

Touch

2014
Kinesiology Conference

FOR HEALTH

For Tomorrow and Beyond



Omni Austin Hotel at Southpark

4140 Governor's Row

Austin Texas 78744

JULY 3-6, 2014

Touch For Health Kinesiology Association



Presenting

Touch For Health For Tomorrow and Beyond

Touch For Health
2014 Annual Conference
Austin, TX — July 3-6, 2014

TFHKA
4917 Waters Edge Drive, Suite 125
Raleigh, NC 27606
www.touchforhealth.us
919-637-4938

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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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Welcome to the 39th Annual Gathering for Touch for Health. Kinesiologists from many disciplines have gathered here to celebrate and share our independence and unity **For Tomorrow and Beyond**.

We extend a great big THANK YOU to Dr. John and Kay Martin and their team of local volunteers for hosting us in Austin, to our speakers for their amazing contributions, to Debbie Benson for formatting this journal and to Corey Benziger for managing our office operations in Raleigh for the last year.

Our conference has two new themes that emerged from our title **For Tomorrow and Beyond**. 1) Holistic treatment of PTSD. I met Dr. Jerry Wesch, creator of the Combat Warrior Reset Program which utilizes Complementary and Alternative Medicine (CAM) with traditional therapies in 2010 after reading an article written by a participant. Most impressive about Dr. Wesch's program is the educational component. Participants are taught EFT, Yoga, Tai Chi, Meditation. Acupuncture and Chiropractic care are also part of the program, so I know our Touch For Health tools would be helpful to soldiers and veterans. Bringing TFH to this population is part of my mission. An amazing "coincidence" is that Dr. Martin and Dr. Wesch have been friends for many years and Dr. Wesch generously agreed to speak as our conference keynote. We have an expert panel discussion too.

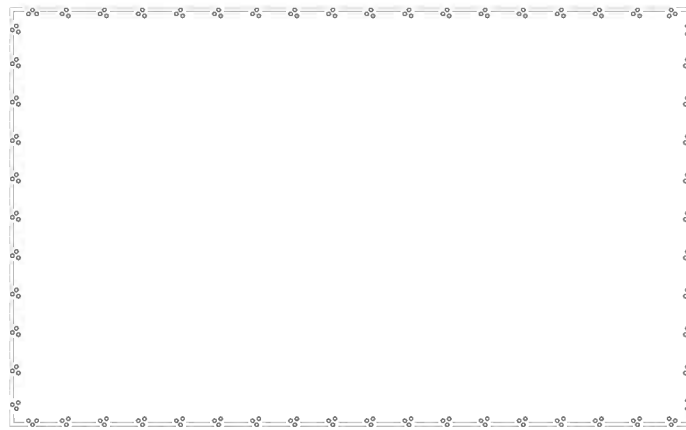
2) Instructor/Consultant Spotlights. We will explore together how to expand our reach as TFHK Instructors and Consultants utilizing marketing, internet & technology. We have presentations highlighting how to use Facebook & social media, how to enroll more students through introductory lectures, the *eInstructus* app technology, initiating Ultimate Efficiency, the Self Care "Power Pack" and more.

I would like to see TFHK grow and expand exponentially now. The average consumer is looking for what they want and need on the internet. We have organized a **Self Care with Touch for Health** class to be presented and filmed pre-conference. Once edited, this class can be on our storefront as a webinar. My intention is that it will generate income for the association and lead to more students for our instructors' local classes. I found TFH through an introductory lecture at my church by Arlene Green in 1991. As a new massage therapist, I was very impressed, and I started taking classes. I am forever blessed by Arlene's passion and determination to share the benefits of TFH. What if every certified instructor we have gave 4 introductory lectures per year? 1 per month? 1 per week?

Where are we going now? If you have not read Dr. John Thie's introduction to the *Touch for Health Complete Edition*, I highly recommend it. He highlights his vision of the future of this work in a myriad of applications. During a lecture I attended with Dr. Thie in Chapel Hill, NC, He said, "When the insurance companies find out we can save them money, we are IN." How do we let them know? Answer: Research. Let's find utilize our resources to prove what TFH can do to heal on all levels. Let's get paid to do what we do as TFHK Instructors and Consultants and expand our circle of influence. Let's grow TFHK together!

Joy Lee Connor, LMT, President TFHKA 2014

This Book Belongs to:



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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Healing Hearts and Hemispheres with Hands

By Kelsha Wisniewski

I've sat on the floor in my hallway crying. I have felt like no matter how much I love my children and no matter how much I do for them, they will never feel my love and never be happy. This might sound like the common complaint of many parents; their children do not appreciate all they do for them. However, let me explain to you why there is more to my story.

Dr. Charles T. Krebs explains the importance of the bonding that takes place between mom and baby immediately after birth. "Children are presented to their mother immediately after birth, at that critical time her brain is primed with a hormone, but it's actually a neurotransmitter in the brain called Oxytocin, and when Oxytocin fires in the brain with the picture of that child's face, we have this natural inborn system called the nurturing system that's within our brain stem, and that baby's face elicits a release of additional Oxytocin and that initiates a bonding."

Hold on. My children are adopted. What does that mean for us? What does this mean for others who, through no fault of their own, had a hard birthing experience? What if their child was removed from them immediately after birth for any extended amount of time? What if the pregnancy wasn't planned?

There are things that can be done to remedy the attachment and learning issues that arise from stressful events in life such as these. They are well worth the effort.

Before I started attachment parenting and had my daughter's Brain Integration done, I would tell people, and it was no exaggeration, my daughter could fight and argue about us asking her the simplest of things. Things that normally evoke a good response like, want to go to the park? Want a cookie? Those questions were often met with breakdowns that could last for 45 minutes, and they were happening five to eight times a day.

"We also have on our brain stem, beside the nurturing system, we have another system that they initially called the panic system because it was an animal model and they watched what animals did... So, what happens if you separate a chick from the hen, a kitten from the cat, or a child from its mother? The chick goes peep! peep! peep! The kitten goes meow! Meow! Meow! And the child goes, Mommy! Mommy! Mommy! They look identically the same because they are running off the same brain stem systems...It's really the Separation Distress System designed to reunite baby with mother," says Dr. Krebs.

There is a second stage to this distress system and that is Separation Distress Vocalization, i.e. crying. But, if Mama isn't there to comfort you or protect you, those cries are not good if you are a helpless prey animal. So, what do we do? The child goes in to self-protection, the fetal position, becomes quiet, gets

small as they can, and waits for Mama to find them. So, later in life if we have these reactions, we call it depression. Then sometimes you can't even connect to the people that are right there with you, loving you. In this state, you are unable to connect fully and in a healthy way to others, you are in the Separation Distress System.

All learning dysfunctions have their root in how the brain functions. The brain is designed to "learn." Learning is as natural as breathing and certainly as important, since our very survival depends on it.

Our physical survival depends on learning "Look both ways before crossing the road!" In technological societies it is our economic survival and success that are dependent upon what we learned. Since learning is so natural, why is it that some of us learn easily, others learn with difficulty, and others have a difficult time learning traditional skills such as reading, spelling, and mathematics at all?

It is all a matter of access: what brain functions you can access, how well you can access the functions available, and what you have to access.

I started attachment parenting at the same time that I had my daughter's Brain Integration done. Touch is healing and releases Oxytocin. Crossinology Brain Integration, Touch For Health and The Emotion Code have made a world of difference in our life.

All correction techniques used at Cherry River Wellness are non-invasive. The techniques are based on the use of muscle monitoring, acupressure, emotional and memory release, and sound and light techniques, together with other left/right brain integration exercises.

The brain functions much like water running down a hill; it will always take the most direct processing route available. Unimpeded, water will always run straight down the hill, but if its path is blocked, it will seek the next most direct route down the hill. Each time it is blocked, the pathway becomes longer and less efficient at getting the water down the hill.

The same is true of processing in the brain. If all functions are equally accessible, the brain will always choose the simplest, most direct functions to do the processing required. There are many ways of performing mental tasks, and the brain will choose the most efficient route for processing if the most direct function is not available. If many brain functions are not accessible, the processing path may become very long and inefficient. Each time the processing path becomes longer and less efficient, the level of "stress" encountered using that pathway increases.

When the level of "stress" reaches a high enough level, we may opt out of situations that require us to access these functions altogether. Unfortunately, these avoidance behaviors are often miss-interpreted as "just not doing what you are told" or "misbehavior." The response to these "avoidance behaviors" may be to tell the person to just stop misbehaving and "pick up your game!" This only compounds the "stress" of attempting to do these tasks, usually leading to further avoidance behaviors, and exaggerated misbehavior. Imagine how you would feel if you have struggled through your reading, mathematics, English etc. assignments, putting in the best effort you are capable of, only to be told, "Well you're just going to have to try harder!"

Many people having the greatest difficulty with "learning" are often innately very clever. They just can't access specific brain functions needed to perform certain tasks. If a clever, intelligent person does not read well or spell well, or has great difficulty understanding and doing even simple mathematics, a

reasonable assumption is that person just isn't "concentrating," or "paying attention," or "trying hard enough." What is over-looked is that these clever, intelligent people may indeed be clever and intelligent, but unable to access the relevant brain function when needed, or only able to do so under duress.

Learning tasks require access to different functions and combinations of functions in the brain. The brain can be divided into several functional regions, each of which processes information in different ways. The two brain regions recognized most commonly by people are the right and left cerebral hemispheres.

These two hemispheres are not separate, as they are connected along most of their length at the bottom of the fissure by a structure called the Corpus Callosum. The Corpus Callosum has approximately 200 million nerve fibers running between the two hemispheres. It functions much like a telephone exchange, allowing a two-way flow of communication between the hemispheres.

Crossinology Brain Integration Technique requires, on average, between six to ten hours of treatment. This includes an initial assessment that serves as a benchmark to evaluate future change, and points out the areas needing the most attention. The Brain Integration procedure releases stresses in the deep brain centers, including the Limbic System, which control access to and integration of hemisphere functions.

When all the functional areas have been addressed, low self-esteem and behavioral problems related to the previous learning difficulties are addressed, using effective emotional and memory stress release (diffusion) techniques.

It's been my personal blessing to become associated with this work. As I continue to work with clients to achieve their own brain integration, we are seeing their ability to stay present, focus and achieve their goals increase. We are seeing personal development in spirituality and talents as well as academic achievement excel.

Kelsha LeAnne, Energy Kinesiologist

(303) 478-3964

www.CherryRiverWellness.com
Cherryriverwellness@gmail.com

Susan McCrossin's writing on Crossinology referenced.

Panel of Experts:
Holistic Approaches to PTSD



eHum and Multi-dimensional Vibratory Healing

by Earl Cook

March, 2014

My Objectives in this Presentation

1. Provide an Overview and Background of eHum
 - a. The Challenges – a search for a solution
 - b. Connecting the Dots – the Law of Attraction and Synchronicity at work
2. Present and overview of the variations of the *eHum* technique at work
 - a. Active and Passive client participation
 - b. Natural and External Sound sources
3. Provide an overview of how *eHum* is used in a balancing session
 - a. Balance-as-you-go
 - b. One-point balance
4. Present evidence of the effectiveness of the technique
 - a. Locking muscles
 - b. Absence of over-energy after its use
 - c. Enhanced Feelings of Bliss and Wellness from those that experience the technique
5. Examine the science and theory behind how and why it works
6. Present the results of a research project using *eHum* as the primary balancing technique

The Challenges:

1. One day, I received a phone call from a group of friends that were interested in learning Touch for Health. They wanted to learn TFH so that they could use it while on their rafting trip down the Colorado River. "Great!", I then asked how much time they had for training? Their reply, "Two hours!"
2. A TFH 1 student asked me, "I am a flight attendant and often could use the benefits of TFH but I am often by myself and don't have anyone to do TFH to me. Is there a way I can use TFH on myself?"
3. I always ask our previous students whenever I see them if they are still using the TFH techniques? They are always enthusiastic in class but often they will respond, "I didn't keep practicing and I forgot what we learned."

In addition to these challenges, part of my own quest as a TFH Instructor has been to find ways of simplifying TFH so that the modality is easier to learn and use. In Touch for Health, we have a one-point balancing system that once the location of the one-point is found the correction is simplified. But learning how to determine the location of the one-point can become fairly complex. Add to the number of different points for the muscles and then the one-point balancing technique can become even more complex.

What if the location of the one-point was the same all the time and the location of the one-point did not have to be identified? That would truly be a one-point balancing technique.

Connecting the Dots

As a young boy, if I could not sleep, my mother would press her forehead against my forehead and then she would hum. Next, I would hum until our hums began to resonate together while we felt the vibrations in our forehead. After a minute of this, I would lie down and fall peacefully asleep.

Many years later, I read the book *Molecules of Emotion* by Candace Pert, PhD. She was at the U.S. Institutes of Health on the team that discovered the opiate receptors and neurotransmitters. In her research of natural techniques that could trigger the production and secretion of these substances she stated, "When people chant, it causes reverberations in their sinus cavities which causes endorphins to flood the body."

Endorphins are the body's natural pain relievers. When reading this statement, I wondered, "Is this why I would fall asleep so peacefully after my mother and I had hummed with our foreheads together?" And, then I wondered, "Can this be used in Touch for Health as a correction technique?" It was at this time that I began my tests.

First, I tested my wife Gail and I found that I could correct a single unlocking muscle using eHum when we put our foreheads together and hummed. Next, I did a 'one-point balance'. Rather than identifying the Meridian where the high energy and energetic blockage was located, we simply put our foreheads together and hummed. Amazingly, all the unlocking muscles returned to their normal locking state and no over-energy state was detected afterwards when using the standard Touch for Health techniques.

Next, I began testing with others and continued getting positive results. I could test and find almost all muscles unlocking and then use 'eHum' as a correction technique and it worked! The results were similar to when using the standard TFH one-point balance. Sometimes, there were one or two muscles that needed additional techniques used.

Next, I began replacing the simple humming (which works) with the mantra 'Om'. This simple but powerful mantra has many powerful and symbolic means in addition to being a sound that produces vibrations and reverberations in the sinus cavities. Usually, when we are using eHum these days, we use Om for its simplicity, intention and power.

The technique does have one drawback. It is very personal when you put your forehead against another person's forehead! I think this use of eHum is appropriate for anyone that you feel comfortable hugging or kissing. I don't think someone in a clinical environment would want to be doing this all day with clients. With family and friends, yes, with clients, no. And, there are the normal health hygiene issues present. If either person has a cold or is sick, additional precautions such as sterile mask, etc. would be needed.

I described my technique to Gary Craig, founder and innovator of the Emotional Freedom Technique (EFT). His response, "That's great, but the people who usually use EFT can not touch their clients. Try it without touching and see what happens." Our next tests involved using eHum while our foreheads were within three inches of each other. As we hummed or chanted Om, we could still hear and feel the reverberations of the sound. We retested and it worked! Thank you, Gary Craig for that suggestion!

During this time of discovery, I also talked with Richard Utt, founder and author of Applied Physiology (AP), and another of the masters and innovators in the field of energy kinesiology. In one of his techniques in AP, Richard used tuning forks as the instrument for correcting an energy imbalance. When I told Richard about eHum and how it worked, he replied, "What you are doing is using the body's own internal tuning forks!"

I then contacted James Oschman, PhD, research scientist, speaker and author of *Energy Medicine – the Scientific Basis* and explained eHum to him. He replied, "Brilliant project!"

