negative Qi Standing meditation Full body connection	Kidneys Breathing from the center Energy Balloon Great circle breathing
Stress/Hypertension Standing meditation Breathing from the center Shaking the Tree Clearing negative Qi 7 step powering up Full body connection Hathor Heart Meditation Meridian tune-up Great circle Breathing Gather and release Rocking motion Bringing in light from heaven Bringing up the earth Breathwalk	Chronic fatigue Standing meditation Energy balloon Clearing negative Qi 7 step powering up meditation Hathor heart mediation Meridian tune-up Bringing up the earth Wave energy flowing Breathwalk
Heart Hathor heart meditation Heart love	Arthritis and joint pain Full body connection Meridian tune-up
Stomach Clearing negative Qi Standing meditation Full body connection	Liver Shaking the tree Clearing negative Hathor heart meditation Full body connection Bring in light from heaven

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The Magic of Muscle Dancing

By

Carol Gottesman

Abstract

I introduced the Muscle Dance to psychiatric patients and nursing students as a yoga style exercise. The results included decreased anxiety, improved energy, mental clarity, balance and coordination. In this presentation, participants will have the opportunity to experience these benefits by participating in a group Muscle Dance. They will learn how to add a research component by using a before and after assessment. They will also experiment with other balancing techniques and evaluate results. The Muscle Dance has many applications in everyday life. We will discuss various other ways to use the Muscle Dance, including using it as a method to advertise and recruit TFH students and clients.

Between 1980 and 1987 I taught the Touch for Health Muscle Dance to psychiatric students and patients on an 18 bed Psychiatric Unit at Trumbull Memorial Hospital. The Muscle Dance consists of the fourteen muscle tests, beginning with the starting position of the muscle test and moving the arms or legs through the range of motion of each muscle test. This movement through each range of motion stimulates the energy flow to that muscle and allows the client to feel each muscle work. This also stimulates the flow of energy through the particular meridian pathway that energizes each muscle, thus bringing about a balancing effect.

I started by leading the participants through each position, three times, as a yoga style movement allowing the arms or legs to slowly float through the range of motion. I asked them to tune in to the muscles they were using and be aware of where they felt tension or tingling in their body. I reassured them that at first they may not feel tension or tingling in the particular muscle being worked, but as the exercises were done daily, they would become more attuned to their bodies.

Consistently I found by the end of a week both students and patients were feeling more of the muscles during these movements. Patients consistently stated, "I feel energized." Students observed that patients appeared more relaxed and were more expressive as evidenced by tone of voice and facial expressions. Their coordination and balance seemed improved. They communicated more spontaneously and appeared more alert in activities that followed. They seemed to focus more on reality and had improved mental clarity. When they asked for diagrams of the exercises so they could continue to do them at home, I knew they were feeling the benefits. The students also stated they felt more energized, focused and relaxed. They felt it helped prevent burnout symptoms of exhaustion from mental and emotional strain.

Based on these findings, I feel the Muscle Dance can be applied in many settings. I would like to test this hypothesis by taking the participants in this presentation through the Muscle Dance and eliciting their feedback regarding the results they experience. One way we will evaluate the results is by assessing our level of anxiety, energy, mental clarity, coordination and balance, before and after the Muscle Dance.

Another way of evaluating the results is to become attuned to our bodies' messages. We can do this by tuning into each muscle we are monitoring and asking ourselves the following questions. Does the muscle move easily through the range of motion? Is there pain in the area of the muscle or anywhere else in our body? Are we compensating by recruiting other muscles? Are we breathing or holding our breath? Are we controlling the move-

ment or allowing it to flow? Do we feel tingling, tickling, warmth or any other sensation, which would tell us that the muscle is activated, meaning energy is flowing? Finally, based on these assessments, determine if the muscle is switched on or off.

Just doing the Muscle Dance activates the energy flow to the meridians and muscles, which may bring about a balance. The Muscle Dance can also be used as a self-assessment tool to determine which muscles need further work. I have found when people are unable to feel a particular muscle working, have difficulty positioning the muscle and taking it through the appropriate range of motion, they are also switched off when the muscle is tested. Therefore, the Muscle Dance can serve as a modified testing process. Additional Touch for Health techniques can be used for balancing; then re-assessment may be done using the Muscle Dance. If the muscle now moves more smoothly, without pain or compensation, a correction has been made. The Muscle Dance can be used to determine if other techniques such as Reiki, Healing Touch, etc. have a balancing effect.

The Muscle Dance can also be used to teach beginning Touch for Health students the muscle tests. I do this the first morning of my Touch for Health 1 classes to give students an immediate hands-on experience of feeling the energy flow through their muscles. In addition to learning the muscle test movements, they begin to be able to determine whether a muscle is switched on or off.

I combine this with a group goal balance. The goal is: that the students are calm and centered; everything happens easily and effortlessly in learning TFH techniques; they retain and recall the information; TFH becomes an integral part of their lives and they have fun. If someone is switched off during the Muscle Dance, I test the affected muscle and do the correction with the whole group touching one another, in order to achieve a surrogate, group balance for the goal.

The Muscle Dance with a group balance can be used in demonstrations designed to recruit students and clients. I have used the Muscle Dance in presentations with groups of various sizes, including corporate clients such as Progressive Insurance Company.

In this presentation, participants will have the opportunity to balance their energy through a group Muscle Dance. They will learn how to add a research component with a before and after assessment. They will also experiment with other balancing techniques and evaluate results. These techniques can be applied in everyday life.

The Magic of Muscle Dancing: Research and Implementation

Carol Gottesman M.Ed., RN, C, HNC, Certified TFH Instructor, Certified Assoc. Pranic Healer



The Centering Song

By

Bonnie Epstein

In our room for Autistic students, we had seven children: three were five years of age and new to the school, one boy was non-verbal, one was albino and required dim lighting and one was a female with repetitive scripting; two were seven years old, the boy was eager to please and compliant, the girl was new to the school and used hitting, kicking, scratching and other inappropriate physical actions to express her frustrations. She also required special dietary considerations, including offering water frequently, and protein every hour. Our classroom was rounded out by two nine year olds, one of whom was able to function independently in inclusion classes. The other boy persevered on space ships, planets and outer-worldly structures.

Much of the time was spent allowing the students calm in the Sensory area, which had one swing, a trampoline, and some bean bags. The students were brushed daily and pressure was applied to arms and legs, sometimes including applying pressure to the head. After being in the room for a few days, it became apparent that our students needed to engage their bodies in movements on a regular basis. Knowing that our brains have a mind and our bodies have a mind, it was imperative that we create a way for the two minds of each of our students begin to work together toward the goal of offering some semblance of calm to these precious little beings.

As you will recognize, cross-patterning, switching, and other Touch for Health correctional moves, influences from Three In One Concepts, advice from our Occupational Therapist, bits and pieces of Cook's position and suggestions from our Physical Education Teacher were joined together to create a fun, energizing, relaxing paradigm which resulted in more minutes of calm than we had experienced before introducing The Centering Song.

Since its creation many of the Special Needs teachers in our school system have incorporated it into their daily plans. I have also used it with athletic teams in preparation for big tournaments. As a presentation opener it sets the tone for receptivity and lightens the heavy mood which is sometimes pervasive in extended presentations. I am working to produce a CD and a flip chart demonstrating each of the positions – not done yet... Hope you enjoy the experience!!!



Anchoring: Stimulus-Response Conditioning as Transformational Healing Tool

By

Joel P. Bowman, Ph.D.

[Based on Chapter 6 in *Healing with Language: Your Key to Mind-Body Communication*,
by Joel P. Bowman and Debra Basham]

Anchoring is a form of stimulus-response conditioning. The brain learns by making associations. Specific associations are often called ***anchors*** or ***triggers***. An ***anchor*** is a stimulus that produces a specific and predictable response. Whenever two or more stimuli are presented at approximately the same time, they become associated at a neurological level. Presenting either of the stimuli will reactivate the established neural pathways.

Anchoring is one of the three principal ways of influencing behavior (The other two are ***changing submodalities*** and ***using hypnotic language patterns***.) Anchoring is so effective that an entire branch of psychology, **Behaviorism**, is dedicated to studying its influence and application.

In a classic experiment with stimulus-response conditioning, Pavlov used a tuning fork (often referred to incorrectly as a *bell*) as the stimulus he wanted to pair with the presentation of food to dogs. To establish the tuning fork as a stimulus or ***anchor***, he originally presented food (an *unconditioned stimulus*), which produced the natural response of salivation, and rang the tuning fork (the *conditioned stimulus*) at the same time. The dogs ***learned*** to associate the tuning fork with the presentation of food. Pavlov was then able to use the tuning fork alone to induce salivation in the dogs. The sound of the tuning fork had become an anchor for a conditioned response. All learning works basically in this way.

Anchoring works the same way with humans. Much of what we learn, for example, we learn by establishing anchors. Words are anchors for specific sets of associations. Depending on the context, if you hear the word *bridge*, for example, you may think of a structure for crossing a body of water, a card game, a connecting passage in a piece of music, part of a person's nose, a connection between individuals or cultures, dental work, or any number of other things.

Anchors are usually set and ***fired*** or ***triggered*** below our level of conscious awareness, so they are—or can be—a powerful tool for persuasion and motivation. Emotional states are typically induced by internal or external visual or auditory anchors. We create a mental image, see something, say something to ourselves, or hear something, and we have an emotional response. Anchors may also be used to recapture a particular mood or psychological state. You may have a particular song, for example, that triggers pleasant or unpleasant memories and their associated feelings. Or perhaps the smell of a particular perfume or cologne brings a certain individual to mind.

In general, pleasant emotional states allow more access to resources for effective behavior than the emotional states we typically call unpleasant or negative. Once identified, unpleasant states and those that limit the availability of resources can be changed by adding new anchors that lead to more resourceful states. If you begin to panic at the sight of an elevator, for example, elevators have become an anchor for a particularly unpleasant state. Because the unwanted response to elevators was established through anchoring, that response can usually

be changed quickly and easily by the same process.

Most programs for stress reduction and relaxation training set up a series of anchors to trigger the physiological and psychological changes known as *the relaxation response*, a state known to enhance health. Common examples of anchors often used to trigger specific behaviors include the following:

- Using a specific piece of music when you want to sleep, meditating or exercising at a specific time every day, or taking a nap after lunch.
- Placing photographs of your family on your desk to remind yourself why you are working.
- Using bath salts, scented soaps, or essential oils to promote a sense of well being.
- Wearing “lucky socks” or some other special item to enhance sports performance.

Anchors are frequently established by accidental circumstances. If you are feeling especially good (or bad) when you hear a particular song, for, example, that song will tend to trigger those same feelings the next time you hear it.

When we communicate with others, we are constantly setting anchors (and having them set on us) regardless of whether we are doing it deliberately. It is not a matter of *whether* we are setting and using anchors but rather of *how well* we are doing it and to what effect.

Anchors can be set and triggered in any of the sensory modalities: **visual** (a gesture, an expression, a shape, a color, etc.), **auditory** (a word or phrase, a tone of voice, a melody, etc.), **kinesthetic** (a touch, a posture, or a specific feeling), **olfactory** (the smell of something, such as a particular soap, perfume, or something cooking), and **gustatory** (a taste, such as of something sweet). Or, with the appropriate *conscious intent*, an anchor may be set in a person’s *energy field*.

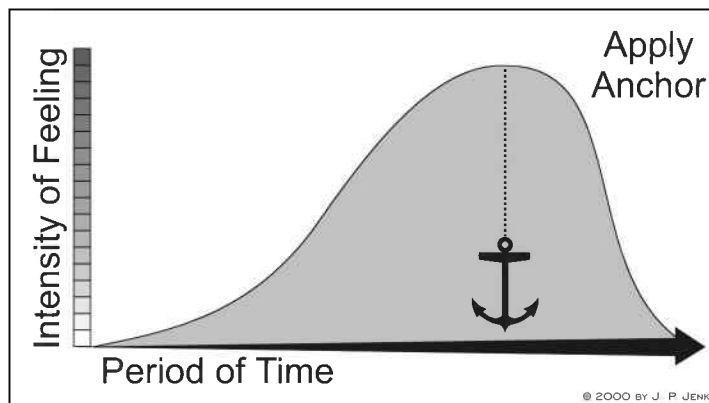
The strongest, longest-lasting anchors are set with conscious intent in two or more sensory modalities simultaneously.

To be effective, an anchor needs to be set at the *right time* and with the *right intent*. Set the anchor when the person is experiencing (or re-experiencing) the emotional state that you want to be able to trigger with the anchor in the future. If the emotional state you are after is *happiness*, for example, have the person remember a time he or she was extremely happy and have him or her fully associate into that feeling. Set the anchor—and do so *deliberately*—when the person is fully associated into the feeling.

Set the anchor just *before* the individual is fully associated into the state and then hold the anchor as the state peaks. Release the anchor as the person begins to return to his or her normal state of consciousness.

The following figure illustrates the timing for setting an effective anchor:

Setting an Anchor



Anchors for extremely powerful states will generalize and be triggered by approximations. If you are walking along lost in thought, for example, and suddenly hear the screech of tires and a horn honk and look up to see a truck skidding to a stop just inches from you, you will probably have a fairly strong response that most people would call *fear*. The horn honk and sound of tires screeching would probably become anchors for that feeling. Because of the strength of the emotional state, at least for the short term, *any* horn honking or the sound of tires screeching might trigger that same feeling.

To trigger most anchors, however, you will usually need to duplicate the original anchor exactly—the same touch (same place and the same intensity); the same gesture; or the same word delivered with the same tone, pitch, and volume. The effectiveness of the anchor will be determined by the intensity of the state the individual is in and the precision with which the anchor is set. The test for effectiveness is the degree to which triggering the anchor causes the individual to associate back into the desired state.

The other critical factor is the **conscious intent** of the individual setting the anchor. In most cases, when an anchor doesn't work, it is because the person setting it did so too soon or too late and missed the peak point of association into the state (bad timing) or because he or she lacked the appropriate conscious intent.

Because communication is redundant, the other person will be aware at the unconscious level whether you **really intend** to set an anchor or whether you are simply going through the motions.

Having the right intent may require the same kind of practice as developing a sense of the correct timing. In setting a kinesthetic anchor, for example, if you touch too often or touch at the wrong time, or if you are hesitant to touch, your uncertainty—your lack of conscious intent—will be what you communicate to the other person.

According to Virginia Satir,

Now, for me, my touch is not going to send much to you unless I am integrated myself, unless I really feel whole myself: then energy moves out. If I feel I *have* to touch, or have to be careful about touching . . . that won't work. Because it's not a gimmick, and it's not a strategy. It's a living kind of passing back and forth—a real feeling of one human being really touching another in a literal sense—it's probably worth hours and hours of something that doesn't contain that.
[Quoted in Andreas, *Virginia Satir: The Pattern of Her Magic*, p. 83]

Kinesthetic Anchors

As you begin working with anchors, it is usually best to start with kinesthetic anchors because they are the easiest to set and trigger with consistency. Visual anchors must be seen to be effective, and auditory anchors depend on your being able to repeat a word or phrase using the same tone of voice that you used when setting the anchor.

Some people are uncomfortable about touching another person to set an anchor. Although a few people are touch averse, in most cases fears about touching are unfounded. Not long ago, we were teaching a group of nurses how to set anchors, and a couple of them said that they could *never* touch a patient for fear of being sued. When we asked them whether they ever took someone's blood pressure, gave them an injection, or inserted an IV tube, they admitted they did and that they did indeed touch people at such times.

The fact is that we touch other people with great regularity, but because most of us have been brought up with at least some degree of apprehension about our physical bodies and especially the pleasures that may be associated with touch, we often ignore—*delete* from conscious awareness—the times we touch or are touched during the course of a normal day, from shaking hands to hugging, to helping someone with his or her coat. In each of these exchanges, we are setting kinesthetic anchors, even when we are not aware that we are doing so. Almost always, the question isn't *whether* to touch but *how* and *for what purpose*.

When nurses take someone's blood pressure or give an injection, they will touch the person. In touching, they have the opportunity to set an anchor that will help the person feel better about the procedure rather than worse. One kind of touch will cause the person's blood pressure to elevate, while another will result in a lower reading. One anchor will exacerbate the fear called "white coat syndrome," while another will reduce it. To set an anchor that helps, you need to be consciously aware of touching and of what the touch communicates.

Touching someone to console, for example, may actually anchor in the feeling of grief, so that the next time the person is touched in a similar way, the feeling of grief will return. If a person is experiencing grief, sadness, fear, or anger, encourage him or her to breathe through the emotion. Before setting the anchor, allow the person to access a sense of calmness or other resource state, and then set the anchor while demonstrating care or sense of nurturing.

Exercise: Setting Kinesthetic Anchors

Use the following steps to set and trigger an anchor:

1. Find a partner who doesn't mind if you touch him or her on the back of the hand. Have your partner think about—and associate into the feelings of—a time he or she was especially excited or amused about something, and have him or her *reassociate* into that experience as fully as possible.

Begin by asking, "Can you remember a time you were *really* excited about something, perhaps a special birthday present or trip you were planning?" Or, "Can you remember a time you found something *really* amusing, so funny that you laughed out loud and couldn't stop laughing until you were exhausted?"

Use both your words and tone of voice to help the person recapture the feelings of that moment. If your tone of voice is flat and dull, the other person will respond to that more than to your request for him or her to recall something exciting or amusing.

If you want the person to associate back into feelings of excitement, **sound** excited. If he or she is associating back into feeling amused, sound amused. Let your body, voice, and energy field communicate excitement or amusement. Facilitate the other person's experience by **going first**.

Remember the exercise on calibration, and **use your sensory acuity** to assess your partner's degree of association into the earlier experience.

2. When your partner's physiology and energy field indicate that he or she is re-experiencing the event, set an anchor by touching **a specific place** on the back of one of his or her hands. Press firmly and in a way you are certain you can duplicate later. Change the subject, and talk about something else for a moment.

When your partner is not especially expecting it, trigger the anchor by pressing his or her hand again in the same way and same place you did previously.

Note: A kinesthetic anchor can actually be set anywhere on a person's body, but anchors should be set where the other person is comfortable being touched and where you will be able to duplicate the anchor later when you wish to use it for a specific purpose.

3. Watch his or her face and note any shift in expression, physiology, or energy field. If you set and triggered the anchor successfully, you will see him or her access the feelings you anchored previously.

You may also use anchors to influence your own responses to various stimuli and to change negative associations that you had established previously to more positive, more useful associations. If you feel undue anxiety before speaking in public, for example, you can set an anchor on your knee for the feeling of relaxed confidence, and then trigger that anchor whenever you are required to speak.

Exercise: Setting and Collapsing (Integrating) Kinesthetic Anchors

One of the interesting things about the human brain is that when it has a choice between what is usually called a *negative* response and a *positive* one of equal or greater strength, it will choose the positive response. You can demonstrate this by first setting an anchor that corresponds with the unpleasant feelings that you associate with a past experience.

Second, after you have set the first anchor, set another anchor that corresponds with the feelings you associate with one or more positive experiences. Finally, after both the negative and positive anchors have been set, **integrate** (or **collapse**) them by triggering both at the same time.

When the anchors are fired simultaneously, the neurological patterns associated with both anchors are activated, giving the brain the opportunity to choose between the two. When they outweigh the negative feelings,

the brain automatically chooses the positive. As it does so, a new neurological pattern will be established, and it will produce the new response to the old, negative stimulus.

To set and collapse anchors, do the following:

1. Find a partner. You and your partner should both think of something that has happened in your lives about which you still have bad feelings. Start with something relatively small. The purpose of your initial exercise with anchoring is to demonstrate that anchors can be set, triggered, and collapsed deliberately. You can work on more serious problems and limitations as you practice and gain confidence.
2. You and your partner should sit facing each other. The person who goes first associates into the memory of the thing that happened in her or his life about which she or he still has bad feelings. When that person is **fully associated** into the experience, the other person sets an anchor for that feeling by pressing the back of the first person's *left* hand (or *left* knee, depending on how you are seated).

Make sure that the anchor set is definite and specific so that it can be duplicated exactly later. Remember that the anchor needs to be set when the person is fully associated into the feeling or **psychological state**. A quick, dissociated memory of the situation is not enough for an anchor to be effective.

3. After the anchor is set, you and your partner should think about something else, a neutral subject, for a minute. This is usually called **breaking state** or **going to a neutral zone**.
4. The person going first should then think about something that happened in his or her life that produced positive feelings, and the stronger the feelings and the more completely the person associates in, the better.

Have the person find feelings of success, competence, joy, and accomplishment. Also, be sure to add a sense of humor based on a previous experience of finding something funny enough to have caused him or her to laugh out loud. The person should associate into each of the positive feelings, either from one especially significant accomplishment, or from a number of different positive situations.

For each of the positive feelings, set a definite and specific anchor on the back of the person's *right* hand (or knee). Setting more than one anchor in the same location is known as **stacking anchors**. When the negative feeling is strong, stacking a number of positive anchors will produce better, more reliable, results and may be necessary to overcome the unpleasant feelings.

5. Spend a minute discussing a neutral subject, and then test the anchors one at a time, pausing between each test. If the anchors were set correctly, touching the anchor on the back of the person's *left* hand should automatically trigger the memory of the negative experience and its associated negative feelings.

Touching the anchor on the back of the person's *right* hand should automatically trigger the memories of the positive experiences and their associated feelings. If the anchors do *not* produce the appropriate feelings and an observable shift in physiology, repeat Steps 2 through 5.

6. When both anchors have been set and produce the appropriate response, **integrate** (or collapse) the anchors by simultaneously pressing the backs of both hands in exactly the same way the anchors were set. The person collapsing the anchors may facilitate the process by triggering the “positive” anchor first and asking the person to **transfer the resources** from those experiences to the situation that **used to** bother him or her while firing the “negative” anchor.

While triggering both anchors, ask how having those resources available would have changed things. Release the anchor for the unwanted feelings while continuing to hold the positive anchor, and then ask how having those resources at that time would have helped.

The person on whom this is being done may experience a moment of confusion before the brain establishes a new neural pathway for the new response. The person collapsing the anchors should be able to notice a more positive response to the situation that used to produce negative feelings.

7. Change roles, and repeat the process.

Anchoring During Bodywork

When you are working with someone on a massage table or otherwise working with someone you know well, take advantage of the fact that the place on the body most sensitive to anchoring is on the breastbone at the location of the heart chakra. Use that location for setting the positive anchors, and use the left wrist, elbow, or shoulder for setting negative anchors you wish to collapse.

If you are a body worker, remember that the entire process of bodywork is a form of kinesthetic anchoring. When you touch a client (or whoever is on your table), do so with the conscious intent of anchoring in the feelings that will best serve the client’s purpose.

Be attentive to where and how you are touching the client when he or she has a significant emotional or physical reaction, and either set a specific anchor to reinforce and perhaps amplify that state, or work to collapse that anchor with one or more resource states.

Once you have demonstrated to yourself that kinesthetic anchors do indeed “work,” you can begin employing visual and auditory anchors to achieve similar results.

Visual and Auditory Anchors

Although kinesthetic anchors are the easiest to use, you may not always be able to set and trigger them, especially in business situations. For this reason, you should practice setting and triggering anchors in all three major sensory modalities and in the energy field. Facial expressions, gestures, space (where you stand or sit), tone of voice, specific words, and even throat clearing can be used to set an anchor for specific psychological states.

Kinesthetic anchors are usually hard to ignore. Visual anchors, however, require that the person be able to see what you are doing, and auditory anchors require that the person be able to hear you sufficiently well to pick up the anchor on at least a subconscious level.

As you practice with visual and auditory anchors, remember that once you have set an anchor, it will usually need to be duplicated almost exactly to produce the desired response. Your *conscious intent* in anchoring is especially important when you are setting visual and auditory anchors.

When you set a visual anchor, for example, it helps to visualize the energy of your intent moving from your anchor to your audience. When you set auditory anchors, others will hear the degree of intent in your tone of voice, so make sure that your voice communicates it.

Also, remember to repeat the anchor—the word, gesture, tone of voice, use of space, etc.—**only** when you wish to generate the anchored response. If you trigger it at inappropriate times, it will quickly become contaminated and lose its effectiveness. For example, if you are using physical space to anchor a particular feeling by standing or sitting in a particular place, stand or sit in that place **only** when you want your audience to have the anchored response. If you stand or sit in that place at other times or for other purposes, the space will lose its ability to produce the desired response.

Note, too, that some gestures, images, and words are well-established anchors already. Such visual anchors (in the United States, at least) would include thumbs up/down, an index finger pointed in someone's face, a raised hand with the palm out, raised eyebrows while looking at someone, patriotic images (the Flag, George Washington, Abraham Lincoln), and images of important cultural events and figures (Martin Luther King, Jr., The Empire State Building, New Year's Eve in Times Square).

Insofar as it has meaning, *every* word is actually an anchor. Some words, however, anchor fairly specific meanings for most of the speakers of a language. In English, common auditory anchors include such value words as *good*, *wonderful*, *fantastic*, *important*, *terrific*, *bad*, *rotten*, *incompetent*, *inferior*, and related words and expressions.

You can use well-established anchors to reinforce or encourage specific behaviors. Make sure, however, that the visual or auditory anchor actually produces the desired response in the individual or group *before* you begin using it. Most value words are **nominalizations**, which can mean different things to different people. In some groups, for example, referring to something as *bad* means that it is *good*.

In persuasive situations and negotiations, anchors may be used to establish an association between positive feelings a customer, client, or negotiator has about something (the U.S. flag, mom, apple pie, puppies, a sports hero, or anything else for which a known positive association exists) and something else (a product, service, or point of view).

Anchors for unpleasant feelings can also be used to help a client or customer accept or understand the limitations of a competitor's product or service or a particular approach to solving a problem. Anchoring has, in fact, become a staple of modern television advertising, not only for products and services, but also for politicians and political initiatives.

Exercise: Using Visual and Auditory Anchors

Work in groups of three. Person A will be the salesperson or persuader. Person B will be the customer or client. Person C will be an observer, who will be responsible for noting the specific anchors and their responses.

Select two competing products, services, or approaches to solving a problem with which everyone in the group is familiar, agrees can be sold or promoted ethically, and for which group members have no specific preferences.

Label one of these **Product** (or Service or Idea) **1** and the other **Product** (or Service or Idea) **2**. The “salesperson” and the observer then agree which of the two will be the product, service, or idea to be sold, and which will be the competitor’s product, service, or idea. Once you have the products, services, or ideas selected and defined, use the following procedure:

1. Have the “client” think of a product, service, or idea of which he or she **already** has a high opinion and describe the positive features and benefits of the product, service, or idea. The “salesperson” should use questions to help the person re-experience the positive feelings associated with the product, service, or idea: “How did you know that purchasing Product X was the right thing to do?” When did you discover that Idea Y would prove the ideal solution to the problem?”
2. The “salesperson” should use sensory acuity and calibration skills to note when the “client” is re-experiencing the positive feelings associated with the products, services, or ideas. When the “client” has associated into those feelings, the “salesperson” will set a specific and unique auditory or visual anchor. If the associations are strong, setting one positive anchor and one negative anchor may be sufficient. If the person has difficulty reassociating into the positive and negative feelings, use additional good and bad examples to **stack two or more anchors**.

Although it may be difficult to do in the context of the exercise, ideally the anchors will be sufficiently subtle that they remain below the “client’s” level of conscious awareness. If the “client” is consciously aware that an anchor is being set, he or she is likely to resist it.

3. Have the “client” do the same for a product, service, or idea of which he or she already has a poor opinion. When he or she is associated into the negative feelings for each of the poor products, services, or ideas, set a specific and unique auditory or visual anchor.
4. Briefly discuss something else.
5. The “salesperson” then discusses the selected product, service, or idea using the established auditory or visual anchors, connecting the product, service, or idea previously selected as positive with the positive anchor and the product, service, or idea previously selected as negative with the negative anchor.
6. Have the “client” choose between products, services, or ideas by stating which he or she likes better.
7. Discuss the results, including the “salesperson’s” use of anchoring. Were the anchors delivered at the right time and in a consistent way? Were the anchors effective in producing the desired responses?
8. Change roles, and repeat the exercise.

As an alternative to the preceding exercise, think about situations in which you need to be the most persuasive, and role-play setting and triggering visual or auditory anchors designed to increase your persuasiveness.

Creating a Circle of Excellence

Another procedure using a visual anchor is the *circle of excellence*. You can establish a circle of excellence for yourself by associating into times you felt exceptionally good about something you accomplished or the times you were feeling your best—healthy, happy, energetic, and as though everything you were doing was turning out exactly the way you wanted.

Be sure to include times you really were curious about something, times you were excited and enthusiastic, and times you felt patient and determined in pursuit of an important goal.

When you are *fully associated* into the feelings you had at the time of each accomplishment or the times of greatest wellness, set an anchor using the same specific kinesthetic anchor, *stacking* each new anchor in the same location on your arm or knee.

To ensure that you will be able to access the resource state when you desire, visualize a circle in your favorite color on the floor in front of you. When you can see the circle, step into it and trigger the anchor at the same time.