As the youngest of seven children, I was curious where my mother had picked up the technique of forehead-to-forehead humming? I asked my older brothers and sisters about this since my mother had already passed at the time of my discoveries. She had not done it with any of them and I was the only one and no one had an answer for me. Interestingly, at the time of my birth, we lived only several miles from where Dr. George Goodheart would discover Applied Kinesiology about 12 years after my birth. Plus, our home was only about 10 minutes from John Thie and his family had lived until he was 12 and before his family had moved to southern California. Maybe, there was something in the water!

After all of these successes, I was still looking for a way that the technique could be used without the necessary close proximity of two individuals. Over the past several years, I've thought about it and then in November, 2013, I had a dream about the solution. I awoke and told Gail about my dream and we tried it and it worked!

Basically, I recorded myself chanting/humming Om and then used a small handheld speaker to deliver the sound to the forehead. It worked.

But, once again, I knew I was close but not quite there. My 'Om' was working but it was far from perfect. It was at this time that another light bulb went off. I remembered that Atlanta has a monastery of Tibetan Monks that is academically associated with Emory University. I knew *eHum* would be difficult to explain through either an email or a phone call, so I went and knocked on the door of the Drepung Loseling Monastery. I then explained and demonstrated what I had discovered and asked if I could record several monks chanting? The answer was yes. Next, I needed to figure out the best way to record the monks!

I gave our nephew, Thom 'TK' Kidd, owner of Silent Sound recording studio here in Atlanta a call and he replied, "Yes". 278 million records have been sold over the years that were recorded in the studio where we recorded and the day after we recorded, Elton John used the same studio.



Nell Cook

Earl

When Earl was a young boy and could not sleep, his mother, Nell, would press her forehead against Earl's and they would hum together in resonance. Shortly afterwards, Earl would fall peacefully asleep.



Matthew Thio

John Thio

Gail Cook

Earl Cook

Carrie Thio



John Thio

Earl Cook

George Goodheart

"When we help people discover who they are and their purpose in life, then we are truly helping people." John Thio



Candace Pert

"When people chant, it causes endorphins to be released that flood the body."



with Tibetan Monks from Drepung Loseling Monastery

Multi-Dimensional Vibratory Healing



Dalai Lama

"Happiness is not something ready made. It comes from your own actions."



James Oschman

"Virtually all that we know about living systems is based on the analysis of vibrations. Life is too rapid and subtle to be explained by slow moving chemical reactions and nerve impulses. The human living matrix is the largest organ of the body. Cells and intra-cellular cellular elements are capable of vibrating in a dynamic manner with complex harmonics. Collagen - liquid crystal triple helix, most abundant protein in the world, a semiconductor and the basic building block of the body - it is the Living Matrix."



Dawson Church

"The dominant brainwave frequency of sensitives, such as shamans and healers, comes close to 7.83 Hz and may, at times, beat in phase with the Earth's signal, thereby causing harmonic resonance."



Richard Utt

"What you are doing is using the body's own internal tuning forks!"

The monastery in Atlanta was founded in 1998 as the North American seat of Drepung Loseling Monastery, a 600-year old monastic college that His Holiness the Dalai Lama has described as “the top academic institution” within the Tibetan tradition. This “Little Tibet” seeks to provide a sanctuary for the nurturance of inner peace and kindness, community, understanding, and global healing. I explained in my presentation to the monastery staff the goals of Touch for Health healing and how our goals are similar and parallel in purpose.

As many in Touch for Health know, Dr. John Thie, founder and author of Touch for Health, was a devout and pious Christian. He and his wife, Carrie, had studied closely with the famed psychotherapist, Virginia Satir. As a result, goal-setting and creative dialogue for helping people to realize their true self and their purpose in life is at the core of Dr. Thie’s beliefs and efforts in shaping Touch for Health.

Some people may find it unusual that a protocol founded by a devout Christian can be merged with the Tibetan tradition and techniques. I see it as a perfect match. I heard the Dalai Lama speak here in Atlanta where he said, “We are all trying to get to the same place. We may call it different names and we may take different paths, but we are all attempting to get to the same place.”

Options in the Technique:

1. **Active** – this is when the client hums and/or chants during the correction
2. **Passive** – this is when the client remains silent during the correction
3. **Natural** – this is when the facilitator and client generate the sound themselves
4. **External** – this is when an external sound and device such as *eHum with the Tibetan Monks* is used

Overview of *eHum* at work in an Energetic Balancing Session:

eHum can be used in both the Balance-as-you-go and the One-point balancing method of energetic balancing. Goal-setting can be added as in a normal TFH balance and/or specific issues of pain and stress addressed. Both the Active and Passive methods of client participation work while my hunch is that if the client actively participates, the effects will be stronger and more profound.

I am hoping that our research project will provide the empirical evidence to determine if one way (Active vs. Passive) is more effective than the other. Also, both the Natural and External source of the sound will work. Once again, we are hoping that the effectiveness of each of these methods will become



clear once our research project is completed. These results will be presented at the 2014 TFHKA Conference in Austin, Texas during my presentation.

Most of the time, your decisions will be based upon the context in which the balance is being performed. If you are in the middle of the forest without a speaker and sound source, the natural option will be the only choice. But, of course, you may prefer to use the natural option at all times.



No medical advice is being offered and no claims are being made for the ability of eHum and/or



Touch for Health to diagnose, treat or cure disease. For all serious and life-threatening issues or for continuing and worsening symptoms, always see professional healthcare providers.

***eHum* Balancing Steps:**

1. Establish Accurate Indicator Muscle
2. Set Goal if it is a goal-setting session or identify issues with pain, range of motion and/or stress levels
3. Set beginning values for stress and discomfort
4. Perform Pretests as normal in Touch for Health
5. Test muscles as normal
6. To correct unlocking muscles using ***eHum***
 - a. **Balance-As-You-Go** – use either the Tibetan Monk or Natural eHum Method each time you find unlocking muscle(s)
 - b. **One-Point Balance** – after testing all muscles and recording their condition
 - i. Check for over-energy
 - ii. Note: it is not necessary to look for an energetic pattern nor circuit locate to identify the energy blockage
 - iii. Use either the Tibetan Monk or Natural eHum Method



- iv. Check the previously unlocking muscles and check for over-energy
- 7. Retest the previously unlocking muscle(s).
- 8. Check for over-energy (there should be none. If there is, repeat steps 5 & 6 or using standard



TFH balancing techniques)



9. Assess ending values, record comments and end session

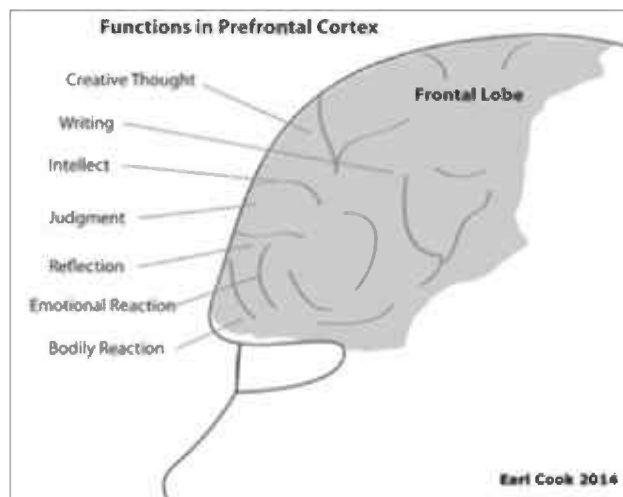
***eHum* Balancing Options**

1. eHum with Tibetan Monks (see below)

- a. Place the speaker in the center of the forehead (Third Eye) of the person being balanced. Do not touch and keep about ½ inch from the forehead
- b. Play the 20 second Tibetan Monks chanting Om
 - i. Active – the person being balanced joins in and repeats the sound
 - ii. Passive – the person being balanced remains quiet

2. Natural sound Generation

- a. Stand comfortably facing each other approximately 1.5 ft. apart with legs split about shoulder width apart
- b. Place hands on each other's shoulders
- c. Take a deep breath (recommended to turn to the side to inhale fresh air)
- d. Hold breath and slowly lean forward:



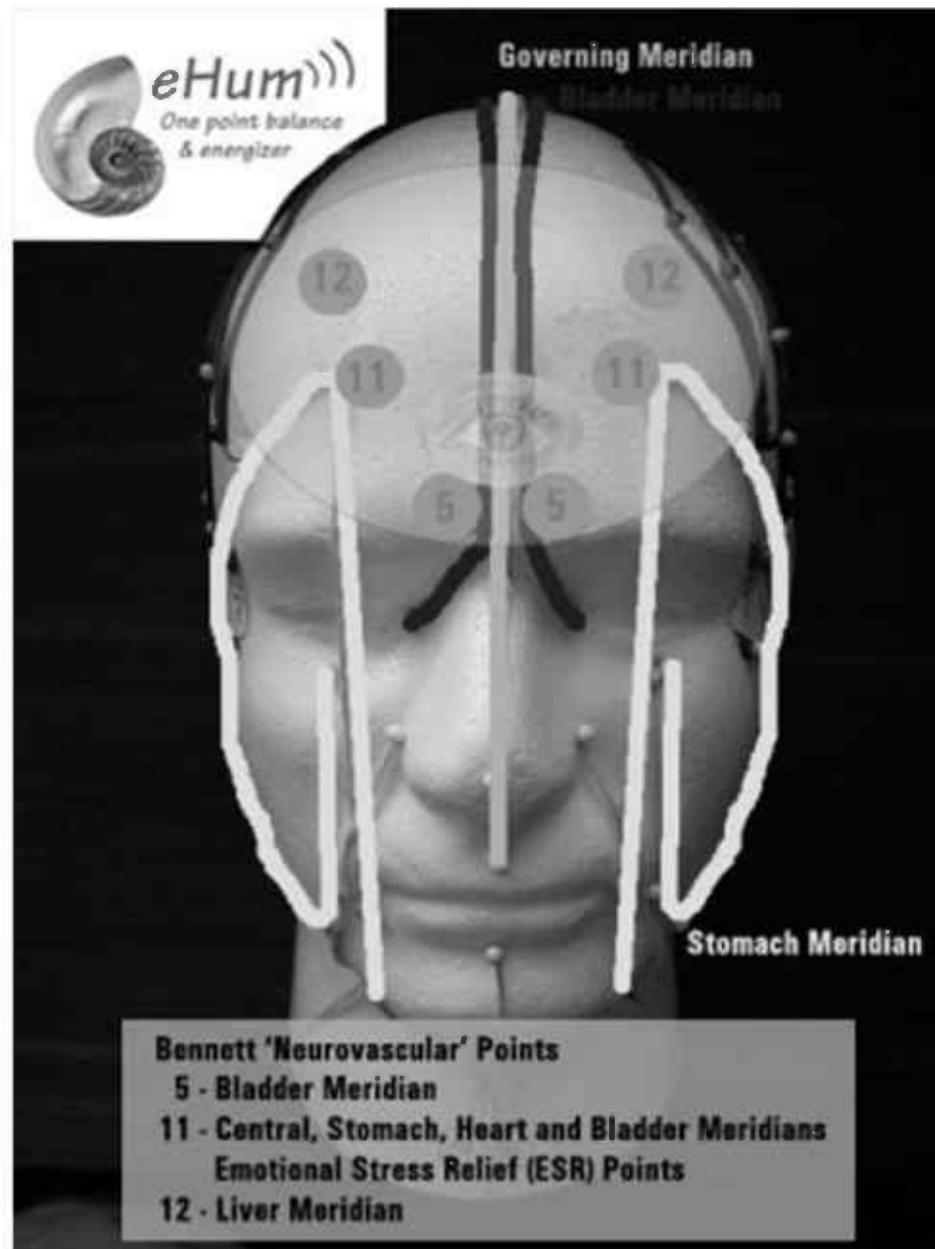
- i. **Touching method** – let foreheads touch each other so that they meet together with as much surface area touching, as possible
 - ii. **Non-touching method** – keep 1-2 inches between foreheads
- e. Create sound – deep hum or slowly chant Om

i. Active method – both people do this until the sounds merge and begin to reverberate.

ii. Passive method – the balancer does this while the other person remains silent

f. At the end of the sound, straighten up by slowly pushing away from each other

g. Take a fresh breath of air and then retest



eHum with the Tibetan Monks from the Drepung Loseling Monastery

Om / Aum

"Om is a mantra – a sound (the mother of all sounds?)" - Doug Reynolds, PhD, Professor of Asian Studies, Georgia State University
It is composed of three syllables combined into one, hence OM is representatively written as AUM

Mystic Symbolism of Om/Aum



Even Christianity uses it. In the Bible, Jesus says, "I am the alpha and omega" ... AOm.

"When people chant, it causes endorphines to be released that flood the body." - Candace Pert, PhD

"In addition to decreased feelings of pain, secretion of endorphins leads to feelings of euphoria, modulation of appetite, release of sex hormones, and enhancement of the immune response. With high endorphin levels, we feel less pain and fewer negative effects of stress."
- www.medicinenet.com

"AUM consists of three curves (curves 1, 2, and 3), one semicircle (curve 4), and a dot.

The large lower curve 1 symbolizes the waking state (jagrat), in this state the consciousness is turned outwards through the gates of the senses. The larger size signifies that this is the most common (majority) state of the human consciousness.

The upper curve 2 denotes the state of deep sleep (sushupti) or the unconscious state. This is a state where the sleeper desires nothing nor beholds any dream.

The middle curve 3 (which lies between deep sleep and the waking state) signifies the dream state (swapna). In this state the consciousness of the individual is turned inwards, and the dreaming self beholds an enthralling view of the world behind the lids of the eyes.

These are the three states of an individual's consciousness, and since Indian mystic thought believes the entire manifested reality to spring from this consciousness, these three curves therefore represent the entire physical phenomenon.

The dot signifies the fourth state of consciousness, known in Sanskrit as turiya. In this state the consciousness looks neither outwards nor inwards, nor the two together. It signifies the coming to rest of all differentiated, relative existence. This utterly quiet, peaceful and blissful state is the ultimate aim of all spiritual activity. This Absolute (non-relative) state illuminates the other three states.

Finally, the semi circle symbolizes maya and separates the dot from the other three curves. Thus it is the illusion of maya that prevents us from the realization of this highest state of bliss. The semi circle is open at the top, and does not touch the dot. This means that this highest state is not affected by maya. Maya only affects the manifested phenomenon. This effect is that of preventing the seeker from reaching his ultimate goal, the realization of the One, all-pervading, unmanifest, Absolute principle. In this manner, the form of OM represents both the unmanifest and the manifest, the noumenon and the phenomenon." by Being Human

Source: <http://answers.yahoo.com/question/index?qid=20110219180657AAmKxpT>

Pronunciation of Om/Aum and the Physiological Connection

"As a sacred sound also, the pronunciation of the three-syllabled AUM is open to a rich logical analysis.

The first alphabet A is regarded as the primal sound, independent of cultural contexts. It is produced at the back of the open mouth, and is therefore said to include, and to be included in, every other sound produced by the human vocal organs. Indeed A is the first letter of the Sanskrit alphabet.

The open mouth of A moves toward the closure of M. Between is U, formed of the openness of A but shaped by the closing lips. Here it must be recalled that as interpreted in relation to the three curves, the three syllables making up AUM are susceptible to the same metaphorical decipherment. The dream state (symbolized by U), lies between the waking state (A) and the state of deep sleep (M). Indeed a dream is but the compound of the consciousness of waking life shaped by the unconsciousness of sleep.