Repeat this process several times, perhaps adding a code word or phrase, such as *Excellence Now!* or *Health Now!* Then, any time you desire to have full access to those resources, you can simply visualize the circle, and then step into it.

Anchoring the Energy Field

When you set a visual, auditory, or kinesthetic anchor with conscious intent, you automatically set an anchor in the energy field of the other person or persons.

You can also set an anchor in someone's energy field without also using a visual, auditory, or kinesthetic anchor by visualizing touching his or her energy field with a projection of your own.

Use an *etheric hand*, a hand created from energy in your field, to touch the other person's field when the person is in the state you wish to anchor. You may also use visualization to *project a color* or *symbol* that represents the feeling or idea you wish to anchor into the person's field.

When you practice using an etheric hand (or projecting a color or symbol) every time you set an anchor in one of the sensory systems, you will find that your skill at anchoring energy fields will increase quickly.

Exercise: Setting and Triggering Anchors in the Energy Field

Experiment with setting and triggering anchors in the energy fields of others when you are in a position to do so without having them observe you. Be sure to set anchors when people are enjoying themselves—catch them at their best, and set your conscious intent to anchor that feeling for them.

Extend your own field, perhaps in the form of an etheric hand (if the other person can't see you, consider using a physical gesture to amplify your intent) to set an anchor in the other person's field. After setting the anchor, wait until the person's state has shifted and then trigger the anchor. Check to see how much of the previously anchored state returns.

If you are concerned about the intrusion, ask your Higher Self to ask the other person's Higher Self for

permission to set and trigger the energetic anchor.

Remember the presupposition about how there is no failure but only feedback. Consider your results feedback. The more you practice setting energetic anchors, the better your results will be.

Exercise: Using Anchors to Amplify States

Anchoring is typically thought of as a single stimulus producing a single response. If you catch someone feeling really good, for example, you can set an anchor for that state and then use the anchor in the future to enable the person to recapture those good feelings. Anchoring can also be used to amplify states or to chain states so that one leads automatically to the next.

Use a **sliding anchor** when you want more of a good thing—happiness, relaxation, amusement, excitement, pleasure, curiosity, or desire—or less of something unpleasant. Sliding anchors can be done visually, auditorily, or kinesthetically. Sliding anchors can lead a person from being mildly amused to rolling on the floor laughing, and they can do the same for other states as well.

Sliding anchors can also be used to diminish unpleasant feelings and restore equanimity.

In general, sliding the anchor **up** (higher visually and auditorily, toward the body on an arm or leg, or up the torso) amplifies, while sliding the anchor **down** will reduce the feeling state.

To amplify a state, do the following:

1. **Set an anchor for the state.** Whether you simply catch the person feeling good or have the person reassociate into a memory of the state you wish to amplify, when the person is associated, set the anchor.

If the principal anchor is kinesthetic, use a part of the body—such as the thigh (if you know the person sufficiently well) or the forearm—that will let you slide the anchor up as you amplify the state. Whether the anchor is visual, auditory, or kinesthetic, you are going to need to move the anchor **up**, so consider that before you set it.

2. **Slide the anchor “up.”** For most people, having the anchor slide in an upward direction is sufficient for their unconscious to amplify the state. Adding suggestions for *more* will help.

Use sound effects with rising intonation, and/or gesture with the and not doing the anchoring in an upward direction. Whenever possible, anchor in more than one sensory system.

3. **Repeat the process.** When you have moved your hand from 6 inches to about a foot or elevated your tone by about an octave, anchor the current state to the original location, and repeat the process. Each time you repeat the process, the state will be amplified.

Exercise: Using Anchors to Chain States

Use a sequence of anchors to **chain states**. When people experience a limiting state in a specific situation,

such as a sense of sorrow on entering a room where a loved one died, you can simply set an anchor for the sorrow or other limiting state, and then set and stack a series of positive anchors (such as several happy memories of times spent with the person who died). When both anchors are set, collapse or integrate them by triggering them at the same time.

In some cases, an individual needs to go through a series of states to accomplish a particular objective or reach a certain goal. A person might, for example, be feeling that he or she *can't* do something that he or she would like to be able to do. How can you help the person get from *can't* to *will*?

You might lead him or her through the following progression: *can't, won't, might, can, will*. Or a person might be afraid to try something new, so the progression would be from *hesitation* to *frustration*, from *frustration* to *curiosity*, from *curiosity* to *desire*, and from *desire* to *acting with enthusiasm*.

To chain anchors, use the following procedure:

1. **Identify the elements of the chain.** Begin by identifying the *polarities*, the beginning and ending points of the chain, the person's current state and the desired state. Once you have the beginning and ending elements identified, identify the points in between.
2. **Elicit and anchor each state separately.** Have the person associate into the feelings of each of the states by remembering a time that he or she experienced it, and then set the anchor. The content associated with each state may be different as long as the person fully re-experiences the desired state.

Anchors may be visual, auditory, or kinesthetic, but the principal anchors should all be in the same system. Because kinesthetic anchors need to be both precise and convenient for rapid firing, use the ends of the fingers, knuckles on a hand, or other adjacent spots you can identify precisely and access quickly. If you set the anchors on a thigh or a forearm, you can use a sliding anchor to move through the states smoothly in rapid sequence.

3. **Test the anchors.** Check to make sure that each anchor elicits the designated state. If the response to an anchor seems weaker than it should be, set it again, and recheck.
4. **Fire the anchors in sequence.** Give each anchor just enough time to trigger its associated state, and then move to the next anchor in the chain. Repeat this process four or five times, increasing the speed each time.
5. **Test the sequence.** Have the person think of something to which his or her response has been the state used as the initial state in the chain, such as *I can't learn math* or *I hesitate to place important phone calls* and check to see if the chain fires automatically, taking the person from *can't* to *will* or from *hesitation* to *acting with enthusiasm*. If not, repeat Steps 2 through 5.

The Ethics of Anchoring

One of the most common complaints about anchoring is that it is “manipulative.” Because it takes place outside conscious awareness, some think that anchoring provides the individual who uses it with an unfair advantage in persuading others. All persuasion, however, is designed to influence others, and all persuasion includes elements outside conscious awareness. So the question is one of degree, rather than kind. The implication is that those who have learned to be effective at persuasion are less ethical than those who are ineffective, but that is not always the case.

Anchoring the wrong thing at the wrong time out of ignorance often proves less ethical than effective anchoring for the right reason. Many parents and teachers, for example, have anchored negative feelings about education, learning, and self-worth in children by telling them such things as “You *failed* the test. You’ll *never* amount to anything.”

We—and perhaps you—have witnessed physicians who anchored a patient’s sense of hopelessness when giving a prognosis and, in doing so, created a self-fulfilling prophecy.

Because everyone engaged in communication uses anchoring, regardless of whether he or she is aware of it, it is impossible to avoid whatever manipulation may be associated with it. When we talk about something we believe in or like, our nonverbal behavior is different from the nonverbal behavior we use to discuss something we distrust or dislike.

Such nonverbal behaviors, especially from parents, teachers, and other respected adults, are anchors to which children respond. If you light a cigarette every time you need to relax, for example, you are not only responding to something that’s an anchor for you, but also setting an anchor for children observing your behavior.

When you did the calibration exercise, you developed the sensory acuity to distinguish between *like* and *dislike* based on another person’s nonverbal behavior. Ideally, in any persuasive situation, you would now be able to recognize both deliberate and accidental nonverbal cues associated with a particular product, service, or idea so that you would be better able to decide for yourself. As you start learning more about using anchors effectively, you might begin by paying attention to nonverbal cues provided by others in persuasive situations. Do they associate specific words or gestures with particular ideas? Are they using words and gestures deliberately and consistently or accidentally and inconsistently?

Also, start noticing how television commercials are using anchoring, and whether they are doing so well or badly. Do they connect the advertised product or service to sports figures, well-known actors, or patriotic symbols? Do they use music to anchor specific feelings that they hope will become associated with their product, service, or politician?

How effective are the anchors? Do any anchors seem haphazard and anchor the wrong thing? As you begin noticing the way in which others are using anchoring, you’ll find that your ability to use anchoring effectively will improve automatically.

NOTES



23 Ideas and Simple Applications of Touch For Health for Pain Relief

By

Matthew Thie (all page numbers refer to TFH: Complete Edition)

Actually, these notes touch on far more than 23 specific ways we can use principles of TFH to relieve pain in the moment, and contemplation of the creative possibilities will yield far more things to try! Together, as a group, we will walk through as many of the **techniques** and ***talk through noted ideas*** as simply and quickly as possible. However, any single technique given here may yield additional surprising results with some patience, enthusiasm and additional time. ***The concepts*** presented here, have, in themselves, been shown to support emotional, mental, structural and energetic balance. They are amplified by the **specific touch energy balancing techniques** presented here for your enjoyment!

1. Check in with your own ***Self Awareness... (26-29)***: Notice how you are feeling overall, body, mind and Spirit. **Use Analog Scales** (73): Be aware of your energy/vitality and measure it, 0 is low energy, 10 is optimum. Also note any pain or discomfort 0-10.

Now Bring your awareness to any specific pain area, **and breathe** (26-29; 45-46)

Notice any change and reconsider your numbers.

2. **Drink Water!** (45-46): 70-90% of conditions will be improved or resolved by drinking more water! ... And as you do so, cultivate an ***Attitude of Gratitude***.

Appreciate the Pain as having a purpose- and be thankful that you *can feel* pain!

In TFH we Look at pain as a ***friendly signal*** (326) that something is out of balance: structural, emotional, energetic. It motivates us to find ways to come into balance.

Consider what is the benefit or ***“secondary gain”*** (329) of the pain. Avoiding a situation? Disability pay? Can you benefit another way, without the pain?

Think beyond the pain; appreciate the good in your life. ***Reframe your focus*** (309) from pain to comfort/ function/ good feelings potentials that you want.

3. **Karada No Fushigi ~ Respect Mystery of the Body** (xiii)

We are not treating any particular condition, just tapping into the healing power of the body. Partly mysterious, but partly a dance of awareness we can learn to use; we often find an amazing shift in energy, attitude, and a great relief from tension, stress, pain and other symptoms of imbalance, even if we don't understand how it happens! ***We honor the mystery of this healing system***. We acknowledge that we do not need to know, nor will we every fully know how the healing really takes place.

We have collected and cultivated a variety of ways of creating a space and a context for the natural balance, flow and transformation of the body to happen. ***Just enjoy it and let it happen!***

Cross-Crawl for fun! (264-265): Just cross-crawl in various patterns and enjoy it! Try comparing the feeling of homolateral crawl. Have fun! Go back to Cross Crawl. Recheck how you feel.

4. **Know Your Pain** (326):

You have given your pain a number, so you are probably aware exactly where the pain is located. ***Is deep or superficial? Is it sharp, dull, aching, stabbing, burning?***

Even *emotional pains* usually have a strong physical component. **Locate your feelings.** Do you feel it in your stomach, heart, head? Do you know what is the cause? You may know specifically, have a vague idea, maybe just an inner knowing, or no idea at all.

Now, **Walk around** (265) and notice how you feel. How do your legs and feet feel? How is your rhythm? Pause and **firmly rub your Gait Points** located on the tops of your feet between the tendons (271). Walk around and recheck your gait.

5. **Zip Up, Switch On & Tune In** (36-39): Bring your awareness to any subtle sensations of your energy and vitality that you might have. **Zippping up the Central Meridian** can be extremely subtle. With practice you will notice you can *feel the energy*, and also reap greater benefits from this simple gesture. **Switching on your K27 points** is like a circuit breaker for your whole house. Think of Switching points as *improving flow and balance in polarities* (left/right, brain hemispheres, Yin/Yang, +/-, up/down, etc/etc.). **Tuning-in by unfurling your ears** improves comfort and range of motion turning the head, *and any range of motion!* Like K27, it addresses your whole posture and energy system!

6. **14 Muscle Dance** (68): Stand in a neutral, relaxed posture. Again, *notice* any pain, tension, stress or anxiety. **Enjoy a 14 Muscle Dance**, and notice sense of energy, pain, tension, range of motion as an indicator like a muscle test, and *perhaps a Metaphor* or message from your own unconscious, or body wisdom.

7. **ESR (Emotional Stress Release)** (38-40; 52; 80) ... *What is the Meaning of This?*

Stress and emotions can be a huge factor in any pain. Physical and emotional pain and worry can contribute to each other in a vicious cycle, or *attention to emotional and physical balancing can amplify improvements in an upward spiral.*

Easy Emotional Stress Release (38-40): **Hold one hand over pain and one hand over your forehead.** Be aware of how you feel, what is the sensation? Use visualization.

ESR and **remember** when you **first had the pain...**(329)

ESR and **imagine** (258-259) if it keeps on or **gets worse...** if it **totally disappears...** What is **likely future outcome** for you... what do you **look forward** to in the future?

PSR (260): Try to briefly **assume the position** from painful memory and hold ESR.

ESR and **Visualize** green, red, yellow, white, blue (262) Sounds? (263) Five emotions? (261) **Five Senses?** Elements, season/climate, life cycle, power etc.

ESR and **Visualization** (38) of pain again as area, size, shape -- *an object?*

What's the purpose? **Are you ready to let go of it?** What will you do with it?

8. **Auricular Energy** with the Indicator Muscle (IM)(251-252): Turning the head* and check IM. **Balance by unfurling the ears** again. This is probably the number one most reliable crowd pleaser for creating obvious, concrete change in range of motion.

* Remember, it can be used with any range of motion!

Consider your Posture, Consider your attitude (326) **Is your "position" in a certain situation creating pain and awkwardness?** Are you stuck in an uptight posture, holding on to an attitude that is doing harm? Sometimes tension and restriction give us a signal that we are retaining a posture or attitude that is no longer appropriate. *Pain may be a signal to re-evaluate our situation.* Awareness of change in discomfort can also be *awareness of the potential for transformation in our lives*, and help refocus our vision.

9. Visual Inhibition (252-253)

Move the eyes left, right, up, down, etc. and check IM. **Balance by switching on** again.

Visualize how it will feel when you are less affected by pain and are realizing the things that you want in your life. **Move your eyes in all directions.**

Take a LOOK if there is something obvious causing your discomfort! If you are sitting on a tack, you want to deal with that directly.

10. Hard Heavy Pressure (57) Try moving through range of motion of the related muscles/ muscles near pain, then try **Firm pressure** along the length of the muscle to “iron it out”. What is blocked, held back, suppressed? This may be good to survive the moment and live to fight another day, but ***pain may be telling you it is time to release something.*** What is hard and heavy in your life?

11. Work the Neurolymphatics (NL) (50-52) in the normal way...

- a. ... then try **feathering the NL** (278) and recheck range of motion/muscle test
- b. **NL-Release**: Just hold the NL point and either end of the Meridian.
- c. **GENERAL massage** of the NL points

Remembering Pain...in Context: (330) What ELSE was happening when this pain first appeared?
Does it seem to relate to events in life, rather than any particular injury?

12. “Fire the Proprioceptors” (57-58; 278-279)

Jiggle the related muscle; **feather** the muscle again!

Inhibit the muscle with **spindle cell**, then facilitate (lengthen to strengthen)

Switch off and on with the **Golgi reflexes** at the ends of the muscle.

Focusing on positive function and intention allows greater healing than digging out "what is wrong":
What will you do with your energy when pain is less? (303-314)

13. Spinal Reflex (49)

Gently massage the spine **stretching the skin up and down over the vertebrae**. Try massaging side to side all along the spine. Notice which feels better.

Remembering Wellness (304)

Remember that the goal here is WELLNESS. ***What is the posture and the feeling that goes with focusing on Wellness?***

Remember a time that you felt really good- What was that feeling, what was the environment, weather, emotions, sensations...

If you don't recall one, pretend that you do, ***imagine*** what it would be like, is there a person who you think feels really good? Imagine what it would be like!

What is the title or feeling for that story? Can you envision having that kind of experience for yourself today or in the future? ***Imagining it is part of creating*** it... let the natural healing system come into harmony with your vision.

14. MERIDIANS (34-35)

Trace the meridian that *runs through* the muscle/area of pain. (34-35)

Or trace the meridian *related to* the muscle (might not run near pain!) (92-93)

Try tracing either “related” Meridian **backwards**; **Flush** back and forth; end with 3 traces forwards or backwards, whichever feels best. (273)

Meridian Dance: Trace all meridians, (CV, GV, then Time of Day or just start with ST); Let your partner run your meridians (**Meridian Massage**) (275)

Walk the meridian (280) that runs through it (hold one hand over pain site and firmly massage along meridian until a tender point is found, then hold both simultaneously. When the tender point is relieved, find a new one, when the pain is done, Meridian walking is done!)

Hereditary Possibilities: (330) Have members of your family suffered from similar pain?

Does your ***Genetic or Cultural heritage = Destiny?*** Or do you have ***significant choices*** which can change your function and life? To what extent does this relate to your pain?

15. Scars from Trauma and Surgery

Any ***scars*** (that relate to your pain) from injury or trauma?

Have you had *any* trauma/ surgery, whether or not you relate that to your pain?

Run the Figure Eights

Over the pain area or injury

Over any scar

Over the general areas of the body

Hold hand over pain area and trace figure 8's in the air and/or with your hips!

16. Neurovasculars

a. **Firm massage of the head** (278) and/or specific (related) NV points; Alternate light holding and firm massage of specific NV points/ whole head.

b. **CSFR-** (65) lightly pull apart from the crown (alternate awareness of “stomach”/ activate abdominals, pulling apart from midline, and check pain.)

Doctors, Diagnosis, & Treatments: Have you been told that something is wrong with you? Does your Diagnosis = Destiny? How do you feel about Medical care, effectiveness of treatments, hope for recovery, or quality of life?

17. (Headache) Pain Release Points

- a. The “**Magic Gallbladder Points**” where the tips of the fingers naturally reach on the side of the leg on the leg (197) on the GB Meridian. **Activate/Notice pain; Rub (Hold 7 seconds & release 7 seconds and repeat); Notice tenderness; Reassess pain; Repeat.** These might relate to headaches on one side of the head ~ “Gall Bladder” headaches along the many GB lines on the sides of the head. Could be related to toxicity, “heavy” foods, ***heavy aspects of your life?***
- b. The “**Sore Spots**” where your thumbs naturally reach your chest when you bend your elbows. (Firm massage of these NL points for the neck muscles, 115) -between the 2nd and 3rd ribs, 3 1/2 inches from the sternum- often bring immediate relief from neck and shoulder pain and tension!) Activate/Notice pain, rub, notice tenderness, check back to your pain, repeat.
- c. The “**Reach Around Points**”: Reach with right hand across front of chest and **massage left side at base of skull** (NL points for Neck muscles, 115), “***play the piano***” along the tops of the shoulders, and **massage next to the spine at T2** AND reach under opposite arm to massage lateral edge of shoulder blade ~ notice tension there and work it. (NL for Levator Scapulae, 113)

JUST TRY IT! YOU'LL LIKE IT! OR Go Fish! (74-75; 308)

Fish a Five Element Emotion (related to self/other/circumstances/ things)

Fish a life area to contemplate (self, partner, family, work, Love, Play...***what do you guess might be***

significant?)

18. Pulse Points (71): Relating to deeper flow of the meridians, while Alarm points relate to the superficial flows, the pulse points will indicate the “charge” related to the pain.

- a. **Check the pulses** to indicate *over-energy related to pain*. **Sedate** with Acupressure Holding Points (AHP), **or tap the either end of the related meridian.**
- b. Check Pulses; **Tap the corresponding Pain tapping points** (Of the first pair of AHP, the one on the related meridian- 281). Tap 30 times on opposite side; complete 3 repetitions on opposite side, then 3x same side, then go back to same side and continue alternating. **Or tap the either end of the related meridian,** following the pattern of 30 taps on opposite side, 3 times, then continuing on the same side, etc.

Don't Should on yourself! (307)

Be aware of your own or other's expectations, and any negative self-talk that is running in your head about how you *should be* or *should do*. Be careful of perfectionism and utopianism. Consider that you are *Good Enough* right now!

19. Check and Balance Opposing/Related Muscles (277)

Check and balance muscles that relate to/ oppose the function(s) that activate the pain. If you don't know the muscles or their other reflexes, just **contract, test, relax, jiggle and retest!** *George Goodheart will smile down on us in heaven*

Extend your goal... (309) When the pain is gone, what will be better? When that is better, how will your life be better? What is the ultimate potential benefit?

20. Repeated Testing & Restrengthening (Simulate Fatigue- 276)

Repeatedly test until “fatigue” (unlocking) **and re-strengthen** a muscle; Repeat. Typically the muscle can eventually hold effortlessly under 15 or more repetitions of testing! SR & NL are ideal, or simply feather and jiggle the muscle to reset!

Check in for Transformation! Reassess not only if Pain has changed... ***Have YOU changed?*** (305) Has your posture, attitude, Vision changed? Has there been any transformation of how you view yourself and the world, and your motivation and goals?

21. Reactivity

Barhydt Reactive Pattern Shortcut (293): Hold **one hand over the head and check IM** as your (*unofficial!*) indicator for some kind of reactive circuits. **Switch-on** again! (36). Recheck IM. If clear, **challenge by wriggling** and using as many muscles as possible all at once including facial, and tongue! (**Have fun!**). Recheck for reactivity as above; Switch-on; Repeat challenge (wriggle); Repeat until clear.

CRM: (297) **Put a muscle in circuit**, (Activate the Reactor - “hero” or “bully” with pain or tension- and simultaneously bring your feet shoulder width apart)

... then **test or activate opposing** or partner muscles and note which are “reactive”.

Close circuit; **Inhibit Reactor muscle and put in circuit.**

Reactivate the other “reactive” muscles. Close circuit.

Reassess Pain 0-10

22. Time of day balance! (274): NOW **reinforce with Time of day balance.** Just work all the convenient reflexes for the basic muscle related to the meridian of the current time of day! Get your neighbor to

rub your SR and NL on the back; rub your NL on front. Each one hold their NV points for a few moments, and just be aware of whatever you are feeling. Any pleasant sensations or discomfort? Breathe. Now let's trace the meridian for time of day. Jiggle the muscles!

Look around the room and see how is your vision doing? How do people look to you? How are you feeling? We have *thought about various aspects of our lives* as part of this experiment and experience. Now let's come back fully into the present and see how we are feeling overall, and check your numbers one last time 0-10.

23. Give somebody a hug!

Although this is not written up in the official procedures, we have a long tradition in TFH of giving appropriate hugs, and I generally end my sessions with a hug! In closing, consider giving someone near you a hug .

NOTES

SATURDAY	JULY 7th	
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Vibrational Medicine



By

Sheldon C. Deal, D.C., N.M.D., D.I.B.A.K.

Originally physics came to us under the name of Newtonian Physics, named after Sir Isaac Newton.

Newtonian Physics was based on everything being made of particles, such as atoms, molecules, protons, neutrons, electrons, etc. That worked pretty well until they started discovering substances of a smaller and smaller nature. Newtonian Physics was superseded by Einsteinian Physics, named after Albert Einstein. Einsteinian Physics was based on everything being made up of vibrations. This was based on Einstein's famous equation of $E = mc^2$. Today we have quantum physics, which says that everything and everyone affects everything else and everyone else. Deepak Chopra says if we have a negative thought, it could cause someone in India to become depressed. Jeffrey Bland, PhD, said if we keep learning more and more about smaller and smaller substances, that soon we will know everything there is to know about nothing!

So I want to share with you a method that we can use to tune into all this, which will affect us positively and affect everyone around us positively.

Let me start out by giving an example of this force in effect. If you take middle C on the piano, which is 256 cps, and go up one octave, you are now at 512 cps, which is high C. If you went up to 40 octaves, you would be at the frequency of the color red. What I just said is that the musical note C and the color red are harmonics of each other. Now when you double the number 256 forty times, the resulting number is so big that it is not practical to refer to color by its frequency. So what we do is to refer to color by its wave length. For red, it is 700 nanometers, which is a number we can handle. The visible light spectrum runs from red, which is 700 nanometers to violet, which is 350 nanometers. Anything below red is infrared and anything above violet is ultraviolet.

In metaphysics, the number 12 (which could be the topic of another paper) is always divided into 7 and 5. One octave on the piano consists of 7 white keys and 5 black keys. In Greek mythology, we learn of Apollo's 7-stringed lyre. Pythagoras wrote of the music of the 7 spheres. We have 7 days in a week. We have the 7 colors of the rainbow. We have the 7 chakras of the body. The acupuncture meridians can be shown to respond to one of 7 colors, and, therefore, all of the muscles and organs that are supplied by that meridian also respond to that color.

The days of the week were originally named (in Latin) after planets and one star. Therefore, that day of the week carries a vibratory rate of that planet after which it was named. If we wear the color of the day, so that it touches our skin, it acts as an antenna to attract to ourselves that particular vibration. It is not a cure-all, but it does balance our energies and provide us more physical energy on that particular day. For example, if two people are playing tennis and the one player has on the correct color for that day and the other player has a different color on, the one with the correct color will have a distinct advantage over the other player. Of course, it is all relative.

Since each muscle and each organ is affected by a certain color, and each color is a harmonic of a musical note, therefore, each muscle and each organ in the body can be strengthened by a certain color. Each chakra correlates to different nerve plexuses that collectively supply the whole body. The acupuncture meridians supply the whole body with acupuncture energy, and each meridian responds to a certain color.

So what we are saying is, if you change the color every day, in one week's time you have treated the whole

body by balancing the energy to that part of the body. In one week's time you have covered all possibilities. The colors are very specific and must be exact for best results. This works much better than wearing all 7 colors at one time. That would be like taking a multiple vitamin rather than the specific vitamin that the body needs, which would be a shot gun treatment. If you do muscle testing on some other diagnostic method to pick up a defect, you can use a specific color for that correction for as long as needed and then switch over to the color of the day for daily maintenance.

Below is a chart that sums up all the corrections.

All of the items on each line contain harmonics of each other. As a side note, it would obviously be more practical to wear the color of the day than to try to listen to the musical note all day.

<u>DAY</u>	<u>COLOR</u>	<u>PLANET</u>	<u>NOTE</u>	<u>CHAKRA</u>	<u>MERID- IAN</u>
MONDAY	Green	Moon	F#	Heart	GB-LIV
TUESDAY	Red	Mars	C	Root	SI-HE
WEDNESDAY	Violet	Mercury	B	Crown	BL-KI
THURSDAY	Blue	Jupiter	G#	Throat	LI-LU
FRIDAY	Yellow	Venus	E	Solar Plexus	ST-SP
SATURDAY	Indigo	Saturn	A	Brow	GV-CV
SUNDAY	Orange	Sun	D	Sacral	TW-CX

NOTES



Wellness For All: Health and Healing in the Future

By

Dr. Mary Jo Bulbrook

Description:

Experience “best practices” promoting wellness through Energy Medicine, Healing Touch, Energy Psychology and Touch For Health from over 40 years journey with complementary therapies in Australia, New Zealand, South Africa, Peru, Canada, USA, Argentina, Chile, Bolivia, England. Many lessons have been learned from different cultures and faith traditions including Catholicism, Christianity, and Buddhism.

Expertly woven experiences will blend traditional therapies with esoteric wisdom and shamanistic training to help shape a very individualized approach to health and healing for the client and student. Dr. Bulbrook’s spiritual guidance activates others’ spiritual journeys. She is able to communicate with her client’s guides and teachers, those who have crossed over, animals as totems and guides, the world of nature and inspiration from angelic presence. Interventions in this workshop will open the doors to multi-dimensional healing at a high level while being very grounded and practical. While practicing on the outer edge of esoteric healing, Dr. Bulbrook unites her academic training as a health care professional as well to give a balanced and unique presentation of both worlds!

Purpose:

This experiential workshop offers in-depth best practices from a variety of energy based therapies for the participant to experience and learn how to apply to themselves and to their clients.

Walk in the footsteps of a master teacher and healer, as she weaves the topics below into an individualized journey for all participants.

Objectives: Participants will be able to:

1. Explore connecting with your spiritual guidance.
 2. Identify their needs to achieve optimal health.
 3. Experience energetic healing from a variety of energy based modalities.
 4. Share their journey toward wellness.
 5. Walk in the path of a healer through learning to listen to guidance and heart centered healing.
 6. Examine multi-dimensional healing through: meridians, chakras, energy field, hara line and core star.
- Create a personal self-care plan for wellness.

Topics include:

Story Telling Process describing your journey to optimal health
Energy Psychology energetic interventions promoting wellness
Dr. Dan Benor – WHEE: wholistic health easily and effectively
Tapas Flemming – TAT: Tapas Acupressure Technique
Achieving Peace through the Heart Energy Release
Touch For Health energetic interventions promoting wellness
Experience Relationship Energy Balancing through the Maori Energy Vortex
Energy Medicine Energetic Interventions promoting wellness
Inner Core Balance

Energy Field Drain & Replenishment
Chakra Blessings
Spiritual Communication
Therapeutic Touch interventions promoting wellness
Unruffling Auric Energy
Seven Hearts Healing integrating Peruvian shamanistic healing with EM
Mandala experience to “Transform Your Life”

Healing Touch energetic interventions promoting wellness
Chakra Connection
Ultra Sound
Laser
Modulation of Energy



Janet Mentgen, founder of HT teaching Chakra Connection

Compliments of Healing Touch Level I Notebook, Authors: Mentgen & Bulbrook

Presenter

Dr. Mary Jo Bulbrook is a medical / spiritual intuitive and master energy practitioner, specialist and teacher. Through spiritual guidance she is led to empower clients to take charge of their lives through understanding themselves as energetic beings.