AUM thus also encompasses within itself the complete alphabet, since its utterance proceeds from the back of the mouth (A), travelling in between (U), and finally reaching the lips (M). Now all alphabets can be classified under various heads depending upon the area of the mouth from which they are uttered. The two ends between which the complete alphabet oscillates are the back of the mouth to the lips; both embraced in the simple act of uttering of AUM.

The last part of the sound AUM (the M) known as ma or makar, when pronounced makes the lips close. This is like locking the door to the outside world and instead reaching deep inside our own selves, in search for the Ultimate truth.

But over and above the threefold nature of OM as a sacred sound is the invisible fourth dimension which cannot be distinguished by our sense organs restricted as they are to material observations. This fourth state is the unutterable, soundless silence that follows the uttering of OM. A quieting down of all the differentiated manifestations, i.e. a peaceful-blissful and non-dual state. Indeed this is the state symbolized by the dot in the traditional iconography of AUM." by Being Human

Source: <http://answers.yahoo.com/activity/show=2JWKE7XRC53K32ND6HEMRNFMt=g>

Earl Cook - April 2014

We are fortunate, grateful for the opportunity to share this technique together. 50% of all profits made in the sale of eHum with the Tibetan Monks from the Drepung Loseling Monastery go to the monastery for its support. The monastery was created to preserve and share the rich Tibetan traditions and culture. His

Holiness the Dalai Lama periodically visits, speaks and teaches at the nearby Emory University where he is recognized as Presidential Distinguished Professor.

The recording was produced November 25, 2013 at Silent Sound Studios, Atlanta. The monks had just returned from a trip to Pennsylvania and Washington, DC which included a visit to the White House. Several weeks after the recording, these two monks returned to Tibet at the end of their work visa. The interpreter for the day, told us after the recording, "I hope you realize that you got the two superstar monks. These distinguished monks were selected to be in Atlanta and here today because they know all the Tibetan and Buddhist traditions and are the ones who create the sand mandalas and perform around the country." We are extremely honored, grateful and blessed.

eHum with the Monks from the Drepung Loseling Monastery will be available for purchase from www.etchforhealth.com in mid-Spring, 2014. It will be a downloadable product and will run on Windows, Macintosh and all smart phones and tablets. Any type of portable speaker will work but we chose and like the rechargeable iHome iDM8 with Bluetooth connectivity (as shown in the photograph). 50% of all profits from these sales goes to the support of the monastery.

Why does *eHum* Work?

Theories of Earl Cook:

1. *eHum* activates the centers of Wellness, Coping and Preparation in the Soul, Mind and Body
2. Causes secretion of Endorphins that flood the body, per Candace Pert, PhD
3. Generating resonance from sound vibrations that are transmitted throughout the body via the Living Matrix as theorized by James Oschman, PhD
4. Proximity to central locations of many systems of the body
 - a. Behind forehead is the brain's Prefrontal Cortex in Frontal Lobe where key functions occur:
 - i. Creative thought
 - ii. Intellect

- iii. Judgment
 - iv. Reflection
 - v. Emotional Reaction
 - vi. Body Reaction
 - b. Sinus cavities which can resonate and reverberate sound
 - c. Meridian location:
 - i. Governing Meridian passes through
 - ii. Stomach Meridian nearby
 - iii. Bladder Meridian passes through
 - iv. Gall Bladder Meridian dips down into
 - d. Neurovasculars (Bennett) Points:
 - i. Stomach / Emotional Stress Relief (ESR) points
 - ii. Bladder points (fear and anxiety)
 - e. Metaphysical
 - i. Location of the Third Eye
5. Sounding Om causes the palate of the mouth to vibrate and the Pineal Gland is located just above the palate.

Candace Pert, PhD, author of *Molecules of Emotion* and research scientist who was working at the U.S. Institutes of Health on the team that discovered the opiate receptors and neurotransmitters states, “When people chant, vibrations in the sinus cavities cause Endorphins [the body’s natural pain relievers] to flood the body.” This statement by Dr. Pert was the one that spurred me to test the relationship between the muscle test and humming. In her work, she states that the endogenous systems of the body are

capable of producing thousands of biochemical neurotransmitters, hormones and polypeptides that produce exactly what is needed by the body in the quantity that the body needs at that exact moment.

There is an international research project being conducted via the Internet at <http://www.FoldIt.com> which is attempting to solve the puzzles of how the body creates the thousands of different proteins from amino acids.

Pert's work has done much to show prove the physiology involved in the Mind-Body connection and how innovative and powerful the human body can be in producing, on-demand, the biochemicals needed to maintain wellness, balance and homeostasis.

In all of its power to produce these biochemicals, the drawback is that the speed at which these substances are distributed throughout the body has been measured at approximately 230 MPH. This is fast, but not fast enough to explain the instantaneous responses the body is capable of producing. It does though, provide one of the basic reasons for why the eHum humming and chanting technique works.

James Oschman, PhD, Researcher and author of *Energy Medicine – the scientific basis* states, “Virtually all that we know about living systems is based on the analysis of vibrations. Life is too rapid and subtle to be explained by slow moving chemical reactions and nerve impulses. The human living matrix is the largest organ of the body. Cells and intra-cellular elements are capable of vibrating in a dynamic manner with complex harmonics. Collagen - liquid crystal triple helix, most abundant protein in the world, a semiconductor and the basic building block of the body - it is the Living Matrix.”

Vibrations, frequencies, harmonics and reverberations are at the heart of all living things. Even in Pert's work, she describes how a ligand (the chemical messenger) must vibrate in the presence of the receptor. If the chemical composition and the vibratory rates are correct, the receptor accepts the chemical messenger and its substance which then causes specific actions to occur.

In our existence, we basically experience life through Sound and Light which are at parallel octaves. With light, we can see the visible light spectrum with our eyes. Some animals and insects can also see light outside the limits of our spectrum. And, there are some sensitive people that have the ability to see the energy and auras of living persons. We also can feel the effects of sunlight upon our skin as it warms and, in excess, can burn our skin.

With sound, we can hear a wide range of sounds with our ears and auditory system. In addition, it is possible to feel the sounds as they resonate and vibrate through our body.

In Oschman's theories, Collagen is the most prevalent element in the body and is a crystalline structure. It can vibrate as a crystal with the result being that the collagen can both transmit information and store information. According to Oschman and his research, it is the crystalline nature of the collagen that allows the body to communicate at or near the speed of light.

Our body is approximately 70% water. Sound can easily be transmitted through water in waves and vibrations. The brain is located just behind the forehead and is also approximately 70% water, so sound can travel from the forehead into the brain using resonance.

Brain research has found the brain to be a pattern recognition system and generally prefers predictable patterns and stimuli. When these are present, the brain can relax and produce more pleasurable



An Introduction to Holographic Touch for Health

By Adam Lehman, En.K.

Abstract:

When comparing a hologram to a conventional photograph, there are many properties that provide a more enriching experience – it's a three dimensional representation, thereby offering a more "realistic" view; it contains a vastly greater amount of data, providing more detail; each individual piece contains a representation of the whole; it is generated in a manner that is consistent with how we experience the world – by looking at relationships. Applying these concepts to the Touch for Health balancing model allows you to benefit from each of these properties, enhancing your partner/client's experience and results.

What is a Hologram?

3D is all the rage these days. You can go to 3D movies, watch 3D TV shows in your own home (with the proper equipment). You can even "print" three dimensional models created on your computer. Bringing 3D entertainment and experience to the masses has been a goal of the entertainment industry for decades. Why such a fascination? Because you live in a three dimensional world, and therefore desire to have as "real" an experience as possible when recording and re-creating live events.

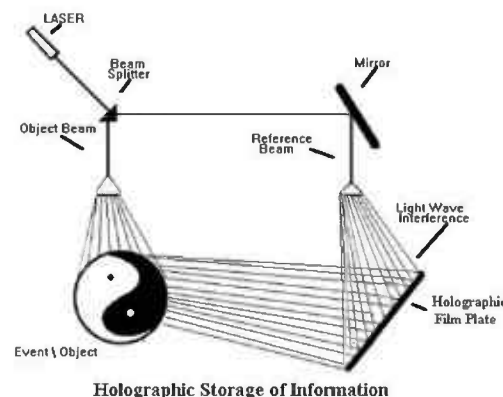
This is nothing new. Back in the late 1800s, when photography was still in its infancy, there were instruments known as stereographs. By placing a duplicate image side by side, slightly offset on a small board, and inserting it into a holder that you looked at through a viewer, you could see the scene you



were looking at in 3D. As a kid in the early 60s, when color photography was becoming more prominent, I remember having a small plastic version of this and you could purchase sets of different scenes, such as the World's Fair.

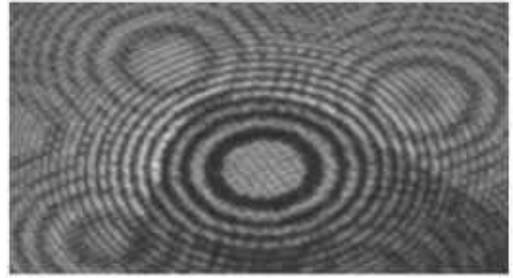
My parents also had an antique stereograph that I used to love looking at because the images were in 3D – even though I didn't know where the photos were taken or who the people involved were.

Holograms are three dimensional reproductions of still images that don't require a special viewer. They simply appear to float in space. Holograms didn't even exist until lasers were invented. A laser is a beam of organized light particles that allows it to travel great distances in a focused stream, as opposed to a flashlight that disperses light and fades in a matter of a few feet. When two laser beams collide and imprint on a specialized plate, the relationship of the two beams creates a massive amount of information that allows for



a three dimensional image to be projected, without looking through the clunky viewfinder of a stereograph! But the principle of creating it is essentially the same.

As seen in the accompanying diagram, one laser goes to the object that is being “holographed.” This beam is appropriately called the object beam. The second beam, however, doesn’t touch the object at all. This beam, the reference beam, supplies peripheral context information. It meets up with the object beam after reflecting off a mirror, creating what is called an interference pattern. This process actually mirrors how your own body works to interpret, perceive and experience the world around you.



When waves collide, it creates an Interference Pattern

A Little Experiment

Do this: Cross your hands over each other so that a triangle is formed by the thumbs laying on top of each other, and the fingers of each hand crossing each other perpendicularly. Using the triangle as a “window,” look at a small object or spot on a wall several feet away. When you can see the object, close one eye.



Do you still see the object?

The answer is probably yes, as the brain knows which eye to keep open so that you continue to see the object that you desire to look at.

Now...without moving your head at all – close the open eye and open the closed eye.

Do you still see the object?

If you’ve done it correctly, then no, you won’t see the object. Why is that? Because your non-dominant eye is not actually looking at it! It is taking in the area around the object, providing peripheral information and context for the object itself. Just like the reference beam in the making of a hologram.

The Key

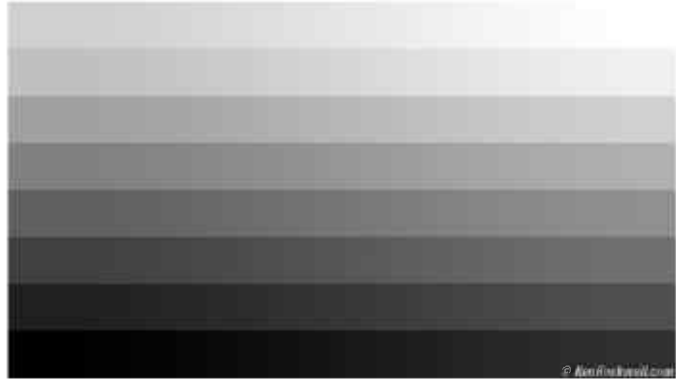
What this all means is that, in order to perceive three dimensional experience, you require two data points. It’s the relationship between them that creates the three dimensional construct. This relationship creates some fascinating underlying factors that go beyond just the three dimensional part we see. Two such properties are particularly relevant to us in our balancing process.

One is that, by bringing these two points together, a massive amount of extra data is created. It is similar to the process of color re-creation on your computer or TV.

When you look at your TV or computer screen, you are really seeing only three primary colors – red, green and blue (RGB). Yet when combined, each with various levels of intensity (saturation) and brightness, the monitor is able to create billions of colors. It wasn’t always this way though! Remember when your computer screen had what was called 8 bit color?

A screen is made up of thousands of light generating “dots.” The “bits” are amounts of color data available per dot. With only 8 bits of data generated per dot on your screen, the screen was only able to recreate “Hundreds of Colors” (as presented in the display choices of your computer). This created

visible “artifacts” when you looked at your screen – “banding” between colors (poor transitions that were visible when similar shades of colors were next to each other), pixelation. Certain details were not visible, such as rich shadows. Highlights were “washed out.” Pictures simply didn’t look real.



As technology improved, more data was able to be put into a dot, allowing 16 bits per dot – twice as much data. All of a sudden your monitor went from “hundreds of colors” to “*thousands* of color!” A mere doubling of data created exponentially more colors. What a difference that made! Shadow details became richer. You didn’t see the transition between colors when looking at complex scenes. The extra data, on one hand, meant a richer general experience, and at the same time allowed you to see more minute details more easily as well. Technology continued to improve, increasing to 24 bit, and suddenly we had millions of colors! Today we have 32 and even 48 bits available, allowing for re-creation of very realistic color, and also allowing for the 3D movies and TV you are able to watch. This is all possible due to the extra amount of data and information, the detail, required to do so.

These same principles apply to sound as well, but I won’t go into that here – you get the idea.

Returning to creating a hologram... you need the two beams to come together, slightly offset, for the three dimensional image to be created and perceived. We don’t yet have the technology to easily do this for moving images, which is why you still need special glasses, similar to looking at a stereograph, in order to watch 3D movies. This is largely due to the immense amount of extra data required to create a moving hologram, along with the ability to play it back fast enough – similar to what was necessary to make movies from photography 100 years ago without seeing jumpy transitions. For now, what we have are still image holograms, and they are pretty amazing to see. Nevertheless, it’s likely just a matter of time before we have the technology to create scenarios such as what we are familiar with in Star Trek and other science fiction representations of holographic virtual realities.

The important point here is that, while holograms have massive amount of extra data that provide a means of creating a more realistic overall experience, they also provide the ability to zero in on details with an amazing amount of precision – to “zoom in” to a particular part of the picture and see it extremely clearly. This metaphor becomes very important to the uses we will be discussing further relative to energy balancing.

There is still one more critically important property that all this data in a hologram provides.

When you look at a normal photograph, perhaps of two people, and cut it in half, you now see one person on each piece of the paper you’ve cut. Cut it again in half and you know what happens. If you cut it into lots of little pieces, the people are no longer recognizable. You would have to spend a lot of time putting the puzzle together to figure out who they are.

A hologram is different. If you do the same thing to a holographic plate that you did to the photograph, and illuminate even just a small piece of the original, *you still see the entire image*. It might be “fuzzy,” less sharp, but the whole image would still be there. Remind you of anything in the body? Right! DNA. From any single cell, the ability exists to clone another entire version of you. This same principle is inherent in a holographic image.

When you combine this concept with the data element discussed above, you begin to see the advantage of having more detail while at the same time recognizing that you are always still looking at the whole.

Why Does This Matter?

You experience the world in 3D. You see and hear in three dimensions. More importantly, you exist in three dimensions. So why wouldn't you approach health and wellness in the same manner? There is much to be gained.