Currently she is director of the graduate program in complementary and alternative medicine at Akamai University (Hawaii). Other academic positions include: visiting professor at Edith Cowan University in Perth, Western Australia, Director of Psychosocial Nursing at University of Utah, Professor in Nursing at Memorial University of Newfoundland, Canada, Assistant Professor of Nursing at Texas Woman's University.

She has over 40 years practicing, and teaching energy based therapies worldwide in combination with her training as a psychotherapist, family therapist and registered nurse. She is an elder in the Healing Touch Program having served on the board of directors for 15 years guiding the practice and teaching of HT worldwide with establishing HT in Australia, New Zealand, Peru, Canada and South Africa.

Mary Jo has been trained by Virginia Satir, Dr. John Thie, Eric Berne, Fritz Perls, Rosalyn Bruyere, Janet Mentgen, Dolores Krieger, African Shaman, Credo Mutwa, Peruvian Shaman Amelia Pandura, Dr. Rosemarie Pere, New Zealand Tohuna, Australian Elder, Bob Randall and worked with Buddhist teacher, Lama Surya Das. Through her mentors and friends, Mary Jo has shaped a unique tapestry of healing ancient wisdoms to assist a person in their health and healing.



Lama Suray Das Buddhist Master teaching through EMPI

Medicine Buddha picture in the tapestry

For more information regarding Wellness & Energy Medicine Contact:



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Balancing The Acupuncture System –In Four Minutes

By

John Martin, D.C.,

Fellow International Academy Clinical Acupuncture

Using the Traditional Chinese Medicine (TCM) protocols to determine and treat an energy (CHI) imbalance in the body can be very complex and time consuming. There is confusion sometimes, as to which or where the proper treatment points are to be found. They involve complex formulas and sequences. The current Touch for Health protocol follows these traditional methods.

With travel to China, 25 years ago, for study and observation of acupuncture methods, the author has developed, a quicker and easier method of balancing the CHI. With only three steps, in less than four minutes, you can find one acupuncture point that will correct and balance a person's Chi.

The author has been using this new technique for six years in a clinical setting with over 500 patients treated successfully. The results are long lasting and seem to be permanent.

Step #1. Establish that a Chi imbalance is present:

Find a strong indicator muscle (IM). Touch the end of the Governing Meridian (#27) on the upper lip & test the IM. Touch the end of the Central Meridian (#24) on the lower lip & test the IM. If either of these two acupuncture points weaken the IM, a CHI imbalance is evident.

Step #2. Determine which Acupuncture meridian is over energized & on which side(R or L):

Lightly touch the pulse points on the wrist. (See chart on p.70, Touch for Health, The Complete Edition) Repeat, using a *heavy* touch on the pulse points on the same wrist. If the IM weakens with either contact, heavy or light, retest the points one at a time, to discover which meridian is over energized. If none of the circuit localized (CL) points weaken the IM, repeat the test on the opposite wrist. One of them will weaken the IM. After determining the unbalanced meridian, CL the beginning or ending point of that meridian, on a toe or finger. One of these two points (beginning or ending) will weaken the IM. This is the correction point. Occasionally, this point will be on the face or torso. (For the Kidney meridian, use KI#1 on the ball of the foot or KI#27 below the clavicle next to the sternum.)

You now know which meridian is imbalanced, on which side and where the correction point is located.

Step #3. Stimulate the correction point & balance the CHI:

Once you have discovered correction point on the over energized meridian, you can correct the energy flow by tapping, massaging or otherwise stimulating this point for about 10 – 15 seconds. Once the 'backup' or 'block' of CHI is removed, return to the original test in #1. The test should not show any imbalance of CHI.

After presentation and demonstration, there will be a class workshop to demonstrate this new protocol and with a question and answer period for participants.

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Crystal Consciousness Connection

By

Jane M. Frey

CRYSTAL ENERGY RELEASE-RESTORE TECHNIQUE A NEW MODEL AND TECHNIQUE TO RESTORE WELLNESS

Abstract

Discover the wonder of the Crystal Consciousness Connection during this experiential demonstration. Experience an infusion of consciousness energy/crystalline energy into body, mind, and spirit for improved health and wellness. In a similar way to how our Charkras, Hara Line, Core Star, and Auric Field holds the memory of every passing moment of our experience (past/present/future), crystalline energy holds the experience, memory, patterns and paradigms of greater consciousness; that of collective experience found in families, society, cultures, time frames, and dimensions. This collective energy may contain expectations and limitations that filter our perception of our true nature through a lens that may obscure our experience of each present moment. In its true nature Crystal Consciousness connects us to all the knowledge and wisdom of the universe. The beauty of working with crystalline energy in the body, mind and spirit is that it releases our true nature to what spirit intends for us, opening up infinite possibilities. Crystal Consciousness Connection has evolved from my experiences as a Certified Energy Medicine Practitioner and Instructor, Reiki Master and Teacher, and Healing Pathway Practitioner.

Description:

Based on my experience with case studies working one-on-one with clients and using guided meditation with small groups, a process has developed which can consistently assist us in overcoming boundaries and issues that affect our lives in multiple ways. This process is aligned with a proposed energetic model which extends or expands our current understanding of the Barbara Brennan/Energy Medicine energetic model of the human energy field. It includes the following significant points (some of which are “new” to this existing model):

1. Crystalline Consciousness -- band of energy resting beyond the seventh level of the field and infusing into all aspects of our being
2. Crystalline Ridge – interfacing layer between the seventh level of the field and the crystalline consciousness band of energy
3. Destiny Point – anchoring point for crystalline consciousness band to Hara Line, providing time line access for all possible past/present/future time frames and lifetimes of learning (the crystalline ridge is connected to the Earth Star)
4. Inter-Dimensional Point – connection to infinity, time frames and dimensions, possible realities, DNA, sacred geometry, and the interface between energy and matter (quantum physics) on the Hara Line
5. Core Star –resides at the top of the field on the Hara Line in this model, beyond the Soul Star and on the Crystalline Consciousness band of energy, fully balanced with the Destiny Point which anchors Crystal Consciousness at the base of the field. While the Core Star infuses energy outward from each cell, particle, and essence of our body, mind and spirit, the Crystal Consciousness infuses energy directly into each cell, particle, and essence of our body, mind, and spirit.
6. Earth Star – anchoring point for the Crystalline Ridge

This proposed model or system is particularly balanced and stable. Crystal Consciousness energy exists in a circular orb; the circular shape being the most stable of energetic forms. Movement of energy outward from the core star energy within each and every cell, particle, and sacred aspect of our being, and inward from the Crystal Consciousness energy without, is equalized and harmonious.

Any interference or compromise in the Crystal Consciousness energy and particularly on the Crystalline Ridge affects our functioning and health in very significant ways. Interference or compromise appears to set a filter in place on the interface layer, or Crystalline Ridge, of the Crystal Consciousness model which affects our reception of and perception of greater wisdom and universal truth. Expectations and issues (Karma) we have carried from every lifetime of experience in addition to expectations and issues present in families, society, cultures, etc., of all of humanity and in the mass consciousness of the universe through all time frames and dimensions may produce these areas of compromise. Notions of duality and separation which are detrimental to our functioning seem to reside in this mass consciousness energy and can impact our expression of our true self. By modulating, clearing, and connecting to the Crystal Consciousness energy, this system or model appears to release the expectations, boundaries, and paradigms set in place from all time frames and lifetimes of our own being, and also from cultural and societal mass consciousness. Once our divine essence is cleared and connected to pure Crystal Consciousness, we are free to perceive our true nature, boundless, expansive and infinite in our present reality. We are also able to connect with universal wisdom of higher consciousness in each present moment.

Linear grid structures on the interface layer become quite expanded in this process as they are releasing long held patterns. They seem to be directly impacted by the Crystal Consciousness band energy in particular. The linear grids of the Crystal Ridge are then modulated with the Earth Star, bringing them into a state of harmony and unity with the auric field. As the Crystal Ridge is anchored to the Earth Star, there is a strong balancing effect with the seventh level of the auric field. The seventh level provides the template structure for healthy development within our energy bodies, initiating a ripple effect through all seven levels of the field.

Once the Crystal Consciousness Connection has been restored, modulation moves from the Earth Star to the Destiny Point. The Destiny Point appears to be the anchoring point for the Crystal Consciousness band at the base of the field on the Hara Line further down from the Earth Star. Qualities noticed here include the resonance of all time frames of our many eons of manifestations. There is a linear quality moving through past/present/future where clearing of wounds, perceptions, and expectations that no longer serve our destiny can be released. Clearing through the Destiny Point brings our destiny of the past and future into harmony with the present and anchors us into this present time-line. Releasing any thought patterns and expectations we have self-imposed allows us to connect fully to our destiny set forth by the universe. Our pure destiny may differ from what we have expected and understood in the past, since it is now fully aligned with the Crystal Consciousness Connection.

With a clear Crystal Consciousness Connection anchored at the Destiny Point, we now take our essence to the Inter-Dimensional Point. Another anchoring point for this model or system, the Inter-Dimensional Point appears on the Hara Line beyond the Destiny Point. Here appears the creative energy of manifestation. An energy that is formed and formless in the same instant. Expansive and defined, fluid and delicate, this energy is full of potential. Modulating the energy at the Inter-Dimensional Point (which really is not a point at all, but infinity) is to release programming and connect to infinite possibilities for our present nature. Here is the possibility to access creative source energy. Modulating energy within the vortex is like touching infinity, supporting infinity to move in and out of manifestation in all of our physical (DNA), emotional, mental, and spiritual capacity. Living sacred geometry and quantum physics can be held in your hand at the Inter-Dimensional point.

Assessing the field after Crystal Consciousness Connection has been completed, reveals the Core Star at the top of the field, above the Soul Star, on the Hara Line and on the Crystal Consciousness band. Restoring the Crystal Consciousness Connection brings the Core Star into the present so it is an effective therapy to use when the Core Star is under stress or has become misplaced from the Hara Line. The Core Star at the top of the field and the Destiny Point at the base of the field provides great stability in this energy model. Core Star energy is the energy of our divine self radiating out from all aspects of our being. We shine this Core Star light through every molecule, cell, tissue, thought, emotion, and all of our essence. It is the divine essence we are throughout all time frames and dimensions. Crystal Consciousness Connection energy infuses into all our divine aspects in the same way Core Star energy expands out, nurturing our total essence with infinite wisdom, love and

understanding. These two energies are harmonious and synergistic in the human body, mind, and spirit and completely balance each other when they are clear and fully connected.

Examples of experiences in case studies:

- feeling template tiles being “re-laid” over their entire body
- renewed sense of destiny – “I’ve spent years seeing my destiny as . . . and now I see it from a different perspective . . .”
- thinking clearly and making decisions
- ability to detach from unsettling situations (family crisis, work disturbance) and be supportive and insightful towards resolution of those issues by bringing a new perspective
- improvement of migraine pain and frequency
- lifting of heaviness physically, emotionally, mentally, and spiritually lasting effects

STEPS FOR CRYSTAL CONSCIOUSNESS CONNECTION:

1. Open to future possibilities in the energy field
2. Peel off what no longer serves the highest good from the Crystal Consciousness band and ridge in the future and present
 1. Expand pure Core Star energy into the present
 2. Stabilize Core Star energy in the present
 3. Peel off what no longer serves the highest good from the past
 4. Modulate past, present and future
 5. Modulate Crystalline Ridge with Earth Star
 6. Modulate Crystal Consciousness energy with Destiny Point
 7. Connect to Inter-Dimensional Point

Ground client

An important aspect of the process is bringing all of the energy systems into the present. When our energy is predominantly in the future or the past, or in mental processing or emotional processing, the Core Star can shift from its stable position on the Hara Line. When this happens we become extremely distressed and may have physical symptoms such as nausea and vomiting, headaches, heart palpitations, and be unable to focus or think clearly. Reconnecting to Crystal Consciousness brings the Core Star back onto the Hara Line and into the present and resolves much of the tension in the field on all levels. Because we have released the mass consciousness effect of duality and limitation, the Core Star energy can present itself fully in all aspects of our being in a relaxed and comfortable way. In this state we have the freedom to experience our divine self functioning in an expansive and supported manner.

“Languaging” these experiences imposes labels and limitations of my own perception onto the wonder of energy. So much is happening on levels of awareness that cannot be expressed in the form of words. I invite you to experience healing with Crystal Consciousness Connection for yourself and with your clients. Any feedback you could offer to me would be valuable in developing this body of knowledge.

Jane M. Frey, B Sc. Ph., CEMP/I ewc@shaw.ca - Tel 780-998-7335

Annual Meeting

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Energetic Communication with Animals

By

Twila Hayes

Through gentle discovery from an animal's perspective; learn to walk the path of being consciously aware as you deepen your understanding of living as a healing presence. For animals love and support us no matter what and where we are in our journey. They help us look at life through a new lens and give us perspective on how to create more of what works and less of what doesn't. Come share and be in the stillness, wisdom, honor and beauty from the animal's perspective.

My Journey

Objective

- Share my story.
- Create a safe place for participants to share and walk the path of being consciously aware as we deepen our understanding of living as a healing presence. For an animal's love and support heals us in their presence and enhances our journey.

Materials

- Chairs placed in a circle for the participants or the opportunity to be outside weather pending.

Procedure

- I am from Canada and yes we have snow and no there are no eskimos.
- born and raised on a raised that covered over 56 sections of land and attended a school in Val Marie, Saskatchewan.
- My husband Ryan and I are blessed with two wonderful young men, Wyatt and Riley, Wyatt is 16 and Riley is 14. As a family we love to rodeo, team rope, train horses and have fun doing that! When I am not doing those amazing experiences I drive a school bus.
- My purpose is to share my gifts with unconditional love so I am fortunate to facilitate Personal Empowerment Workshops with animals and the classroom is the prairies or residences in Canada.
- I love to drum and assist individuals to make drums on the land or in my home.
- Living on a ranch that was in the middle of nowhere I had animals in my life as teachers-they have taught me so much about what doesn't work in my life, how to be like them so I could create balance in my life and adapt to my environment. Whether it be good or bad.
- For example: One day I was helping my brother on the family ranch and if you have ever saw a tumble weed going across the prairie with the help of the wind then that is what gear my brother travels in - Hence is nick name Tumbleweed. Yes wide open and everything has to be done yesterday! Anyway I was unloading my horse Amigo from a horse trailer and I was hurrying him more than he liked. He shared with me how he doesn't like to back up this fast and I more less energetically disregarded his message -ya know the attitude -too bad its my way or no way. Well, sure enough I should have listened because when I went to step from the trailer to ground I stepped on a frozen turd and twisted my ankle and fell to the ground. He looked down at me with those beautiful eyes and said "I told you, and I got this impression that it would not be a good idea to attune to my brothers energy for I knew that was not going to be beneficial for our job that was ahead of us. For that thank you Amigo.
- From a little girl I was not told I could not communicate with animals but it wasn't until I was older and attended an Animal Communication course and discovered that what I had done all my life as a little girl was now a gift and that I had forgotten about my abilities and my gifts and everything just fell into place.
- In my world there is nothing I don't communicate with. I have had amazing guidance from plants, rocks, birds, large and small animals from all over the place. If that beautiful animal is in a picture and it is native to South Africa and even though we may aren't in South Africa. It is possible for us to communicate and see the world through their eyes and be blessed with guidance.
- That is why I have brought this drum for you to experience a journey to be with your spirit animal.