Eastern philosophy and medicine took this approach thousands of years ago, always looking at the interaction between man and nature to come to an understanding of how to exist in the world. It affected how people grew their food, how they made choices about their health, how they interacted with each other, and indeed, how they looked at the world in general. It's all about relationships.

This is in stark contrast to the development of Western cultures, which was more reductionist and separatist in its approach, looking to control the forces of nature and figure out how things work at the most minute and detailed level, often ignoring the larger picture and the relationships involved. An example of the result of these diametrically opposed viewpoints is how health and spirituality are viewed in Eastern and Western cultures. In the East, health and spirituality are integrated – how one acts, behaves, lives and eats are all connected as part of the spiritual construct. In the West, you have religion and science-based medicine – they are hardly integrated! There's not much conscious connection between either of these and how we eat, as seen in the health challenges facing many western societies, today.

One reason you love Energy Kinesiology is that it bridges East and West, combining the best of both worlds while approaching health and well-being holistically. You use tools that come from Eastern "medicine" and philosophy as part of your toolkit. For example, in Touch for Health, you have the Acupressure Holding Points (AHPs). These points are actually holographic in nature. AHPs are specialized acu-points known as Command Points. The definition of a Command Point is: *Those points on each meridian that relate the meridian to each of the elements.* In other words, for each meridian, there is a Fire Element Command Point, and Earth Element Command Point, and Metal, Water and Wood Element Command Points. Everything relates to everything else. In our holographic model, the meridian the point lies on is the object, while the element provides the context, the reference.

When you use these extremely powerful points, you address a specific relationship rather than just a single two dimensional entity. The problem is, we wait for the body to indicate it wants to use these points for balancing, but gets there from assessment of a single data point/two dimensional perspective – one muscle, one meridian. Why not broaden the three dimensional concept throughout the process?

In order to do so, it is necessary to approach the assessment of energy imbalances from a holographic perspective in addition to the balancing part. This means looking at relationships from the very beginning. In addition to the extra amount of information this provides (more on that later), you then have the

opportunity to apply *all* your balancing modalities holographically as well, not simply the ones that have 3 dimensionality inherently built in such as AHPs. This is what you're going to learn how to do here,

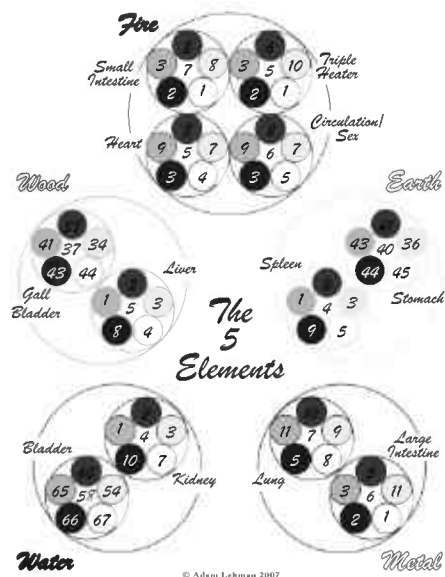


Chart showing the 5 element points for each meridian

using the Touch for Health tools you already know. But before diving in, let's re-visit the holographic principles mentioned in the beginning of this paper and apply them to the Touch for Health 14 muscle balancing model.

Holographic Principles: 3 Dimensional Balancing

As mentioned earlier, you see in three dimensions because you have two eyes, and you hear in three dimensions because you have two ears. A hologram is created by having two lasers collide. In other words, you need two data points to create a three dimensional construct. In terms of our process, this means always looking at *the relationship between two meridians* during the assessment of energy imbalances. The first meridian is the object meridian, the focus of your attention. The second is the reference meridian, the meridian that creates the context and provides valuable information about the nature of the imbalance.

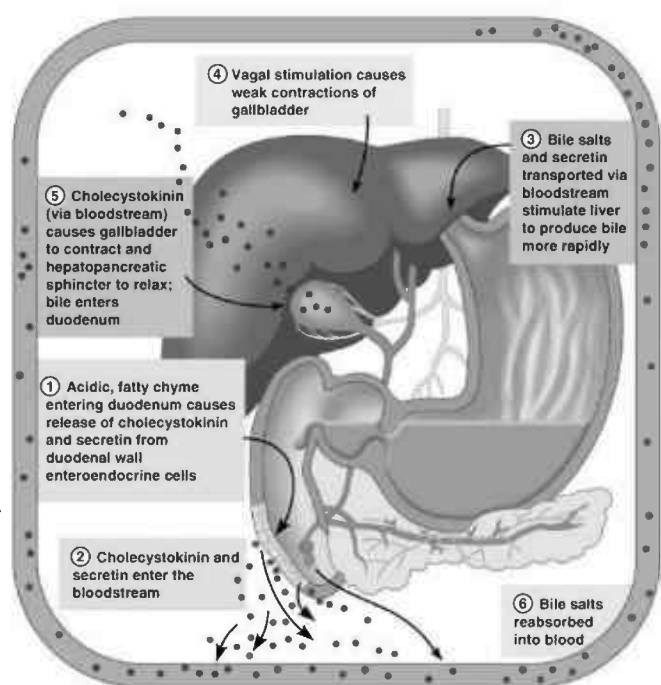
Holographic Principles: More Data/Information

A hologram has exponentially larger amounts of information in it than a traditional two dimensional photograph. This vast amount of information allows for the three dimensional image to be created.

In the same manner, when you bring together the relationship of two meridians, you get much more information about the imbalance a person is experiencing. Consider this example: you find that *Pectoralis Major Clavicular* unlocks, and therefore consider there to be an imbalance in the stomach meridian. This is a very large and vague picture! Like looking at a computer monitor with 8 bit color. The stomach meridian has 45 points (including all 5 Command Points). It has several muscles associated with it. The organ has many anatomical parts and physiological functions. So what exactly are you balancing when you rub the neurolymphatic reflex or hold the neurovascular points? Where does that balancing energy get directed to? Because there are many imbalances within each of the various elements, the energy likely gets disbursed, used generally, and doesn't fully get to where the real need is. This is similar to what often happens when you take nutritional supplements – they get used by the body where the need arises first rather than the most necessary place. As a result, your balancing has a nice immediate short term effect, but perhaps is not fully addressing the more important underlying issue(s).

When you identify a reference meridian, looking at the *relationship* involved in a muscle/meridian imbalance, you are zeroing in on what the body wants more specifically. Knowing this relationship provides an enormous amount of information that gives you, the practitioner, a means to better understand your balancing partner's underlying issue. You now have the opportunity to feed back that information to your client in the form of questions that can lead to a better understanding of what solutions might be available. It also allows you to better focus your intent on what you're aiming to accomplish when you apply your balancing modalities.

As an example: sticking with our *Pectoralis Major Clavicular* imbalance, let's suppose that you identify the reference meridian as Gall Bladder. This provides more specific possibilities of what might be going on. E.g. – The stomach produces



hydrochloric acid, of which proper levels are necessary to trigger stimulation of the gall bladder to release bile – important in fat digestion (Steps 1, 2 & 5 in diagram). Knowing this, you might ask your balancing partner/client what his/her diet is like, if s/he experiences discomfort after eating fried or fatty foods, etc. This allows you to more quickly get into a conversation about diet and lifestyle issues specific to this relationship, rather than simply that there's a stomach imbalance with the myriad of possibilities that "a stomach imbalance" contains.

Another example to consider is the *emotional* relationship, which can have a powerful influence. Instead of asking the person simply about sympathy/empathy (the emotion related to the Earth Element, which includes the stomach meridian), you might ask about the relationship between sympathy and anger (the emotion related to the wood element, which includes the Gall Bladder). A whole new and richer story is likely to emerge from that!

As you can see from the above examples, simply identifying the relationship between an object and reference meridian provides a more focused approach. Balancing the relationship goes directly to the core connection. In the procedure that follows, you will learn, using a small modification to the balancing techniques you already know, how to direct your balancing energy *to the specific relationship*.

Holographic Principles: Representation of the Whole

As mentioned previously, even a small piece of a holographic plate contains a representation of the whole image. What this means in balancing is that, even though you are being more specific in the relationship you're directing energy to when you activate reflexes (or any holographic balancing modality you use), you are also affecting the whole person. You see more details, while also having a richer general experience – not just by accident, but consciously, due to the holographic balancing process. This is why, when doing the Holographic Touch for Health system, it is not unusual for one pair of meridians to balance the whole system.

How We Experience the World

How do you experience the world? Through relationships. Everything is relative. Sound, taste, touch, smell, all the senses. You define your experiences in relation to others, liking one thing better than another, but not as much as something else. When given a choice, you pick the things you like better. These choices become easier when you can make comparisons.

You *have* relationships – with people, your job, your environment. How those relationships are doing plays a significant role in defining your experience of life itself. It's how you enrich your life – or not. Life improves when your relationships are going well. It's what you "work on" to change in order to get better when they're not going well.

So why not start by identifying the relationships that need addressing in order to feel better to begin with?

This is the purpose of the holographic approach to balancing, and you can do it ***easily with the Touch for Health skills you already know***. From there, you can grow into new and exciting ways of assessing and addressing imbalances in a holographic, three dimensional manner. This is what is possible with Holographic Touch for Health.

Holographic Touch for Health

I first came across the holographic concept through my training in Applied Physiology, the work of the late Richard Utt, L.Ac. Utt developed a holographic assessment approach through his research of muscle monitoring physiology, and then applied it to his already existing balancing system. I admit that I was, at

first, resistant. But as I worked more with the holographic model, I came to appreciate the brilliance of it. Utilizing the concepts and system, my work benefitted – my clients responded and noticed differences faster.

One could say that all natural healing methods access the holographic nature of the universe on some level. But Utt's approach was the first – and other than other modalities derived directly from it, remains the only method I've come across that *consciously utilizes* holographic principles for both assessing and balancing energy.

Interestingly, Applied Physiology (AP) has a reputation for "being difficult." Yet it grew from the same Applied Kinesiology principles that Touch for Health did, using many of the same tools in its initial stages. Perhaps it's simply more detailed, as you might imagine due to the extra amount of information inherent in a hologram. But it really isn't hard! Unfortunately, the aura/myth persists to this day.

In an effort to bridge the gap, I adapted the holographic principles that Utt drew from for AP and applied them to the Touch for Health balancing model as a means of bringing 3D technology to the TFH assessment and balancing process.

In the appendix, you'll find a simple method of taking any muscle from Touch for Health and creating a holographic context for it. Once established, it becomes easy to balance holographically using neurolymphatic and neurovascular reflexes. More options exist as well, of course, but for the purposes of this presentation, this is what you'll be using. In the full Holographic Touch for Health 1 training, you learn a complete *system* for applying these principles in an *efficient* manner that will make your balances faster, deeper and more effective. Utilizing the system allows you to integrate other balancing modalities holographically as well. In a short time, you will be an expert holographic balancing practitioner, with all the inherent advantages, and getting great results!

Conclusion

In this paper, you have been introduced to the concept of balancing using a three dimensional holographic model, with the many advantages this model offers. By updating the current Touch for Health paradigm via application of this model to the basic 14 muscle balance, you are able to:

1. Better understand the imbalances that show because of the relationship established
2. Address the more specific underlying issue(s) your partner/client needs, while also addressing the whole person
3. Send the balancing energy more directly to the relationship/issue identified
4. Focus your intent more powerfully due to your understanding of the relationship involved.

When utilizing this model within the system of Holographic Touch for Health, a more efficient balancing process is achieved. I invite you to explore this process and learn how a Holographic Touch for Health workshop benefits you. Certified Touch for Health Instructors have the opportunity to become Holographic Touch for Health Instructors as well.

Adam Lehman, En.K., is a Touch for Health Instructor and the Advanced Instructor and Instructor Trainer for Applied Physiology as well as other Energy Kinesiology modalities. He also teaches workshops he has developed based on his own research and experience. He is the founder and director of the Institute of BioEnergetic Arts & Sciences in Sonoma, California, where he teaches and maintains his private practice. Adam travels extensively around the US and internationally, teaching workshops and presenting at conferences.

Please visit Adam's website: www.kinesiohealth.com, and sign up for his mailing list to receive workshop schedule updates and other information.

You can contact Adam via email: adam@kinesiohealth.com – or by phone: 1-707-328-2838.

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Appendix

Procedure

1. Identify a clear indicator muscle using either spindle cell technique or zip up/down Central Meridian.
2. Begin to do a 14 muscle Touch for Health balance as you normally would, except...
3. When you find a muscle that unlocks, use *Circuit Retaining Mode* **as you test the muscle**. The meridian related to the muscle is the *object meridian*.
 - a. To do Circuit Retaining Mode, have the client put their feet apart beyond shoulder width **as the muscle unlocks**.
 - b. **Important!** Once the feet are apart, they must remain that way until balancing the muscle/meridian is complete.
 - c. **Option:** You can do this with *each* muscle, regardless of whether or not it unlocks when you initially check it. It is not unusual for the following steps to show significant information for a muscle that initially holds.
4. To find the reference meridian, touch each alarm point while monitoring the indicator muscle (IM) established in Step 1.
 - a. **Note:** By putting the object meridian muscle in circuit retaining mode in Step 3, you are now holding a stress in the body (unless it didn't unlock, as in 3c). As a result, in most cases, the indicator muscle will now be unlocked. Make sure to check it before you start to touch the alarm points so you know your starting point with the muscle. If the IM is unlocked, the alarm point will show by causing IM to *lock*.
5. If more than one alarm point causes the indicator muscle to change, then use priority mode to identify which one is the priority to use for balancing. (This is the one step that utilizes something from outside original Touch for Health)
 - a. Priority Mode is activated by putting the tip of your middle finger into the crease of the thumb (see graphic →).
 - b. Hold Priority Mode and recheck the alarm points that indicated in Step 4. Now only one should show a change in the indicator muscle.



- i. If you find more than one priority alarm point, do the remaining steps for all priority reference meridians.
 - ii. If no priority alarm points indicate, skip the muscle and return to Step 3 – find the next muscle in the 14 muscle balance sequence and continue from there.
6. Apply Neurolymphatic Reflex Points to balance – holographically! Both object meridian and reference meridian Neurolymphatics will be stimulated simultaneously.
 - a. The client rubs the reflex for the object meridian – the meridian of the original muscle imbalance in Step 3 that is being held in Circuit Retaining Mode.
 - b. The practitioner rubs the reflex for the reference meridian – the meridian of the priority alarm point that indicated in Steps 4 & 5.
 - c. If using the reflexes on the back, and the client can't comfortably reach them, then the practitioner rubs the points with their dominant hand while the client touches that hand or arm. The practitioner also rubs the reference meridian reflexes with the non-dominant hand.
7. Repeat Step 6 using Neurovascular Reflexes.
 - a. Use the same rules as for neurolymphatic reflexes – the client gently holds the reflexes for the object meridian, the practitioner holds the reflexes for the reference meridian.
 - b. Ideally, you want to have the reflexes pulse and synchronize. This sometimes takes awhile.
8. Recheck the object meridian muscle to see if it now holds. If so, close circuit retaining mode by putting asking the client's to put their feet together.
 - a. **Option:** Even if the muscle holds, prior to closing Circuit Retaining Mode, check the alarm points again to see if another priority alarm point shows (Steps 4 & 5). If so, repeat steps 6 & 7. Continue to do this until no priority alarm points show for the muscle in circuit.
 - b. If doing the optional step, remember to recheck the indicator muscle before checking the alarm points. If will likely now hold having done some balancing, and an indicator change will be an unlock.
9. Continue with the 14 muscle balance, repeating the above process for any muscle you find out of balance (or optionally for all muscles).
 - a. If any muscles were skipped in Step 5 because no priority reference meridian alarm point was found, re-check them now to make sure they are clear.