Magic of Drum-Finding your Spirit Animal

Objective

- Create a safe place for individuals to experience drumming and how it has the ability to heal; shift energy within us; and balance our body, mind, heart and spirit.
- Bring forth the wisdom of animal spirit to awaken our senses and communicate from our heart center

Materials

I will bring a drum.

Procedure

1. Ask the participants to give themselves permission to relax and set their intention to connect with their spirit animal. Guide them to a relaxed state.
2. Drum until I feel the energy is complete. 10-15 minutes
3. Gently bring them from their relaxed state.
(May wait ask to share after See Through My Eyes)
4. Ask the participants if anyone would like to share their experience.

See Through My Eyes

Objective

- Allow the group to open their senses and experience life through different eyes and perspectives.
- Enjoy the magic of being present.

Procedures

1. Participants will choose from the following:
 - a. Be their spirit animal
 - b. Be the human
 - c. Be the observer
2. Ask them to go to their heart and to place themselves in a behavior that brings less of what they want in their life?
3. Open senses: Smell, feel, see, hear, knowingness...
4. Reflect as a group from the 3 perspectives of what is being sensed within the environment and how is the body, heart, mind, and spirit affected? Does this sense bring meaning to their life and reflect on what is currently happening in their life?
5. Ask the participants to shift themselves into a position that brings them more of what works and provides them nurturing for their well being.
6. Reflect on the gifts of walking with our animal spirit by our side and how their ways can create more of what works in their life and less of what doesn't.
7. Invite participants to share their experience.

Closing

Give thanks for the animals and the experience we shared together.
Perhaps share the Blessing of Eagle Spirit.

NOTES



Introduction to Acu-K: Bridging the Worlds of Acupuncture & Energy Kinesiology

By
Adam Lehman, En.K.

Abstract

The worlds of Energy Kinesiology and Acupuncture (via Chinese Medicine) are inexorably linked. Yet either side of this equation still has much to offer the other through their own models, furthered research, and clinical techniques that have not crossed over. With Acu-K, my intention is to begin to bridge the gap by integrating some of these philosophies and techniques for the benefit of both sides.

Introduction

In George Goodheart's original Applied Kinesiology (AK) research, he found there was a relationship between muscles and organs. As organs also have a relationship with the Chinese meridians of acupuncture, it wasn't much of a stretch to bridge the connection between all three. This resulted in the integration of Chinese medicine philosophies (5 elements, balancing chi in the meridians) with Western modalities (Chapman's neurolymphatic reflexes and Bennett's neurovascular reflexes), all brought together through the process of muscle monitoring/testing.

John Thie introduced the basics of AK to the lay person through Touch for Health. Along with the modalities mentioned above, other balancing tools were brought over, such as Emotional Stress Release (ESR) points, cross crawl, and the Acupressure Holding Points (AHPs) – another tool from Chinese medicine that used a particular type of acupressure point known in the West as command points. As well, the Alarm Points of Chinese medicine began to be utilized as a means of assessing where one might find certain types of imbalances. The 5 Element model of Chinese medicine also was incorporated as an assessment tool to find more efficient means of balancing the body.

The underlying philosophy presented in Touch for Health was that if you balanced the flow of energy in the meridian system, such that various over- and under-energy meridians of the body were brought into balance, then the body would be better able to heal itself as it is designed to.

As Energy Kinesiology (the blanket term for the many modalities of muscle monitoring made available to lay people) developed further, this philosophy was carried through. Many modalities of Energy Kinesiology developed concepts and techniques of Touch for Health further, focusing on emotions, or brain integration, or nutrition, and more. They continued to utilize aspects of Chinese medicine to identify imbalances and accomplish goals, such as using the alarm points and drawing from various concepts of the 5 elements. In another case, the modality known as Applied Physiology (AP) continued to utilize and build on the models of Chinese medicine, expanding further on their concepts (such as the 7 Element model) and utilizing them to develop new techniques for balancing both physical and metaphysical dimensions of the body in innovative manners (such as the 7 Chi Keys method of balancing chakras using the acupressure system). But for the large majority, as new modalities of Energy Kinesiology emerged, aside from these original methods of integrating Chinese medicine/philosophy, many aspects of Chinese medicine are not utilized. One likely reason for this is that there may not have been awareness of the deeper aspects of Chinese medicine. And yet, for a method of healthcare that has been in development for thousands of years, one surmises that there is much that can still be tapped into.

Conversely, there are many things that have come out of Goodheart's original research, and furthered by developers of other Energy Kinesiology modalities such as Applied Physiology's Richard Utt, SIPS developer Ian

Stubbings, and others, that correlate meanings of the Chinese meridians and points that are not known by most acupuncturists and practitioners of other methods of Chinese medicine.

While it seems that kinesiology has caught on in the acupuncture world a little bit, those that use it extensively do so mainly through o-ring style muscle monitoring. Others, having observed this, are intrigued, yet don't have the understanding or confidence – and have not been taught properly – to use it proficiently. Nevertheless, I have witnessed prominent acupuncturists that trust muscle monitoring to the extent that, regardless of the treatment they devise from their diagnostic methods, they still muscle monitor every point and don't insert a needle into it if it doesn't "test up."

For years, I have resisted putting together a body of work and slapping another kinesiology name onto it, as I didn't believe the world needed another Kinesiology. My motivation for now doing so is not to establish a whole new modality, but rather with the following intent: to further bridge the worlds of Chinese medicine and Energy Kinesiology with adjunctive techniques. However, my desire is for the bridge to be bidirectional – one that makes Energy Kinesiology and its principles available to acupuncturists, and also brings more awareness of uses of Chinese medicine into the world Energy Kinesiology. Thus, the beginnings of Acu-K. As a beginning step, I have created a course to introduce acupuncturists to neurologically proper muscle monitoring and how to use an indicator muscle on the client/patient to get useful information, as well as particular energy balancing tools to integrate into an acupuncture treatment. It has been approved for continuing education credits for acupuncturists.

In this presentation, my goal is to share background information, concepts and techniques that will offer "new" tools drawn from Chinese medicine to Energy Kinesiology practitioners of whatever related modality. My particular focus here will be on working with organ energy.

A Little History

I have long been aware of different concepts involved with Chinese medicine. Through my introduction to Shiatsu therapy over 20 years ago, and continued through my journeys in Energy Kinesiology, the 5 element model was naturally in the forefront. I was also aware of other models that involved looking at the influences on health, such as wind, damp, cold, heat, etc. Strangely though, I only recently became aware that this latter model has its own name – Traditional Chinese Medicine (TCM). I had, for decades, used that moniker as a blanket name for everything in Chinese medicine, including the 5 elements, but I've now realized that to be incorrect. TCM and 5 Elements are actually 2 different schools of thought in the larger context of Chinese medicine, each with its own history.

The 5 Element model was based on an observational model, upon which acupuncture originated. The use of acupuncture spread throughout Asia in a variety of ways, but in Japan, the 5 element method was embraced and grew extensively. With new innovations came new models that differed from Chinese acupuncture. Smaller and thinner needles were utilized, using an entirely different viewpoint on how to move energy. In Japan, if the patient experiences any pain from the needle, that is considered bad, whereas in China, it is often felt that if there is no experience of the needle, then nothing is happening. These are pretty opposing viewpoints! More recently, with the advent of electricity and technology, electro-acupuncture utilizing electric current through the meridians was developed initially in Japan and later in Germany, and added to the repertoire.

Originally, TCM was developed as a model for diagnosing the use of Chinese herbs as a treatment. Over the course of history, and due to the variety of political influences in China, including a period where acupuncture was banned, TCM eventually emerged as a style of acupuncture as well. In TCM, each acupuncture point is considered more individually rather than in the context of the 5 elements and the various relationships inherent in them. A diagnosis is established given the influences considered in TCM (as mentioned above), and points are chosen that address those influences and their relationship on specific organs. This often results in treatments that involve more points/needles than in 5 Element acupuncture.

As acupuncture has moved its way west and come to be more accepted in the U.S., there have naturally been complications. Translation of ancient texts have resulted in naming irregularities, and there has been some conflict about what models to use. As a result, states that adopted licensure of acupuncture have had to choose between the two. Many states that license acupuncture focus more on the TCM method of acupuncture and herbs, while others focus on the 5 Element model of acupuncture. Those that study in the TCM method clearly don't get much education in 5 Element theory unless they pursue it themselves extracurricularly.

As I've become more acquainted with this world of acupuncture, it seems to me quite clear that the methods and philosophies of AK and Touch for Health were steeped largely in the Japanese school of 5 Elements. As I listen to 5 Element teachers and read books on the subject, I feel like I'm back in Touch for Health, listening to the same concepts about balancing the body as was espoused there. Acupuncture Holding Points are clearly an old-style method of balancing the body's energies using the philosophy of tonification and sedation of meridians based on a metaphor of family – the relationship between parent and child, and grandparent.

I find the philosophies of both TCM and 5 Element to be fascinating. And as I learn more and speak with many acupuncturists from around the globe, I find that the TCM method really is best considered as an assessment model for herbal therapies, while the 5 Element model seems to be more suited to acupuncture, and therefore, also as a balancing model for Energy Kinesiology. I have run into many examples of TCM practitioners moving over to the 5 Element model of acupuncture for needling, continuing to use their TCM perspectives for herbal assessment. But I haven't met 5 Element acupuncturists switching to TCM style acupuncture. Nevertheless, there are certain acupoints that, when viewed from the TCM perspective, offer some very useful applications as well, and some 5 Element practitioners recognize this and integrate some of the TCM points into their treatments. Regardless, both schools have much to offer in the way of balancing that has yet to be tapped into in Energy Kinesiology.

In particular, due to the simpatico relationship between 5 element acupuncture and kinesiology, there is much that can still be shared beyond what has already. I would like to present some concepts and techniques I have found to be quite useful from my explorations which are easily integrated into the Energy Kinesiology practitioner's repertoire.

Yoshio Manaka, M.D.

This name deserves some attention, and has provided a wealth of material and understanding in the world of acupuncture. His work has delivered on many levels: deeper understanding of ancient principles from a modern perspective, new models that have developed from that understanding, integration of new techniques and modalities (such as electro-acupuncture and kinesiology), and when some answers were not clear, new questions to further the study along. He passed away in 1989. Many of the concepts and techniques I present here were either developed or furthered by Manaka from his work.

Assessment Points

Alarm Points

One of the original means of assessing meridian energy in kinesiology was the use of the Alarm Points of acupuncture. Touch for Health uses them to find over energy meridians, and then uses that information to create a formula for balancing. In acupuncture, these points are used in assessment and treatment, and a little history might help to better understand them.

In Chinese Medicine, these points are known as Mu points, or “front” Mu points to acknowledge their location on the front of the body. However, the word “Mu” does not translate as “Alarm.” Rather, the word Mu (or “Mo” as it originally appeared in ancient texts) means to collect, summon or enlist. The original concept is thought to be in relation to the points' role to “support and defend,” likely related to their effect on different types of chi considered in Chinese medicine.

As “collecting” points, Mu points have a tendency to become sensitive to touch, and perhaps even show discoloration and other surface changes, when their related organs are out of balance. This leads Mu points to be valuable for diagnostic purposes. However, they can also be used for treatment in acupuncture. Classic literature

tends to assign their treatment importance to the yang organs, seemingly due to their yin nature being on the front of the body balancing those organs. As well, they are usually considered to be stimulating in their treatment effect, and as such, are best used for organs suffering from deficient scenarios rather than excess.

The English name “Alarm Points” was coined by Felix Mann, which was based on one of the earliest western translations of Chinese texts by a Frenchman named Soulie de Morant. Thus, the name is really a western concept assigned to these points, though that assignation may have been somewhat based on Morant’s interpretations of writings by later Chinese interpreters of acupuncture.

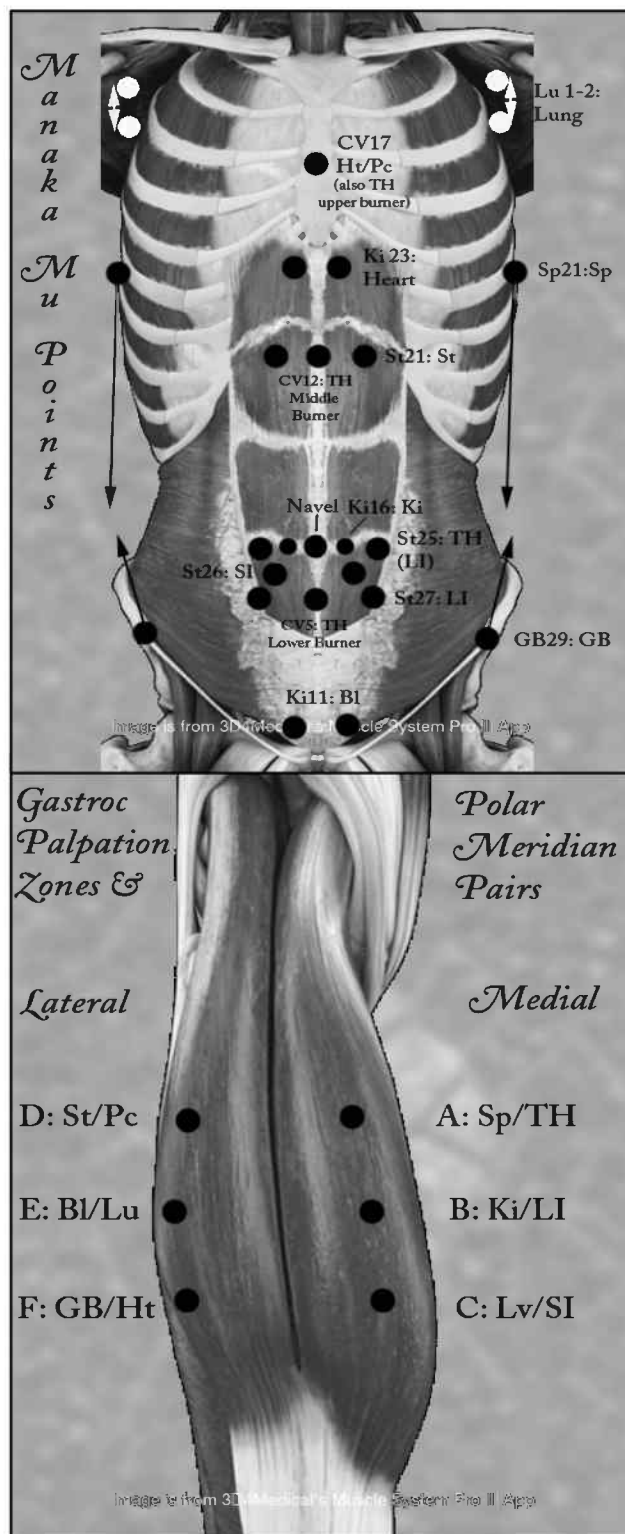
Of interest is a set of modified Mu points by the above named Yoshio Manaka. Manaka was intrigued as to why some mu points were represented on the midline, even when they were bilateral in nature. His investigation found that the Mu points seem to change when a person is lying down. Keep in mind that the traditional use of these points was via palpation to assess if there was an organ problem. His research indicated that there are several points that are better assessed when supine. The diagram shows the different points that Manaka uses for Mu point assessment in these cases.