Additional Note:

- ☯ The above procedure is a basic, step by step holographic style balance. In Holographic Touch for Health 1, a more efficient system is presented to speed the process and offer more depth. However, this provides an effective introduction to holographic balancing.
- ☯ The system of Holographic TFH easily allows the practitioner to approach any imbalance or goal with this new model of balancing.



THE DOMINO EFFECT FOR TOMORROW AND BEYOND

By Brian Haraga

Abstract: During this presentation Brian will demonstrate and show you how to identify the underlying cause or causes that a person has; and by correcting the source problem how quickly you can provide a domino effect to the entire body for fast corrections for tomorrow and beyond.

Brian began using muscle testing for his horses at age 15. By 16, an auto accident left him paralyzed. Al Berry's energy Kinesiology work enabled Brian to recover and get back to rodeoing. Brian's work reflects his life lessons as well as his in-depth study of the body (human and animal) and how it works.

Kinesiologists are inventive and successfully use many related techniques to help their clients. These methods are constantly evolving and the challenge for us all is to keep an open mind and to continue exploring (no giving up) when the results that we get are not what we expect. It has been challenging cases and conditions that have spawned the technique presented here, and the results have been better than good.

This technique comes from **Cowboy Logic**:

“Make it easy, get it done, and have fun doing it.”

Brian.

Objective:

1. Identify the problem.
2. Trace back to the beginning of the energy imbalance.
3. Correct the beginning energy imbalance, creating a domino effect to the entire body.

Procedure:

1. Discuss the client's complaint and goal set for a favorable outcome.
2. Do pretests.
3. Test and strengthen gluteus medius if necessary. It should be strong to put everything in circuit.

Identify The Problem:

1. Client places palm of hand on complaint area.
2. Test gluteus medius indicator muscle.
 - -No indicator muscle change- No problem.
 - -Indicator muscle change - an imbalance has occurred.
3. Put in circuit by moving legs 18 inches or 46 centimeters or more apart and reset after every test.

Trace Back To The Beginning:

1 .a. Client keeps palm on complaint area and place clients other hand palm down towards the feet at collar bone (clavicle) level.

- If strong gluteus medius indicator muscle - adding energy from the palm, towards the body will help the complaint area.
- If weak gluteus medius indicator muscle - adding energy from the palm, towards the body will not help the complaint area. So move on to B.

b -Client keeps palm on complaint area and place clients other hand palm up towards the head at collar bone (clavicle) level.

- If Strong gluteus medius indicator muscle - add energy for the palm, towards the head will help the complaint area.
- If weak gluteus medius indicator muscle- adding energy from the palm, towards the head will not help the complaint area.

2. a. Test gluteus medius indicator muscle on organ locations with hand straight and thumb and four fingers together pointing towards the body while keeping the clients hand on complaint area.

b. The correct organ when pointed to will allow the gluteus medius indicator muscle to test strong. That is the organ system that is in need of correction to be able to help the client's complaint.

c. This works the same way with the head region.

3. a. Remove the palm of client's hand from client's complain area while leaving the fingers pointed into the organ.

b. Retest using the gluteus medius indicator muscle. It should switch off.

c. Place other hand palm down at collar bone (clavicle) to see if more energy is required for that organ that was previously switched off and test gluteus medius indicator muscle.

- If gluteus medius indicator muscle switches on there is another organ that requires more energy, for the previous organ that requires more energy that was switched off for the client's complaint.
- If gluteus muscle switches off, more energy directed toward the body will not help.

Place palm up to the head to see if that will switch on indicator muscle. If it does, more energy is needed from the neck up.

d. Repeat this palm up and palm down process until there is a gluteus medius indicator muscle change switched off pointing to the specific correction location with both the palm up and palm down (Then there is no more energy needed from another source in the body) and that organ system **is** the original cause of that complaint area.

4. Touch the last specific correction location while placing the palm of the hand to original complaint.

-Test gluteus medius indicator muscle - it should lock, confirming you have identified the beginning energy shortage or blockage for the first domino that will allow that energy to flow uninterrupted through the entire body.

5. Use any Touch For Health technique or modality that you know with the knowledge that you have to help out with the beginning energy imbalance.

6. Recheck with the palm of the client's hand on the original complaint area. It should be switched on well as the other organs, muscles etc. That was previously switched off.

In conclusion if you can control the present state of the whole body (physically, mentally, emotionally, spiritually and nutritionally), then you have controlled the past. If you have controlled the past, then you have controlled your future.

I encourage you for yourself and others to use this technique to get unstuck in the present from your past to move forward however you desire for your future and beyond.

With love,

Brian

P.O. Box 982
Stettler, Alberta Canada T0C-2L0
403-742-8869 Telephone/ Fax
haraga@xplornet.ca

Touch For Health Annual Membership Meeting

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*The Power of Holographic Sound &
It's Healing Effect on the Body*

By Paul Hubbert

Paul Hubbert's paper was not received in time to be included in the journal.



Defining Wellness and the Freedom of Health

By Dr. Vincent Bellonzi

How important is your health freedom ?

One of the most important aspects of freedom that many people have ignored, is the freedom experienced when a person is healthy. Health and fitness are not something guaranteed. They are the result of a properly planned and executed lifestyle. Health insurance, managed care, and even health providers are not able to provide health, they can only identify disease and administer treatment. Health occurs when we effectively match our lifestyle to the adaptive abilities of our own bodies. The alternative to health is invasive and aggressive management of the signs, symptoms, and chronic disease which occur with biological system dysfunction.

Chronic diseases are rampant today, yet they are in fact, preventable. Lifestyle is more appropriately defined with epigenetics. The human body is a constantly adapting entity and DNA is now regarded as a control and response mechanism which allows us to adapt to the environment. The environment created by how we live our life. Epigenetics (meaning above or around the genetic code) is an integral part of the new sciences of genomics. Scientists must include the effect of internal and external environments acting upon human DNA in order to accurately predict results.

In studying the science of physics, a major theory used is called emergence. Emergence theory states that in a complex system, when there is a change in state, a different result will be produced. The human body is a complicated system in which genetic response does change with any change in conditions. Whatever your genes are exposed to will create a response. If exposed to the right things (lifestyle choices) then we will end up with one phenotype. However with a “change of state”, or different lifestyle choices there is different exposure, a different response, and a different phenotype.

In the 70s genetic sequencing was born while examining bacteria. By 2003 with the advent of supercomputers the human genetic sequence was mapped. It was theorized at this point that we would be able, with the aid of nanotechnology, to actually wipe out disease. Where Pasteur had been unsuccessful with his germ theory, we now thought that we could identify the gene for each disease, alter that gene sequence, and eventually eradicate every disease. On this basis, sequencing human DNA was practically a failure.

Not only was it discovered that there probably is not any monogenetic disease, it has also been realized that emergence theory, or epigenetic effects always have to be considered. In addition, even though we are all 99% the same, there is still enough variability to create vast differences in genetic response. On top of that recently it has been discovered that there is actually a DNA sequence beneath the DNA and that “junk DNA” also plays a part in variability as epigenetic marks. This does not even consider the actions of RNA and mRNA.

Aggressive medical management of chronic diseases is relatively ineffective. Naming the disease and thinking we are done is a trap. It leads us to simply waiting until people get sick enough for our tools and expertise. Taking the approach of functional medicine, we examine the antecedents, triggers and mediators to form a better picture of the actual problem. Diagnosis is after the fact, we have to teach and practice prevention. Prevention is not early diagnostics. Prevention occurs when the environment for

disease is not created, let alone identifiable disease itself. Of course, we can and do want to help people when disease is underway. The only answer for the future though is keeping more people in a state of wellness. There's not enough money or resources to treat our entire population.

People who are healthy have the freedom to physically, mentally, and socially participate in activities of their own choosing. When health degrades people are intimately tied to a system of diagnosis and ongoing treatment. Disease-free, pain-free, and to be uninhibited in our pursuit of the power or right to act, speak, or think as one wants without hindrance or restraint, is a goal worth the effort. What we choose to eat will make a difference in whether we experience health, or disease. The frequency, intensity, and duration of physical activity all act to create different responses and levels of health. Our whole being responds by adapting and adjusting to everything it is exposed to from the internal and external environments.

How is it possible to have a good day? In fact, let's not short change ourselves, my wish for you is that you have many wonderful days. To experience those spectacular days in our lives the first thing that we have to consider is the status of our own personal health. In order to be healthy, the human body must be working properly. If our primary focus is upon function, then we will create health and wellness. We all know that health is a form of wealth. However, the only way to accumulate health is to maintain what scientists refer to as *organ reserve*.

The only plausible answer to the health care crisis will be to create a generally healthy population. If we minimize the fraction of people who require intervention, then we might just have a chance. It must be understood that screening for existing disease will never be as effective as the prevention of disease. Screening tests tend to be very expensive and many times simply are indicators for even more expensive procedures. Prevention is just that, an absence of disease occurrence.

The biological systems of the body are constantly performing a symphony of responses to our choices. The stimulus (stresses or allostatic load) can create a good response (adaptation) or a bad response (maladaptation). Even our DNA has the capability to respond differently. In my book, *HEALTH RECKLESSLY ABANDONED*, I discuss planning a lifestyle to create health and wellness. It is not possible to provide adequate care for all the people currently experiencing chronic disease. What will we do if the number continues to rise?

Lifestyle planning

- Number one, consume real food.
- Number two, get the right frequency, duration, and intensity of physical activity.
- Number three, be aware of your environment, internal as well as external.

This "reserve" gives us all the resilience to stay healthy in the face of stress. Stress itself is neither good or bad, but it is the final effect that we have to be concerned about. When there is a stress, either mental or physical, what follows is a response which is considered either good or bad. When the mind, or the body experience a stress, the response then can be a positive "adaptation" or a negative "maladaptation".

When we consume good choices of food, then the body gets necessary nutrients to function properly. If we eat "real food" we tend not to get the foreign chemicals and altered molecules in the processed, adul-

terated, convenience foods (which are stresses themselves) which will create a negative response. When we are physically active, the body systems begin to run better because of available energy, circulation and adaptation. If we are careful about what our bodies are exposed to, there is less to cause damage or interference.

REAL FOOD

To enjoy and multiply the good days, the body needs *nutrient dense* foods. Consume more color instead of so many white foods. Green leafy vegetables are loaded with vitamins, minerals and important phytonutrients. Grain processed into flour is primarily sugar(starch) and the nutrients are thrown away. Strive to consume the recommended 5, and up to 13 servings of vegetables and fruit. These should be whole intact foods, prepared raw or steamed with a ratio of three times as many vegetable servings as fruit.

Consume sufficient lean protein, enough to make up close to 1g per pound of body weight. Choose only good fats, unaltered by processing. Also get up and move frequently and consistently. Do everything you can to keep the internal and external environment as clean as possible. It is not that we can't celebrate and enjoy life, but keep the treats restricted to festivals. Finally, remember to take time for yourself and design good rest and sleep.

THE FUNCTIONAL MEDICINE APPROACH

Functional medicine is a system of examining patterns of function and dysfunction. What pre-existing issues are in place? What is a "trigger" or "event" that leads to dysfunction which is often exhibited as signs and symptoms. Often "the last straw" or final one of many is blamed. What mediates the disease, is palliative or provocative? Disease is dysfunction, health is established when the body is working.

LIFESTYLE FACTORS FOR THE BENEFIT OF WELLNESS

Disease is multifactorial. The more factors we address, the broader and more effective the strategy. For example I may identify food allergy and eliminate that food. I will also many times notice a decrease in airborne allergies and perhaps asthma. If I eliminate a bacteria or yeast, there will often be even more effect on allergic response.

THE FORCE

Dealing with stress (the force) is something we must do. Stress is really not good or bad. It is how it is used or applied and the amount. Stress is required to get better, to respond is to be alive. To "be stressed" is to be overwhelmed.

EXERCISE AND STRESS RELIEF TECHNIQUES

The best way to control stress is exercise, hands down. Yes, you can do too much. However there is nothing better than physical activity to alleviate stress damage and reap benefits.

BREATHE

Since stress takes us into sympathetic dominance we need to have tools to allow us into parasympathetic for recovery. Exercise completes this cycle. Breathing does too because it is both voluntary and involuntary. (sympathetic and parasympathetic). Try this:

The Candle

Envision a candle in front of you. The flame vertical and smoke rising. Breathe in through your nose forcefully enough to slightly draw the flame and smoke toward you to a slow count of four. Hold your breath for a slow count of four while you watch the candle flame recover to vertical. Now breathe out through your mouth enough to force the flame and smoke away but not enough to blow out the candle. Do this exercise 3 times and check your state. I have done this with young children with great success. This and other breathing are used for veterans with PTSD.

For more information on creating a good life, get the book **HEALTH RECKLESSLY ABANDONED** by Dr. Vincent Bellonzi. The book describes how to design a lifestyle that prevents disease and even helps resolve health problems. There is a discussion of the science of epigenetics, which demonstrates how our daily choices give us the power that we all have to change our lives.



The Illusive Ileocecal Valve: It's Importance to Your Health and TFH Balances

By Jan Cole

Ironically, I'm currently dealing with assisting my own ileocecal valve as I write this paper. Since it's happened before, I know much of what to do, but have been procrastinating to do "it". For me, it takes prep time to be ready and diligent for 10 days to three weeks doing the recommended diet to help the valve heal. A bit of background that piqued my interest in writing this paper for our Touch for Health conference:

Years ago when my daughter, Sheri, was a teenager, we took a swimming class together at the development where we lived. As you may know, besides completing all the swimming strokes, laps, etc. there was a written test we needed to take. I did fine "in the water", but struggled to read the book for the test ... I couldn't see the "small" print. So I bought the highest wattage light bulb I could find at that time ... still couldn't read that darn "small" print.

Frustrated, I made an appointment with Dr. Don, an Applied Kinesiologist chiropractor, who frequently was a guest speaker at my Touch for Health classes. Right away, he muscled tested me for ileocecal value function. I didn't have a clue what that was "back then". He "corrected" it and advised me to do a particular diet to help the valve heal.

To my amazement when I got home, I could easily read the book... and passed the test the next day. Per his advice I did do the 10 day diet to help the valve heal...more about that later.

During the seven years I cared for my dad with Alzheimer's, my sister, Darlene, oft drove the 300 miles from Minneapolis to Crookston, MN where we lived as kids, to visit and help with Dad. One weekend I offered to do a Touch for Health balance with her re: different physical complaints she had, primarily persistent pain in her back and legs. She resisted saying "it would take too long"... she "needed to get home", she "didn't have time", etc. I promised I would go fast and do a modified 42 balance. (I only do the 14 muscle balance when teaching a TFH I/II classes).

One of the things I learned over the years after becoming a TFH instructor in 1977, a patient of Dr. Don and attending seminars with Applied Kinesiology chiropractors: Drs. George Goodheart, Alan Beardall and David Walther, was to check ileocecal valve function. With my sis, I first checked for "switching"; next her ileocecal valve. It was stuck ... I've forgotten if it was stuck *open* or *closed*. However it was, we also tested for any related emotions/relationship issues. Made the correction for the valve, and proceeded with the remaining muscles. Yes, she felt better and left on her drive home. About a week later during a phone call, she said, "Oh, I forgot to tell you, the next morning after you balanced me, was the first time in 5-6 years that I have gotten out of bed without pain!"

For about a month in 2013, I stopped doing a simple core exercise my physical therapist in 2010, when I had severely compromised sacroiliac and a painful bulging disk, taught me to do “for the rest” of my life. Faithful at doing at least five repetitions almost every day, I got lazy... too busy. Every Sunday that I can, I dance at the Denver Kickers Club, to polka, waltz, cha cha, fox trot, etc. In June, dancing with a “seasoned Dutch hop polka dancer”, leading my friend, Jean, we did a vigorous twisting step. Fun, for sure ...doing fine until the next morning! Needless, to say, I knew my sacroiliac was out ... back in pain again having much difficulty walking. I went to a chiropractor friend of mine nearby, who isn’t an AK chiro. Three visits which included: blocking the hips, electrical stim, decompression of the back and two K2 cold laser treatments helped a little, but was still having difficulty sleeping and walking because of the pain.

Determined to get back to “doing fine”, I had a friend drive me the 2 hours to Florence, CO for an appointment with friend, Dr. Don, one of the best AK chiros I know on the planet. Within 15-20 minutes, I was “back together”, free of pain and walking briskly again! While he was balancing me, he noted that the ileocecal valve and the sacroiliac was a very bad combo to have out of balance... since this valve is controlled neurologically by the first lumbar (low back) nerve root, (L1).

Several years ago my friends, a family of six, came to the resort where I stayed in Puerto Vallarta to swim and spend the day. While I was at the pool with the two little girls, the youngest son, Oscar David, came running to tell me about his momma. I speak poco Spanish so interpreted as best I could what he needed me to do while his dad, Oscar, who speaks fluent English, and his older brother had walked to the grocery store. Taking Marisol and Cielo by the hand, we followed him to my room as he chattered away trying to get me to understand. Their mom, Erica, was sitting on the couch in agony, looking a bit pale and so unhappy.

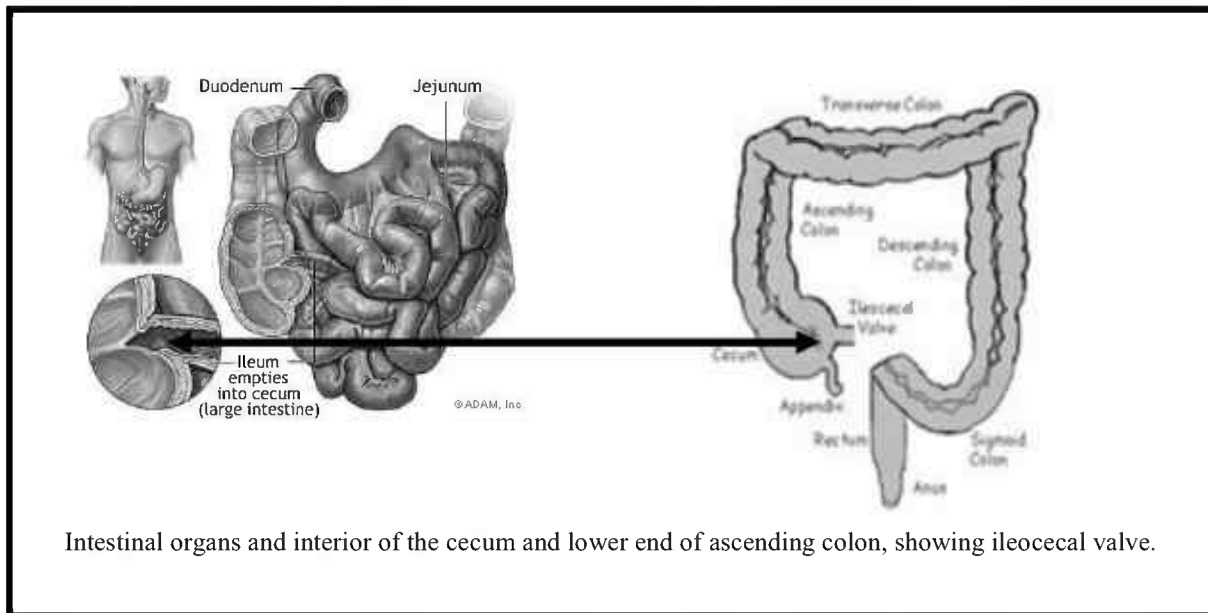
Doing my best for her to understand me, had her lay down in the bedroom while I checked and “balanced” her ileocecal value. She was still uncomfortable, but out of agonizing pain. Later, Oscar told me that it had happened several times before, but they didn’t know what to do. Explaining to him what was done with Erica, I suggested he tell her to stay away from the popcorn she had just eaten ...and other roughage foods for a while. If the problem happened again or frequently, he should take her to a doctor.

A few weeks after returning to Colorado, on Skype, Oscar said she was still doing fine. I’ve been to PV at least four times since then, sharing some of the time with the family. Nothing more about it has been mentioned. Erica is still doing fine.

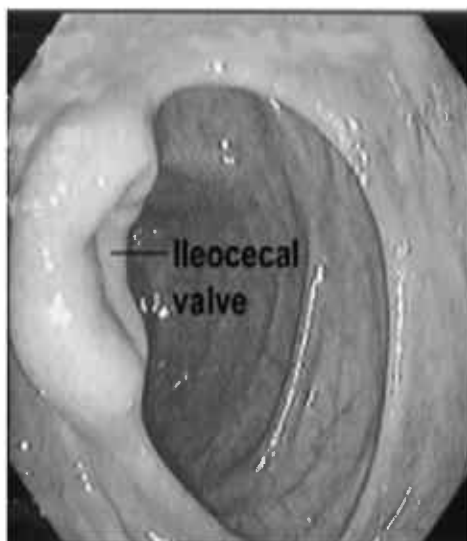
What is the Ileocecal Valve (ICV)? Where is it located in the body? It’s function?

The ileocecal valve, a small sphincter (two circular muscles) on the lower right side of the abdomen above the appendix, is located where the small intestine (the *ileum*) connects to the first portion of the large intestine (the *cecum*). It actually acts like a “doorway between the kitchen/dining room and the bathroom.” You can locate yours by imagining a line from your navel to the middle of your right groin. The valve is midway between these two points .

Its function is designed to keep your digested food (*chyme*) in the small intestine until the nutrients are absorbed and the residue is ready to pass into your colon where it becomes feces/waste matter. It's intended to be a one-way valve, only opening to let processed foods through, keeping the waste and toxins in your large intestine from backwashing into your small intestine and allowing fecal matter to be used in the making of blood. As you might imagine, this has great consequences since the small intestine is where the process of creating the blood/fuel to feed the body begins. When the valve is “stuck CLOSED”, elimination of waste is hindered. Both conditions, a **Closed** or **Open** valve, are very toxic and can cause problems wherever there is blood in the body.



What does it look like? What causes it to malfunction? Are there related symptoms? How does “traditional” medicine treat it? How do I know if mine is working okay? Can we muscle check it? What are options do improve its functioning? How can I help myself if I have a problem with mine?



(<http://www.yoursurgery.com>)

Endoscopic image of cecum
w. arrow pointing to **ileocecal valve**.

Causes of Ileocecal Valve Syndrome

- Dehydration
- How you eat (overeating, eating too frequently, too quickly, eating foods you are sensitive to, under-chewing your food)
- The foods you eat (chocolate, raw and hot spicy foods, popcorn, non-foods: junk foods etc.) and some of the liquids you drink (carbonated drinks, alcohol, caffeine)
- Not eating enough healthy high fiber foods including whole food nutrition...fresh fruits and vegetables
- Low blood/fuel can cause the valve to lose its tension and “stick”, usually, OPEN.
- A CLOSED valve is basically caused by a hypertonic or spastic intestinal muscle. Nutrient deficiencies (magnesium, usable calcium, low stomach acid and/or digestive enzymes) can cause muscle spasms.
- The liver meridian travels directly over the IC valve. It’s thought to be one of the main reasons for hangovers from the excessive amounts of alcohol consumed stressing this valve causing it to “stick OPEN”?
- Emotional upsets/traumas: sudden family death, work stress, getting fired, financial problems, unhappy relationships, divorce, constant worry, anxieties, fears, phobias: are some examples of likely stressors that are known to have a direct impact on the ICV through generally “shutting down the body” leading to ICV problems.

Behaving “normally” the ileocecal valve:

1. Is closed most of the time.
2. Opens briefly to let the contents of the small intestine exit.
3. Closes again quickly to prevent any materials in the large intestine from leaking back into the ileum (small intestine).

A major cause of digestive symptoms, the Ileocecal Valve Syndrome (ICV) has reached epidemic proportions. Problems occur if the valve stays open too long or not long enough. If residue from the cecum (large intestine) enters back into the ileum (small intestine), much like a clogged kitchen sink, toxins can be absorbed into the body creating digestive disturbances which can then lead to reduced immune protection and degenerative diseases.















Frequently, misdiagnosed, few health practitioners understand the significance and function of the ICV in digestive problems, which can oft be the cause of an array of symptoms. 95% of the time its a “stuck OPEN” ileocecal valve causing the problem, especially during seasonal changes and new moons. The following chart I composed gives some idea to the diversity of effects people can suffer. If you have or had any of these symptoms, you might want to mark them on the *ICV Syndrome Chart* to discuss with your chiropractor, natural therapy provider or other. Mainstream medical professions often overlook this disorder, so you may be skeptical until you read the list of symptoms. You may not have symptoms at first, but still can be affected by a dysfunctional ileocecal valve resulting in a combination of symptoms.

Ileocecal Valve Syndrome (ICV) examples:

(*O...stuck open *C...stuck closed)

Pain/Discomfort	Physical	physical cont'd	Mental/Mind
Abdominal pain/bloating grumbling, tummy bulge/ fecal impaction *O/C	Allergies: aggravated by weak immune system; dust, cat hair, mites misattributed	Fever and/or flu-like symptoms ... mains cause of flu *O	Psychosomatic effect: Psyche/mind affects body/ soma... "Gut reaction" to emotional upsets
Carpal Tunnel Syndrome	"Asthma-like" symptoms	Gall bladder symptoms	Anxieties
Chest pains feel like heart pain	Bad breath (halitosis) /body odor *O/C	Heart symptoms, palpitations	Contrary disposition/ crankiness/grumpiness
Cramps *C	Bladder infections	High blood pressure	Depression
Elbow pain	Blurred vision *O	Hyperadrenia (relative *C	Expressing a temper
Joint, knee or groin pain	Burping habitually	Hypoadrenia (relative) *O	Fears
Elbow: pseudo-tennis or pseudo-golfer's elbow	Candida Albicans, viral, para- sites, bacterial infections *O/C	Indigestion; poor digestion; Malnutrition * O/C	Feeling a sense of separation
Headaches /migraines Sharp/pinpoint, espec. left base of skull. *O/C Dull lingers in frontal area	Colon: diverticulitis, colitis, irritable bowel. Crohn's, Celiac disease, spastic colon; Hemorrhoids	Inflamed appendix (hollow organ, neutralizes toxins caused by this condition) *C	Frequent mood changes
Low, mid, and/or upper back pain	Circulation problems	Low energy, dragging feet, sluggishness *O/C	Having an attitude
Muscle aches *O	Cold symptoms *O	Nausea	Inability to let go *C
Non-specific lower GI discomfort or symptoms	Compromised immune system	Nightmares	Inability to digest information received *O
Pain around the heart/ palpitations or heart flutter	Compromised lymphatic system	Puffy cheeks	Negative emotions, thoughts, ideas, dreams
Pinched nerves	Constipation *C	Pseudo hypochlorhydria (low stomach acid)	Phobias
Pseudo appendicitis	Dark circles under eyes (toxicity indicator)/ red eyes	Sinus infection, chronic or pseudo, post nasal drip	Over-attachment: to persons, situations *C
Pseudo bursitis	Diarrhea/loose bowels, too frequent *O	Skin problems: such as acne, eczema or psoriasis	Unclear, fuzzy thinking, confused *O
Pseudo frozen shoulder	Dehydration	Sleepiness/disturbances	Up-tight, tense *C
Right shoulder pain	Distorted body posture: curv- ature looks as back or hip is out	Sporadic bowel movements	
Right side pelvic pain	Dizziness/faintness	Syncope (fainting re: fall of blood pressure)	
Stabbing or burning front left thigh pain	Edema/swelling	Tinnitus: ringing or whistling noises in ear	
Sacroiliac strain	Elimination problems *C	Thrush	
Stiff neck, from toxins in weak upper trapezius	Electrolyte/mineral imbalance	Too many bowel movements, runny stool *O	
Sudden, sharp low back or like a disc pain, especially sitting or driving *C	Excessive flatulence (gas)/"bloated belly" *O/C	Water/fluid retention, Excess fecal matter... weight gain *O/C	
Lumbar disc herniation *O	Face pallor	Unexplained thirst	
Whole body arthritis	Fatigue/lethargy/T.A.T.T. (Tired All The Time Syndrome)	Weakens entire body *O	

When the valve is functioning properly:

Better and more complete digestion	
Better circulation	
Better quality sleep	
Clearer vision	
Feelings of connectedness	
Feelings of happiness more prevalent	
Fewer muscle aches and pains	
Healthier, stronger immune system	
More energy	 
More regular bowel movements	 
More smiles	
Positive disposition	 
Less illness	
Valve remains “closed” (resting) most of time	

Ileocecal Valve Syndrome Treatment Options

- Chiropractic adjustments
- Applied kinesiology/specialized kinesiology practitioners “balances”
- Abdominal and ileocecal valve massage techniques for temporary “fixes”
- Temporary elimination (restricted) diet (for 2 to 3 weeks)
- Nutritional supplementation
- Homeopathy
- Watch video clips on YouTube ...note references at end of this article.
- Surgical removal of the valve (Hopefully, this would be a last choice.) Removal of the ileocecal valve can lead to bacteria passing from the large intestine back into the small intestine, which leads to some of the symptoms involved with ICV Syndrome. Since the valve wouldn't be there to regulate the flow from the ileum to the cecum, intestinal transit time is compromised. This can exacerbate symptoms such as malnutrition, electrolyte imbalance and diarrhea because the absorption of water, nutrients and electrolytes is impaired. Further leading to a complete breakdown in digestion and absorption of bacteria into the bloodstream.

How do I know if mine is working okay? Can we muscle check it? Balance it?

Muscle checking the valve (one way)

1. Best to check the valve lying down. Find a strong muscle as the indicator muscle. (Suggested: PMC Pectoralis Major Clavicular)
2. Check and correct for neurological disorganization (switching) by pointing five fingers inward around the navel. If the PMC (or other) tests strong proceed to checking the ileocecal valve.
3. If PMC tests weak find the “switch that’s off” and correct:
 - a.) Brain/Central Meridian: Zip up/Zip down and test
 - b.) Dehydration: Water test ...tug hair gently and test
 - c.) Kidney Meridian: Check K27’s Top of kidney meridian
4. Check for a CLOSED ileocecal valve by stroking with your hand diagonally upward from the right groin to left shoulder and test with the PMC (or other).
If tests weak the valve is stuck CLOSED.
If no muscle change indicates a “CLOSED” valve is not a problem.
5. Check for an OPEN ileocecal valve by stroking diagonally downward from left shoulder to right groin
If indicator muscle tests weak the valve is stuck OPEN.
No muscle change indicates “OPEN” valve not a problem.