As Manaka also used muscle testing in his work, he noted that sometimes, while palpation tenderness shifted to a new area, the traditional point might still indicate with a muscle test. He began to correlate the 2 methods, using palpation of the new area to confirm a kinesiologically active point, and vice versa. When he found this, he knew he was onto something. (note: only the “new” points are shown. The arrows indicate area of palpation for the points they come out of)

As an added note by the author, in exploring these points, I have found the Manaka spleen and gall bladder reflex points particularly useful for muscle monitoring. For whatever reason, I had noticed over many years that gall bladder in particular rarely showed in my alarm point assessments. Upon utilizing Manaka’s alternate for this, the point shows significantly more often now, and as such, has provided useful information in my balancing process. I share this with you to explore and find what works for you.

Gastrocnemius Assessment

Wally Schmidt, D.C., one of the original “Dirty Dozen” of Applied Kinesiology, often quotes a mantra in his work – “measure, measure, measure.” While he uses kinesiology extensively as a communication and assessment tool, he stresses the importance of other means of confirming what he finds through kinesiology testing. As an example, while several supplements might indicate through muscle monitoring that the body would benefit from them, each also



gets challenged with the client's ability to demonstrate range of motion of a particular muscle or larger body movement. The supplement(s) that also demonstrably increases ROM becomes the priority for utilization.

In acupuncture, palpation (looking for tender points) is also important. An example of this, that comes from doctor Yoshio Manaka and a student of his, is the gastrocnemius test. Each gastroc can be palpated in 6 places or zones. Each zone relates to a pair of meridians that Manaka refers to as Polar Pairs – the meridians that are opposite each other in the time of day wheel. If any of these zones create significant discomfort, then the polar meridians related to the zone(s) can be checked for imbalances and/or used to identify balancing options.

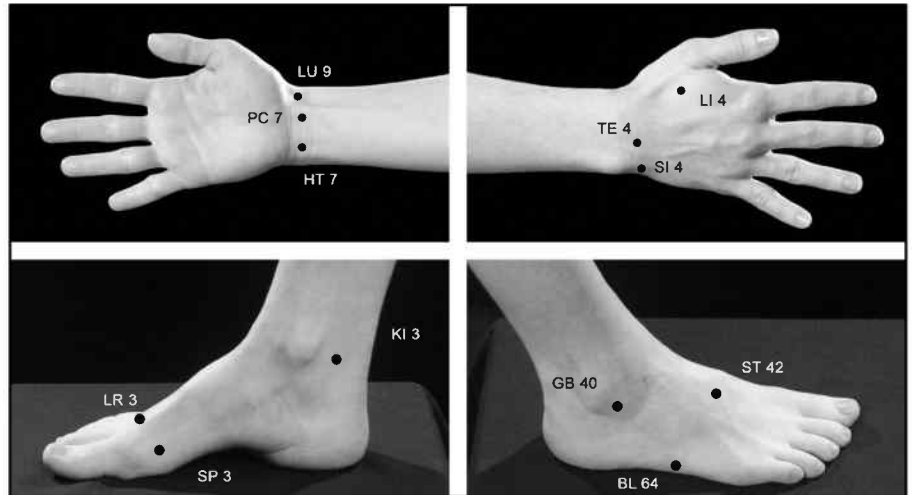
A simple check of the zones before doing a balance, regardless of the meridians the painful zone(s) relates to, becomes a reference measurement to return to after any balancing to see what kind of change has been made. However, we will use the information to help identify what meridian/organ would benefit most from some attention. The difference can be quite dramatic when, having had the client respond emphatically to one or more zones, there is no response whatsoever after doing a balance.

The zones and their polar meridian pairs are detailed in the diagram.

As seen in the gastrocnemius assessment, palpation can be a useful before/after measurement when assessing treatment options or balancing results. Other points and body zones, such as mu points, may be useful in this manner as well. Their response can be so immediate that they can be useful to identify what balancing modality will work best for the client.

Source Points

In introductory Energy Kinesiology workshops, we learned about using Alarm Points as a means of finding meridians that are out of balance. In acupuncture, these mu points are found useful due to their relationship with the organs, which is considered due to the locations of the points being in the area of the organs they relate to. However, in Acupuncture, there are many other types of points that can be used for different reasons or types of assessment. Let's look at some of these other types of points and what they mean to see what we might learn by assessing them.



Source Points

Source Points are a specialized point on each meridian that have a special meaning. Specifically, Source Points have *direct* connections to the organ from the meridian – different from using the mu points and their organ relationship due to their location on the body. Therefore, by checking the source points, we get a more direct response of a meridian's organ relationship.

As a balancing point, source points are considered to be “regulatory” in nature. In other words, they will provide balance, regardless of whether the situation is under or over-energy. As a result, when we assess the source points, an indicator change doesn't necessarily tell us what the energy state is, simply that it is not in balance. Again, this might present a different result than mu points, which are considered to be stimulatory in nature, and therefore may show only when organ energy is deficient.

For these above reasons, source points might be more advantageous to use for assessing organ energy than the alarm points that have been used traditionally in Energy Kinesiology.

After we look at another type of point, we will see how we can use a combination of points to identify more specifically what the state of imbalance in an organ is when the source point creates a muscle change.

Association Points

Association Points, known in acupuncture as *Back Shu points*, are found on the bladder meridian as it passes down the back on either side of the spine. They are often spoken of in combination with the front Mu points, and similarly act as “alarm” points for the meridians. In older texts, due to their location on the back (yang), they were used to treat the yin organs, in the same manner that the front mu points were used to treat yang organs. But in contrast to the front Mu points, they tended to indicate over-energy and were used for energy sedation in treatment.

In kinesiology circles, association points are taught as acting as “capacitors” for the meridians. This means that if a meridian is over energy, it can send some of that energy to it’s associated back shu point until the meridian comes back into balance and then draw that energy back when needed. However, if the energy remains chronically over-energy, and it continues to dump the excess into the back shu point, then the associated point may develop problems that spreads to the surrounding tissue. This can go so far as knocking vertebrae out of alignment!

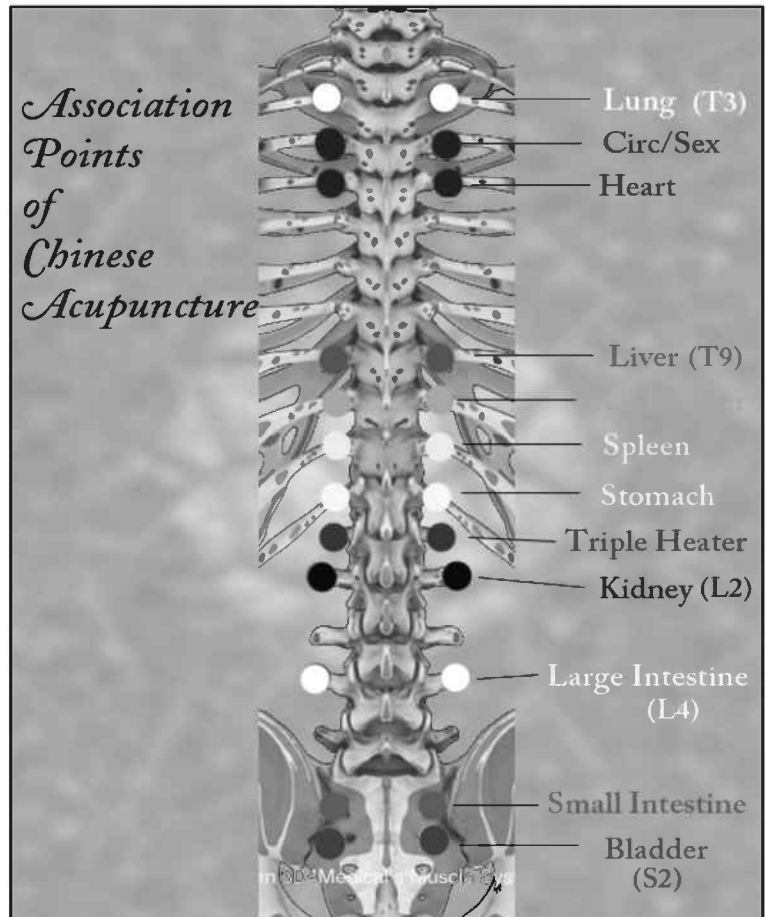
By checking these points, and doing something to balance them, relief can be experienced by the client for a variety of issues. As well, it might expose a problem meridian that is checking out as OK because it has dumped it’s excess energy out to this point, and therefore looks “normal.”

Using these association points in acupuncture treatments usually comes later in the process. They are often considered to be a branch (symptomatic) treatment option, or a latter stage root (causal) treatment – addressing root yang imbalances after the yins have been taken care of.

Assessment Methods

It probably goes without saying that, after thousands of years, many methods of assessing and treating energy imbalances have developed. TCM and 5 Element are 2 completely different approaches in and of themselves, and within them, there are still many models.

In the 5 Element school, as mentioned, the underlying philosophy is to balance the flow of energy in the meridians and the body will be better able to take care of itself from there. But how to assess and go about that balancing can create many options. Nevertheless, another pair of philosophies that go with that are to address the cause first (referred to as the root) – usually meaning to balance the systemic picture, or flow of energy in the meridians – and then see if there is more that can be done to address the specific complaint/symptom (known as the branch). Secondly, the yin imbalances take precedence, and should therefore be addressed first. This is not too surprising given the nature of the yin organs – working all the time, and with many specific life-necessary functions.



One approach that has evolved from the Japanese method is to initially identify the underlying yin causal pattern. There are 4 primary patterns considered: Liver, Spleen, Kidney and Lung. Interestingly, Heart is left out, though you might wish to consider a Heart pattern as well if it shows that way.

To identify the pattern, use your assessment method of choice. Traditionally, this would have been done with pulses. But using mu/alarm points with kinesiology or palpation, gastrocnemius palpation, and other methods are fine as well. A method of assessment and correlation is presented in the procedure at the end of this paper. Once the imbalances are identified, you look for 2 or more out of balance yin meridians in a row on the 5 element chart. The latter of these going clockwise is the priority meridian, and should be balanced first, and the pattern is named for it. For example, if Lung and Kidney were found, it would be considered a Kidney pattern, and Kidney would be where to begin the balancing. The thought is that by balancing Kidney, it might resolve the whole pattern of imbalances and nothing else would need to be done. However, if it turns out that more is necessary to do, you then follow a pattern of treatment as follows: yin under-energies, yin over-energies, yang over-energies, yang under-energies. This defines the sequence of your root treatment.

Assessing & Balancing Organ Energy

What I'm presenting here is a method for assessing and balancing organ energy. This can be useful for people who are experiencing specific organ dysfunction. Certainly the yin organs can provide many examples of need, and if identified in the pattern method mentioned above, are priority. Sometimes, however, there may not be an obvious pattern, yet a person knows they have a specific organ problem. As well, if the root pattern shows a particular organ/meridian is to be balanced first, the client might have another organ that they are experiencing symptoms in that might benefit from further branch balancing.

Putting together what has been presented above about various types of points, we have a means of effectively identifying organ systems that are in need of attention, what energy imbalance they're experiencing, and options of how to address them.

Organ Assessment & Balancing Procedure:

1. Perform Gastrocnemius Zone assessment. Note any zones that the client reacts to, which are most sensitive, and what side (left or right gastroc) the sensitivity occurs on.
2. C/L and palpate the front mu points, both traditional and Manaka. Note which ones show with an indicator muscle, and which ones are tender when palpated.
3. Compare the results of Steps 1 & 2. If a meridian correlation exists between gastroc zone palpation, mu (alarm) point muscle monitoring and mu point palpation, then this is your priority for balancing.
 - a. If there is more than one possibility, look at the yin imbalances on a 5 element chart and determine the pattern. If there are 2 or more in a row, the furthest one clockwise in the pattern is the priority.
4. C/L the source point of the determined priority meridian with a neutral polarity touch (thumb or 2 adjacent fingers) and check a locked clear indicator muscle (IM). If I/C, continue to next step. No I/C, skip to step 7.
 - a. If Steps 1-3 provided no clear priority organ/meridian to balance, then check all source points. Correlate any that show with the gastroc, mu point indicator, and mu point palpation assessment to see which seems to be the most likely organ.
5. While maintaining contact with the priority source point, or putting it into pause lock (unlocked IM), C/L the mu point for the meridian of the source point.
 - a. If the IM changes (locks), then the organ related to the source point meridian is under-energy.
 - b. If the IM does not change (remains unlocked), then the organ related to the source point meridian is over-energy.

6. Check the back shu (association) point of the meridian whose organ you have found. Note if I/C or tender.
7. Check one or more muscles related to the priority meridian. If it remains locked, use the spindle cell technique to determine if the muscle is over-facilitated (OF). (A muscle may still be OF when an organ monitors as being under-energy).