Correction:

Depending on which direction, if either of the muscle checks indicates stuck OPEN or stuck CLOSED, massage the Ileocecal valve area in a circular motion,

- with a quick pressed upward motion toward the left shoulder if “stuck Closed” OR
- with a quick pressed downward motion toward the right groin if “stuck Open”.

from Differential Diagnosis for the Ileocecal Valve Syndrome

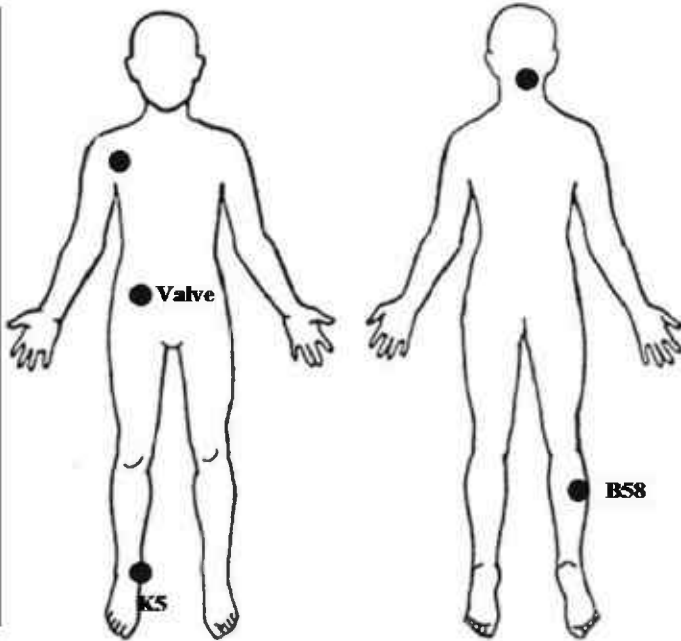
by Dr. David Walther, D.C.; Systems DC 1976

	OPEN	CLOSED
Challenge	Pulling up on valve strengthens a weak muscle. Pulling down on valve weakens strong muscle.	Pulling up on valve causes no change in weak muscle. Pulling down strengths weak muscle.
Acupuncture points	B58 & K5 luo or connecting points for kidney & bladder to balance meridians	B58 luo or connecting point to drain too full kidney into bladder meridian.
Nutrition	Chlorophyll + digestive aids	Calcium lactate, Vit D, sometimes silicon when calcium can't be absorbed.
Diet	Off roughage, raw fruits and vegetables and spicy foods.	Off roughage, raw fruits and vegetables and spicy foods.
Muscular involvement	Ilacus rotation, wrist extensors frequently used	Right rectus abdominal and quadriceps. Hypertonic psoas
Stress Receptor	½” lateral to posterior occipital protuberance	½” lateral to posterior occipital protuberance

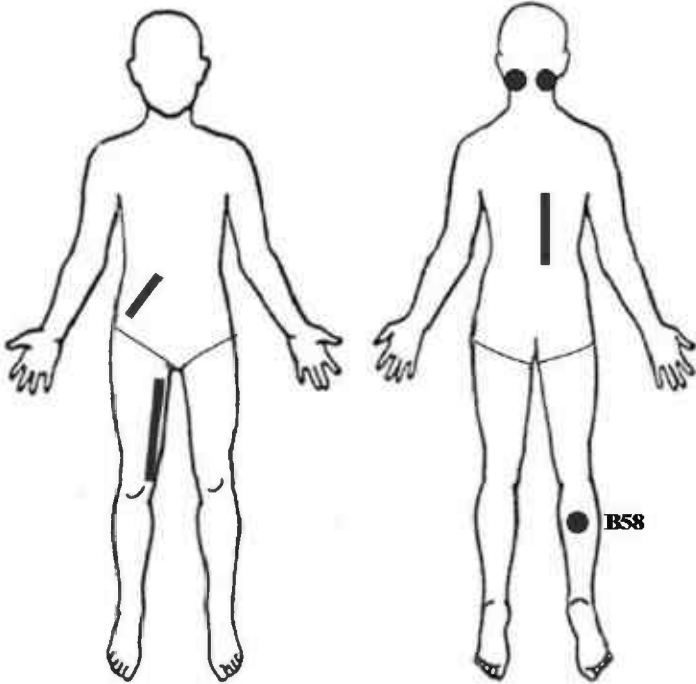
Note: Chlorophyll for healing an Open Ileocecal valve: (Standard Process *Chlorophyll Complex Perles* is recommended by most chiropractors who “work” with the valve . The Perles contain fat soluble vitamins. Water soluble chlorophyll products are not effective in assisting the ileocecal valve.)

OPEN Ileocecal Valve
Repair Diet:
10 days to three weeks

- * **Eliminate ALL roughage foods.**
- * **Eliminate RAW fruits, vegetables & spicy foods.**
- * **NO ALCOHOLIC beverages.**
- * **NO CAFFEINE, COCOA or CHOCOLATE products.**
- * **Chew 2 chlorophyll perles 20 min before eating & sometimes digestive aids**
- * **Stimulate the marked areas by massaging in a rotary method with fingertips.**



.....



CLOSED Ileocecal Valve
Repair Diet:
10 days to three weeks

- * **Eliminate ALL roughage foods.**
- * **Eliminate RAW fruits, vegetables & spicy foods.**
- * **NO ALCOHOLIC beverages.**
- * **NO CAFFEINE, COCOA or CHOCOLATE products.**
- * **Take calcium orotate & Vit. D 20 minutes before eating.**
- * **Stimulate the marked areas by massaging in a rotary method with fingertips.**

Ileocecal Valve Repair Diet ... Improving Your Digestion

Digestive health is far more important than most realize, since the digestion is directly related to immune system function, overall health of the body and **healthy** longevity. When any disease occurs, many doctors and health practitioners feel the ileocecal valve should be the first thing to check. Its malfunction can cause a buildup of undigested food or fecal matter in the intestines, leading to toxic conditions which in turn increase the buildup of unfriendly bacteria and parasites in the colon resulting in constipation, bloating and many other digestive issues and degenerative diseases, as you saw from a previous chart.

To **AVOID** experiencing the Ileocecal Valve Syndrome, one should eat a diet high in fiber and includes whole food nutrition...ADD more FRESH fruits and vegetables! According to the current popular "Raw Foods Movement", raw foods are best. I thought I understood what "raw" meant until attending my first *Longevity Now Conference* in Costa Mesa, CA in 2011. (www.thelongevitynowconference.com).

*"Raw" means any food that is **not cooked over 118 degrees**. When food is cooked above 118 F, essential nutrients, vitamins, minerals and enzymes are lost. Amino acids, the building blocks of protein, begin to deteriorate at that temperature and are completely destroyed at 160 F.*

However, to a malfunctioning valve, raw fruits and vegetables are not the best ...until the valve is healthy and functioning properly. Understanding what it means to have a healthy digestive system by healing the function of the ileocecal valve through safe dietary changes can help correct problems before leading to degenerative diseases. High quality organic and/or locally grown foods and digestive supplements are an essential part of the ICV Syndrome diet. Since it's often difficult to change your diet, an effective solution would be to add whole nutrient dense *super foods* higher in fiber and nutrition. Nutrient-rich powders added to smoothies will help your body rebuild your intestinal tract gently and safely to create better digestive health and a stronger immune system.

To allow the valve to relax and inflammation to heal:

BEST to eat 10 days to 3 weeks:

Water, water, water... Dehydration is responsible for many digestive problems.
"Up your Fiber" with steamed/soft cooked veggies
"Up your Fiber" with steamed/soft cooked fruit
Suggested: 5 parts cooked fruit and veggies and 2 parts protein. Need 35-50 grams of fiber a day.
Oils: flaxseed, hemp or olive , rawest form. Oils act like a lube in the bowel to keep "things moving".
Meat, eggs and dairy , okay if they are part of "your normal" diet. Meat and dairy can cause constipation. Best to avoid for 30 days.
"Toss" your microwave (kills the foods enzymes = dead food with little to no nutrition)

Foods that can irritate and worsen the dysfunction of the valve:
BEST NOT to eat for 10 days to 2 weeks

RAW FRUITS & VEGGIES	ROUGHAGE FOODS (high fiber)	SPICY FOODS	STIMULANTS
Apples 	Crackers 	Black Pepper 	Alcoholic Drinks 
Beans 	Corn Chips 	Cayenne Pepper 	Black Tea 
Bell Peppers 	Nuts 	Chili Powder 	Caffeine.... All 
Cabbage 	Popcorn 	Cinnamon 	Cocoa 
Carrots 	Potato Chips 	Cloves 	Chocolate 
Celery 	Pretzels 	Hot Peppers 	Green Tea 
Cucumbers 	Other “chips” 	Paprika 	Liquors 
Curry 	Seeds 	Salsas 	
Garlic 	Toast 	Tacos 	
Ginger 	Whole grains 		
Leeks 			
Lemons (<i>acidic</i>) 		Soy sauce (<i>fermented</i>) 	
Lentils 		Vinegar (<i>fermented</i>) 	
Lettuce 			
Onions 			
Oranges (<i>acidic</i>) 			
Pickles (<i>fermented</i>) 			
Salad 			
Tomatoes 			

Note: Because of the way wheat is now processed, it scratches the bowel, depletes the body of nutrients and the high gluten sticking to the lining makes it difficult to excrete. Popcorn acts like “razor edges”.

Keep in mind a diet high in junk and processed foods, refined sugar, white flour, chemical food additives such as artificial colors and flavors, soda pop, alcohol and caffeine act like toxins in the body. They place a heavy load on your immune system, irritate the intestinal lining and overburden the liver. Poorly digested food irritates the ileocecal valve causing inflammation and swelling. This prevents the valve from shutting properly allowing bacteria from the colon to migrate into the small intestines. Feasting on the sugars in the small intestine will cause severe gas and bloating. Close the valve for bloating.

By eliminating one "junk food" at a time **and** eating more wholesome, nutritious foods are steps in the right direction to a healthier digestive system and body.

Nutrients that may be especially helpful to digestion including the ileocecal valve:

- products containing the **amino acid L-GLUTAMINE** since it is found abundantly in the intestinal tract and promotes intestinal healing. **L-Glutamine** can also be helpful in **reducing carbohydrate cravings** (e.g., to sugar and alcohol)
- products containing **SLIPPER ELM, MARSHMALLOW ROOT, CITRUS BIOFLAVANOIDS**. These nutrients help **heal the intestinal lining and reduce inflammation**, as well as, **pure ALOE VERA juice**.
- high quality **OMEGA 3 ESSENTIAL FATTY ACIDS** such as found in cold water fish (e.g., mackerel, sardines, wild salmon, cod liver oil). These help **reduce inflammation, promote intestinal healing and support the immune system**.
- **a MULTI-VITAMIN-MINERAL formula**. Since foods aren't properly digested with compromised digestive systems, there can be many vitamin/mineral deficiencies. A multi-vitamin-mineral formula can help restore nutrient balance to build healthy mucosal linings and gastric juices. Liquid formulas are better absorbed than tablets.

Possible Nutrient Deficiencies:

- **Zinc** and vitamin **B-6** needed to produce hydrochloric acid and maintain intestinal wall integrity.
- **Vitamin A** is needed to build healthy mucosal linings, including the lining of the intestines.
- **L-glutamine**, an amino acid, in protein, an important part in normal intestinal repair process.

Note: Chlorophyll for healing an Open Ileocecal valve: (Standard Process is recommended by chiropractors who "work" with the valve.) Also *Chlorophyll Complex Perles* can be used for **pain relief** for some degree of relief to complete relief regardless of the type of pain within 2-3 minutes to 30-40 minutes depending on the pain/person. (Chlorophyll Complex Perles contain fat soluble vitamins, including vitamin K.)

Dr. Royal Lee, described the mechanism of action of fat soluble chlorophyll as neutralizes guanidine (a strongly alkaline crystalline compound, $\text{NHC}(\text{NH}_2)_2$, formed by the oxidation of guanine and found in the urine as a normal product of protein metabolism.) on contact. Water soluble chlorophyll has none of these effects. More on chlorophyll's use for pain can be found in Mark Anderson's *Back to School for Doctor's*, 2006-2007, seminar CDs.

Ileocecal Valve Diet Chart

Week 1

- 2 capsules of chlorophyll (not liquid chlorophyll) 20 minutes before eating
- Check mark if: *“I successfully avoided foods from the Do Not Eat list.”*

Start date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							
Other							
My goal:							
<i>I successfully avoided foods from the Do Not Eat list.</i>							
Reward ?							

Week 2

- 2 capsules of chlorophyll (not liquid chlorophyll) 20 minutes before eating
- Check mark if: *“I successfully avoided foods from the Do Not Eat list.”*

Start date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							
Other							
My goal:							
<i>I successfully avoided foods from the Do Not Eat list.</i>							
Reward ?							

If you need to complete 3 weeks of the diet and the “tracking chart” has been helpful to you, print a 2nd of this page.

Temporary Corrections of Malfunctioning Ileocecal Valve

Abdominal/Ileocecal Valve Massage:

The whole digestive tract from the throat to the rectum is a muscular tube— of which any section can cramp, have problems and become too weak to function. Some folks experience burping, gurgling, flatulence or other sounds during or after the massage and sometimes a bowel movement will follow. Any of these can be evidence that the ileocecal valve needs help

To locate the ICV, find the halfway point between your navel and the groin of your right hip and press inward. (“in” two inches and “down” two inches from the top of the RIGHT hip). It can differ slightly person to person. If you feel pain when you press on this spot, you probably have an open ileocecal valve. It can feel more or less tender depending on the person and the acuteness of ICV Syndrome. It might be easier to locate the tender spot(s) while lying down. Some people feel that finding and massaging the area is easier if you use coconut or massage oil.

1.) Ileocecal Valve Chart **pg. 53** (info from DC Systems)

2a.) Using the same procedure to correct an OPEN or CLOSED valve, massage the reflex area using medium pressure in a circular motion while breathing deeply until the pain goes away. Repeat at least twice a day for a few weeks. Massaging the valve will encourage proper function.

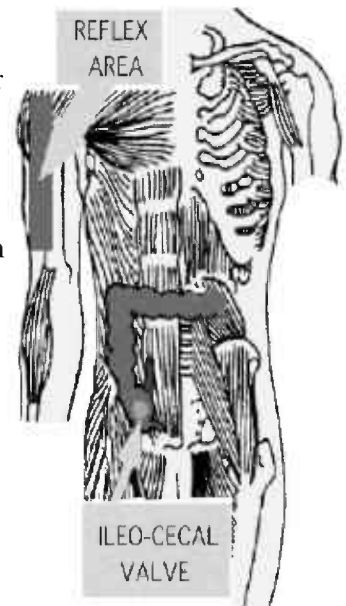
2b.) Variation: massage with medium pressure, in a rotary motion for five seconds. Using a closed fist, briskly stimulate reflex area (right upper arm) for 5-10 seconds. Stimulate as often as necessary.

3.) Overall abdominal massage: Massage upward from the ileocecal valve toward the ribs, across the stomach above the navel to the opposite rib, down the left side, across on the opposite side of the abdomen from the ileocecal valve. This firm deep massage encourages proper bowel function. Abdominal massage can also be done 3 times a day before meals, in bed before going to sleep and in the morning before you get out of bed.

Take time to locate all your tender or hardened spots and continue to massage daily until the tenderness subsides after a week or two of diligent “massaging”. Many health practitioners advocate massaging the reflexes firmly twice a day.

4.) Additionally, using your left fist, briskly massage the bicep muscle (the one that bulges when you bend your elbow) on your right upper arm, the reflex area connected to the ileocecal valve.

5.) Because of the inflammation to the valve, an ice pack can also be used over that area.



Massages only may not result in a permanent change in your symptoms, but may give you temporary relief. However, until the underlying cause is corrected, the likelihood is that the ileocecal valve syndrome will persist due to the underlying causes of this disease. According to some doctors the Candida must be controlled for it to ever be functioning correctly!

Ileocecal Valve Allergies

An allergy is an over-response of the immune system to a stimulus. When the immune system is in balance and properly supported, it doesn't over-respond, thus allergy symptoms are minimized or non-existent.

Linked to the ileum (small intestine), when this function is compromised, there can be an over-stimulation of the immune response, leading to inflammation and an allergic response. A healthy functioning small intestine doesn't over respond to an allergen. When an unhealthy ileum is exposed to an allergen, the over-response affects the normal flow and function and can affect the ileocecal valve, as well, since it's located at the distal portion of the small intestine. When the body is supported and the immune system is assisted, over time the body will react less and less to former allergy triggers.

Other facts about the Ileocecal valve (ICV):

- The broad spectrum of problems is usually related to toxicity and intestinal dysfunction
- Colonics are NOT recommended if the ileocecal valve is malfunctioning.
- Certain medications: antidepressants, antacids, antihistamines, diuretics: compound the problem.
- Over-the-counter laxatives force you to go, cause electrolyte losses, irritate the lining of your intestines, can cause cramping, urgent searches for a bathroom, and even embarrassing accidents.
- The ileocecal valve is distinctive because it is the only site in the GI tract which is used for Vitamin B12 and bile acid absorption.,
- Functionally, roughly two liters of fluid enters the colon daily through the ileocecal valve.
- Tumors of the ileocecal valve are rare, but have been reported in the literature.
- It was described by the Dutch physician Nicolaes Tulp (1593–1674), and thus it is sometimes known as Tulp's valve.
- If the ICV isn't working properly it will struggle with raw foods.
- If fruit bloats you or your symptoms worsen, your ICV could be the cause.
- “Houston folds” are set of muscles in the folds of the large intestine on the LEFT side of the body, can have similar problems to the ICV. When the Houston is out of balance, hemorrhoids may develop. BOTH Houston and the Ileocecal valve could be out of balance.
- A hiatal hernia will often cause frequent gas and bloating. Caused by improperly digested protein that accumulates in the intestinal tract contributing to intestinal irritation and inflammation.
- A high percentage of people with a hiatal hernia also have an OPEN ileocecal valve.

You might only have a few of the symptoms caused by the ICV, but if you don't take action to stop and correct these issues, you risk the onset of diseases that can reduce your quality of life. You can

naturally help heal a dysfunctional ileocecal valve!

Resources/references:

www.balancedwellness.co.uk/

Ileo-Cecal Valve - Energy Balancing www.energybalancing.com/selfeval/ileocecal.html

ileocecal valve - definition of **ileocecal valve** in the ...medical-dictionary.thefreedictionary.com/

Ileocecal Valve Correction of Applied Kinesiology synergistickinesiology.com/ileocecal_valve_correction.html

Blockage of the ileocecal valve would prevent? Chyme from entering the colon (Large intestine). ... **youtube**; blog ... **Energy Medicine -- Exercise to Support Ileocecal Valve and Houston's** ... **Ileocecal and Houston's Valves in the body**. www.youtube.com/watch?v=R4_drvYgKko

Duodenum, jejunum, and ileum to the ileocecal valve When the **ileocecal valve** is stuck open waste products can back up into the small intestine ... <http://www.youtube.com/watch?v=67KMWRkklJE>.

wiki.answers.com/Q/What_is_the_function_of_the_ileocecal_valve#side1 Video clip

<http://www.youtube.com/watch?v=AEfgu9nanBI> Dr. Barry Swindler ileocecal valve, how it relates to sciatica, carpal tunnel, swelling

Ileocecal valve | www.DigestiveAwareness.com... YouTube. ileocecal valve. Ileocecal Valve Symptoms. Submitted by dr_john_pollard. on Sun, ..Many people find this site to do problems with their ileocecal valve

<http://www.youtube.com/watch?v=EcTfbU1sG-g> Dr. Eugene Charles demonstrates ileocecal valve technique. ileocecal valve Applied Kinesiology DVD

Ileocecal Valve Syndrome – By Rick Ferola • 2 min • www.youtube.com/watch?v=fvSQzUbg_-c
14/02/2012 I suffered with ileocecal valve syndrome for much of my life until I discovered a unique nutritional program that...

www.stopyeast.com, short video tell you what the ileocecal valve is, where it is located and how to close it yourself if it should become stuck open. This also details what sort of a sensation you will feel if the valve is open. This illustrates how to close the valve from a prone position. More information on candida

www.youtube.com/watch?v=k9jrHMnr2cE Candida related to problem ileocecal

Jessica G 3089 · Apr 22 '12 I have chronic neck tension/stiffness that goes away when I sleep on the couch (until my hips hurt, then the cycle starts anew). I'm 99% sure it's my pillow + sleep position. I just ordered a whole slew of different side-sleeper pillows from Amazon and am hoping that one will do the trick. My point: what's your sleep position like? It's so easy to put strain on your neck muscles through bad alignment. Do you eat sharp pointy things? (I'm thinking of something like pumpkin seeds, because potato chips and corn chips are not part of paleo diet, right?)

I wasn't able to keep my neck adjusted, when I met a chiropractor at a social event and she said 'oh that's your ileocecal valve.' Okaaay. She gave me a pamphlet about it and said stop eating sharp things (and non-paleo things) and your neck may stay adjusted. And it did. And she's been my chiro ever since.

Jan Cole, M.Ed
24 Evergreen St.

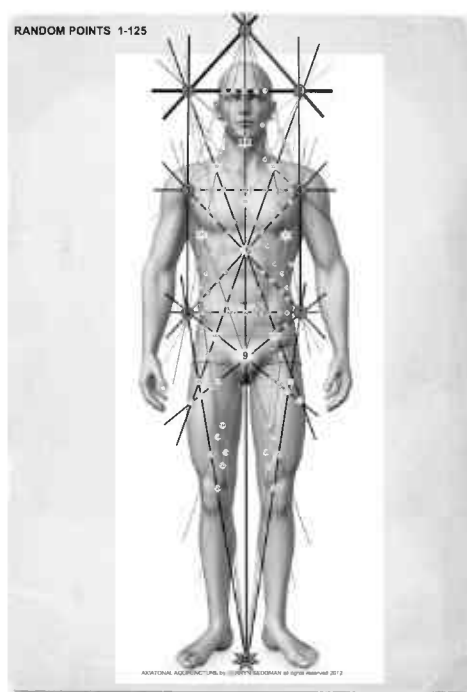


***Axiatonal Aquapuncture and
the Sacred Earthing Technique.
The Gland Matrix and Random Points.***

Discovering a New Western Acupuncture system based on the Tree of Life.

By Kerry Sedgman.

Creator of the original Eco - Kinesiology Systems.



AXIATONAL AQUPUNCTURE integrates the teachings of the western traditions of the Tree of Life, and the human energy system.

According to the ancient healing traditions of the Western Mystery Schools, the Qabalah or Tree of Life, teaches that the human body is a reflective representative of the universe and our solar system. Many hands off and hands on healing systems use the known universal field of consciousness, to access sacred geometric grids, to balance etheric patterns around and through the body which effect physical health. The eastern acupuncture meridian system, being the most widely accepted, and more recently the Re-connective Healing process aligns the external grid around the body to the physical, made popular by Eric Pearl.

I discovered a western aquapuncture model, (spelled with a “q” to delineate its Qabalistic origin) in the Tree of Life grid connected to and through the human energy field. The Axiatonal lines are the new energy paths or meridians, which create a magnetic resonance when two or more paths intersect. This is

similar to the “strange flows” meridian intersecting points in Japanese Tsubo acupuncture.

The aquapoints are found by a muscle monitoring techniques, indicating stress between two or more glands. Some points are intersections for five or six glands so a simultaneous energy correction can be performed. Glandular health is the orientation of Axiatonal Aquapuncture. In effect, the healing process is conducted by balancing the glands to each other, and aligning the physical and etheric bodies harmoniously into this specific healing grid.

The ten spheres shown around the external of the body, represent the new ten chakra energies systems I use to stabilize the body in time and space, which inter-relate to the traditional seven internal chakras, keeping the functioning etheric physical body in tune. Enter the world of Axiatonal Aquapuncture through CHOGHM. (**chakra, organ, gland, hormone and metaphysical fingermodes**) which show why the imbalance is occurring and effecting the gland or glands..

AXIATONAL AQUAPUNCTURE is a clinical kinesiology technique using the Eco - Kinesiology and Tree of Life Healing correspondences to balance the four levels of human experience through the physical, emotional, mental and spiritual bodies. This training connects innate wisdom teachings with the modern metaphysical approaches of healing.

Axia-tonal Aquapuncture is derived from the word “Axiatonal” developed by JJ Hurtak in the Keys of Enoch.

What are they?

Quote from “The Keys of Enoch.” 3.1.7

“Axiatonal lines are existing energy fields in patterns working with acoustical vibrations running throughout the body and beyond. Through this, the body is maintained and, also can be remade; through this, all proper functions of the body can be restored and accelerated; through this, the body can be rebuilt, cell by cell, molecule by molecule, thought-form by thought-form. The axiatonal lines are part of a fifth circulatory field extending not only through your cells with its microtubules but beyond your body. You are a walking Tree of Knowledge, and as you go further up to the neurocircuitry, you realize that you are a bio - transducer processing the thought-forms of energy from the universal mind, the universal consciousness, the universal I AM.”

Axia also meaning a junction point or axis and *tonal* is derivative of sound.

How I came to know my work was connected with Axiatonal lines and the Keys of Enoch is another story.

There are 125 new aquapuncture points and 44 different meridians which I call energy paths, carrying vital prana throughout the body and into an etheric web surrounding the body, which I like to think can make an impression or is impressed by the unified field of energy that connects all things. Reconnecting us to the Universal grid of consciousness, if you will, through this particular geometry.

There are five types of Axiatonal Aquapoints:

Radiant Points - the Star Points - Intersection Points - Holding Points - Secret Key Points

Aligned with the Keys of Enoch text and a proven method of healing using kinesiology, platonic geometry and tonal applications, Axiatonal Aquapuncture is a simple practical usable technique easily incorporated into any kinesiology practice. It is a stand alone system of techniques which integrates into any formatting. A positively focused therapy, which “clears the path” for glandular health.

Glands are known to be the first physical manifestation of spirit, according to the ageless wisdom and are directly affected by our emotions, in turn compromising our health. Clients can experience some radical healing shifts in the body when these extra aquapoints are stimulated, accompanied by a spacy feeling and obvious energy shifts.

BACKGROUND OF THE TREE OF LIFE TRADITION

The Tree of Life is not a religion or doctrine, but an explanation how the Laws of the Universe works. It predates the Judao – Christian tradition with its roots found in the hieroglyphics of Sumeria and Egypt. The Qabalah Tree of Life is a metaphysical, mystical and occult system based on the hierarchy that is said to exist between the organic light worlds and the physical realm of matter. While there are many possible systems that can be used to bridge this gap, the cosmological structure revealed through the Qabalah Tree of Life is most comprehensive and flexible.

I believe the Qabalah Tree of Life forms a blueprint of consciousness where many doctrines of religion found their roots. We really do not know exactly where the Qabalah Tree of Life came from, the term itself means “ear to mouth” and refers to the earliest forms of wisdom, which were passed via oral rather than written transmission.

The Qabalah Tree of Life was always an esoteric system, a cosmology of esoteric science, which was only taught to the initiated under oaths of secrecy and under the guise of symbolism. Many would hypothesize that the Qabalah Tree of Life has an Egyptian origin and in a round about way this is true.

The available evidence is that Pharisaic Judaism and Christianity are derivatives of the original Egyptian / Israelite Gnosis. Gnosticism was the development of the original Egyptian teaching. Central to its theme is the explanation of the mystical power of the 22 Hebrew letters which reveal the essence of the vibration of the material universe.

These 22 hebrew letters correspond to the 22 paths on the Tree of Life. Each path is a life lesson as we descend from the light to live in the physical. There is the Hebrew teaching called Kabbalah, traditionally secret mens business, and a Western Mystery School approach studied by learned mystics of both genders, called Qabalah, both with the Tree of Life as a central common theme.

The Western Mystery system of study, focuses on the premise that all life on earth is sacred and has a direct correspondence to our solar system and universe. Understanding these correspondences and how we fit into the natural world and the cosmos, promotes the idea that humans and all nature is connected and that we do not rule over the planet, but co-exist and co create with it. The human is a universal and natural hologram combined into one.

From a counselling point of view, Eco-Kinesiology® incorporates aspects of both Hebrew and Western systems, however, more so adopting the Egyptian - Gnostic system and uses the Egyptian Thoth Tarot deck for spiritual counselling plus discussion of life lessons attributed to the traditional 22 paths on the Tree of Life.

HOW THE TREE OF LIFE FITS ON THE HUMAN BODY

The Tree of Life is composed of Ten Centres known as Sephiroth or plural, Sephira, being connected by twenty- two paths. The Image of the Qabalah Tree of Life fits onto the body and each Sephirah has a physical correspondence. The head is Kether, the ears are Chokmah and Binah, the shoulders are Geburah and Chesed, the heart & viscera are Tiphareth, the hips are Hod and Netzach, the generative organs are Yesod and the feet are Malkuth.

These are the sphere, quality, chakra and gland correspondences.

1. Kether the Organic Light. Sphere of Pluto, Crown Chakra, Pineal Gland.
 2. Chokmah is Wisdom, Sphere of Uranus, Brow Lalata, Anterior Pituitary Gland.
 3. Binah is Understanding, Sphere of Saturn, Brow Ajna, Posterior Pituitary Gland.
 4. Chesed Mercy or Grace, Sphere of Jupiter. Throat Chakra, Parathyroid Gland.
 5. Geburah. Strength. Sphere of Mars, Throat Chakra, Thyroid Gland.
 6. Tiphareth. Harmony, Sphere of the Sun. Heart, Thymus.
 7. Netzach. Victory, Sphere of Venus. Solar Plexus Manipura Chakra, Spleen / Pancreas.
 8. Hod. Glory, Sphere of Mercury. Solar Plexus Surya Chakra, Liver as a gland.
 9. Yesod. Foundation, Sphere of the Moon. Sacral Chakra, Gonads glands.
 10. Malkuth. Kingdom Sphere of the Earth. Base, Adrenal Glands..
- D'at. The Invisible Sephirah. Sphere of Neptune. Knowledge, Alta Major, Hypothalamus.

THE SECRET PATHS.

Further research revealed the possibility of even more than 22 paths, when I connected more dots on the Tree and found the SecretPaths®. The external 22 paths represent the physical health and these new secret paths respond to etheric health. The SecretPaths® being the inner paths and the outer paths representing our action in the world around us. In effect the physical paths intersected the secret paths creating an electromagnetic conduit between them. I later found secret paths also documented in the book, *The Western Mysteries*, by David Hulse. I loved this curious synchronicity, which verified my “discovery” and at the same time made me realize many of us are independently “downloading” ancient wisdoms quite spontaneously.

CHAQRA FINGER MODES: How we Access the Paths between Gland Spheres.

The ten fingers represent one of the