Meridian	Tonification	Sedation
Stomach	St 41	St 45
Spleen	Sp 2	Sp 5
Heart	Ht 9	Ht 7
Small Intestine	SI 3	SI 8
Bladder	Bl 67	Bl 65
Kidney	Ki 7	Ki 1
Pericardium/ Circulation/Sex	Pc 9	Pc 7
Triple Heater	TH 3	TH 10
Gall Bladder	GB 43	GB 38
Liver	Lv 8	Lv 2
Lung	Lu 9	Lu 5
Large Intestine	LI 11	LI 2

8. Balance.

a. If an organ is under-energy, consider the following possibilities for balancing:

- i. The source point (acupressure bilaterally, use tai shin, laser, or other point stimulating device).
- ii. The meridian's tonification point (see chart - balance as if source point above).
- iii. The alarm point (balance as if source point above).
- iv. Neurolymphatic reflexes.
- v. Mu-Shu technique. If the association point indicated when checked, you may also use a technique known as Mu-Shu technique – hold both the association points and the mu point(s) for the indicated meridian until you feel synchronized pulsing in the points. You may experience other palpable changes as well.
- vi. If a clear correlation was found with the gastroc zones, then balance both the tonification and sedation points for both meridians on the opposite side of the body to the zone that was most sensitive. Using acupressure, hold each point for the yin meridian, pulse and synchronize. Then repeat with each point from the yang meridian.

b. If an organ is over-energy, consider the following possibilities for balancing:

- i. The source point (acupressure bilaterally, use tai shin, laser, or other point stimulating device).
- ii. The meridian's sedation point (see chart - same as TFH, balance as if source point above).
- iii. Neurolymphatic reflexes
- iv. Mu-Shu technique. If the association point indicated when checked, you may also use a technique known as Mu-Shu technique – hold both the association points and the mu point(s) for the indicated meridian until you feel synchronized pulsing in the points. You may experience other palpable changes as well.
- v. If a clear correlation was found with the gastroc zones, then balance both the tonification and sedation points for both meridians on the opposite side of the body to the zone that was most

sensitive. Using acupressure, hold each point for the yin meridian, pulse and synchronize. Then repeat with each point from the yang meridian.

- Note: One possibility for assessing which balancing technique to use is to stimulate the point involved and recheck the areas of original assessment. For example, assume the pattern you establish is Spleen, with Spleen 21 tenderness on palpation and Zone A of gastroc palpation causing discomfort. If you rub the neurolymphatic reflex for spleen momentarily, or have the client touch it, and you reassess the painful areas and the pain is now gone in both places, you have a strong confirmation that neurolymphatic reflexes are the best choice for balancing.
- 9. After balancing, recheck all the indicators – note if gastroc zones, palpation to mu and shu points are no longer tender, and meridian related muscles are in balance. If any still indicate, more balancing is necessary. Consider emotional aspects.

Conclusion

Given the nature of the healing philosophies common to the world of Asian healing arts/acupuncture and the world of Energy Kinesiology, it seems very natural to continue to bring the 2 worlds further together. With a little bit of practice, and becoming more familiar with the points involved, the tighter integration of Asian modalities and Energy Kinesiology provides the practitioner with formidable tools both for assessment and balancing. I hope what has been presented here provides the means for the Energy Kinesiology practitioner to explore this natural affinity and continue to build the bridge. As for Acu-K... there's more to come!

Adam Lehman, En.K. is the Advanced Instructor and Instructor Trainer for Applied Physiology in the US and internationally. He is a certified instructor of several other modalities of Energy Kinesiology, maintains a practice at the Institute of BioEnergetic Arts & Sciences in Sonoma, California. For information on Adam's workshops, please visit his website at www.kinesiohealth.com. You may also find him on Facebook, where he maintains pages for the Institute and for his non-profit Energy Kinesiology Awareness Council, whose mission is to raise the awareness of the North American public to the benefits of Energy Kinesiology. You can email Adam at adam@kinesiohealth.com or call him at 1-707-328-2838.

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***Spontaneous Evolution:
Our Positive Future and a Way to Get There
From Here***

By

Bruce H. Lipton, PhD and Steve Bhaerman

“The good news is, there will indeed be peace on earth. I sure hope we humans are around to enjoy it.” -- Swami Beyondananda

We are in a world of crisis. From economic collapse to environmental decay to climate change to war, hunger and poverty, our species seems to be headed full speed ahead on a fast track to a train wreck.

But what if these crises presented the greatest opportunity in recorded history – conscious evolution?

Our book, ***Spontaneous Evolution: Our Positive Future and a Way to Get There From Here***, offers both the hope and challenge that we can safely navigate this dark passage, to a healthier future. The good news is that biology and evolution are on our side.

Contrary to what conventional science and religion have been telling us, evolution is neither random nor pre-determined, but rather an intelligent dance between organism and environment. When conditions are ripe—either through crisis or opportunity—something unpredictable happens to bring the biosphere into a new balance at a higher level of coherence.

While we often perceive of examples of *spontaneous remission* as miraculous healings that happen by the grace of God, looking a little deeper we see something else at work. Quite often these fortunate individuals actively participate in their own healing by consciously or unconsciously making a key, significant change in their beliefs and behaviors.

So here is the bad news and the good news. The story of human life on Earth is yet to be determined. Spontaneous evolution will depend on whether we humans are willing to make changes in our individual and collective beliefs and behaviors, and whether we are able to make these changes in time.

For millennia, our spiritual teachers have been pointing us in the direction of relatedness and love. Now science is confirming that ancient wisdom. We are each and all cells in the body of an evolving giant super-organism we call *humanity*. Because humans have free will, we can choose to either rise to that new level of emergence or, in the manner of dinosaurs, fall by the wayside. Like it or not, our future depends on the choices we make as a species.

All You Need Is Love – Really!

From Jesus to the Beatles, we humans have spent the past 2,000 years hearing – and resisting -- the message of love. Perhaps now that science is echoing ancient wisdom in this regard, we might actually heed the message.

Thanks to the current paradigm of scientific materialism, most of us believe (if not consciously, than unconsciously) that life is a dog-eat-dog rat race, a dire competition where only the most fit survive. However, science now tells us that this Darwinian view is distorted. In actuality, environments survive and evolve as systems.

Whatever helps to balance that system thrives, while that which doesn't fit, doesn't survive. Thus, the real evolutionary principle is survival of the "fittingest."

Our planet is facing what scientists are calling the Sixth Great Mass Extinction. The previous five were apparently caused by objects from outer space, such as comets or asteroids, hitting the Earth. This time, the cause comes from "inner space" – our own invisible beliefs that have spun us outside the web of life. Beginning with monotheistic religion telling us that we humans are superior and apart from other creatures on the planet, exacerbated by scientific materialism insisting human technology has the power to "conquer" nature, we have focused so heavily on our fitness as individuals, we have failed to recognize that our fitness as a species is up for examination.

However, the most transformational tool in our human toolkit – and the one we've largely ignored for the past two millennia – is love. This love we are talking about is not some mushy-gushy sentiment, but the glue that holds our world together. According to Dr. Leonard Laskow, a surgeon who discovered his own innate ability to heal with love and wrote a book with the same name, "Love is a universal pattern of resonant energy." In this sense, two or more tuning forks vibrating together are in love with each other, just as two or more humans can resonate in a palpable field of connectedness, joy, and even ecstasy. Love, he said, "is the universal harmonic."

Love and Evolution

If indeed love is a resonant harmonic, then a case can be made for evolution being the evolution of love itself. From the first spark of life ignited by the wave of light impregnating the particle of matter on Earth, every stage of evolution has involved two things: greater connection, and greater awareness.

While we should beware of anthropomorphizing cells – they *hate it* when we do that – in a very important sense, when single cells joined to become multi-cell organisms, they "surrendered" to a higher level of organization, and "agreed" to live in harmony. In other words, love.

The same has been true of individuals affiliating in tribes, and tribes affiliating as nations. At each stage, individuals (or groups of individuals) have become *aware* of how *connecting* in community would enhance their wellbeing. Taking a cue from the Iroquois Nation, America's founders designed a system where individual states gave up their right to arm themselves against one another. Think for a moment what it would have meant for states to have armed borders, and the inevitability of a border skirmish. Clearly, America's prosperity has been due in part to not having to spend precious resources defending against other Americans.

On a worldwide scale, imagine what we could do with the trillions of dollars we spend on weaponry. Certainly, an argument can be made that while the vast majority of us may be peace loving, we would still have to defend ourselves against those who aren't. This is true. However, we are all too commonly mobilized by our "leaders" against a perceived enemy, when in actuality the true "enemy" is the field of beliefs that reinforce an absence of love – and the misleaders who manipulate that field.

A World In Crisis = A World of Opportunities

Meanwhile, in the collective consciousness there has been a growing awareness that, to quote Dorothy, "We're not in Kansas anymore." Whether it's the evangelicals speaking about the Rapture, scientists warning of the Sixth Great Extinction, or those who see "2012" as some transformational watershed date, there is an understanding that we are on the threshold of profound change.

As we are seeing every day in the news, old structures and ways of being seem to be crumbling all around us.

Our institutions – from hospitals to schools to banks to our own government – are failing, and seem to be unfixable. What’s going on?

To better understand the opportunity hidden in the crisis, consider the tale of another world in transition. Imagine you are a single cell among millions that comprise a growing caterpillar. The structure around you has been operating like a well-oiled machine, and the larva world has been creeping along predictably. Then one day, the machine begins to shudder and shake. The system begins to fail. Cells begin to commit suicide. There is a sense of darkness and impending doom.

From within the dying population, a new breed of cells begins to emerge, called *imaginal cells*. Clustering in community, they devise a plan to create something entirely new from the wreckage. Out of the decay arises a great flying machine—a butterfly—that enables the survivor cells to escape from the ashes and experience a beautiful world, far beyond imagination. Here is the amazing thing: the caterpillar and the butterfly have the exact same DNA. They are the same organism, but are receiving and responding to different organizing signals.

That is where we are today. When we read the newspaper and watch the evening news, we see the media reporting a decaying caterpillar world. And yet everywhere, human imaginal cells are awakening to a new possibility. They are clustering, communicating, and tuning into a new, coherent signal of love.

We are now between “two worlds” – the caterpillar world where our future is limited by our creepy-crawly past, and the butterfly world where humanity can soar to reach its highest potential. Unlike the shift from caterpillar to butterfly, however, transformation of humanity is not inevitable. It requires our participation. We have the choice to live in and reinforce the limitations imposed by fear and past programming. Or, we can attune ourselves to the new signal of love, and live that instead.

A Three-Step Program for “Spontaneous Remissioning”

If we are to survive and thrive as a species, we must consciously shift our mission from individual survival to species thrival. While there is currently no 12-Step Program for a species “recovering” from 5,000 years of civilization, we are offering a 3-Step plan because frankly, we don’t have time for all twelve steps. The steps are Awareness, Intention and Practice.

Since we are on the cusp of conscious evolution, the first all-important step is to become consciously aware of what science now tells us about the nature of human nature. As we point out in our book, the four fundamental beliefs of scientific materialism have been – inconveniently – disproved by science! When we recognize that so much of who we imagine we are is based on programmed, “invisible” beliefs, we can begin to recognize that this programming is the one thing we have in common. The entire notion of “blame” at that point seems absurd. As the Biblical injunction says, “Forgive them because they know not what they do.”

In this forgiveness and liberation from blame, we can accept responsibility. That is, we can choose to respond differently. Consequently, the next healing step is to make an intentional choice to release obsolete beliefs and divest from the “caterpillar” institutions and mindset, and instead invest in the new butterfly society that is emerging locally and globally. The community of “imaginal cells” that sociologist Paul Ray calls “cultural creatives” has grown in just over ten years from 50 to 70 million adult Americans. We can choose to combine our own mission with that of this new organism, to weave a web of mass construction, so the butterfly can rise as the caterpillar falls.

That brings us to the final step. Now that we know what science is telling us about the true nature of human nature, what do we do about it? How do our lives become different as we come to recognize ourselves as cells in a new organism called Humanity? How do we liberate ourselves from our personal and collective programming of limitation? What practices do we adopt on a daily basis that remind us of who we truly are? Evolution – like

heaven – is not a destination, but a practice. A miraculous healing awaits this planet once we accept our new responsibility to collectively tend the Garden rather than fight over the turf. When a critical mass of people truly own this belief in their hearts and minds and actually begin living from this truth, our world will emerge from the darkness in what will amount to a *spontaneous evolution*.

Bruce H. Lipton, Ph.D., is an internationally recognized authority in bridging science and spirit and a leading voice in new biology. His website is <http://www.brucelipton.com>

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To order your copy of ***Spontaneous Evolution***, please go to <https://www.wakeuplaughing.com/epistore/index.php?category=Books>

To order the *Spontaneous Evolution* 5 CD audio set, please go to <https://www.wakeuplaughing.com/epistore/>



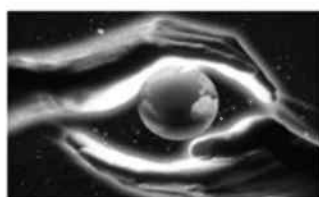
The Science of the Soul

By

Lee Lawrence

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Touch For Health Kinesiology Association

Wellness for all

Annual Conference
www.touchforhealth.us

Chicago — July 5-8, 2012

KEYNOTE Donna Eden	Radiant Circuits with Donna Eden	Thursday 7:30pm—9:30pm
Friday, July 6	Saturday, July 7	Sunday, July 8

KEYNOTE 9:00am - 11:00am Awakening To The Secret Code of Your Mind with Darren Weissman, DC	KEYNOTE 9:00am - 11:00am The Latest Research in Applied Kinesiology with Sheldon Deal	KEYNOTE 8:30am - 10:00am Spontaneous Evolution In The Future with Steve Bhaerman
11:20am - 12:20pm Shaministic Healing with Paul Alfalla, DC	9:00am - 11:00am Wellness For All: Health and Healing In the Future with Mary Jo Bulbrook, EdD	10:30am - 12:00pm The Science of the Soul with Lee Lawrence
2:00pm - 3:30pm The Missing Link to Your Wealthy, worthy Life with Esther Coronel de Iberkleid, PhD	11:20 am- 12:20pm Crystal Consciousness with Jane Frey	
3:45pm - 5:15pm The Magic of Muscle Dancing with Carol Gottesman and The Centering Song with Bonnie Epstein	3:15pm - 5:15pm Energetic Communication with Animals with Twila Hayes	
3:45pm - 5:15pm Movement for Health and Wellbeing with Robert Maldonado, PhD	3:15pm - 5:15pm Acu-K: Bridging Acupuncture and Energy Kinesiology with Adam Lehman	
7:00pm - 9:00pm Anchoring: Stimulus—Response Conditioning with Joel P. Bowman, PhD	7:00pm - Saturday Night Banquet Presentation: Driving Your Own Karma with Swami Beyondananda	
7:00pm - 9:00pm 23 Quick Techniques for Pain Control with Matthew Thie		

This Book Belongs to:

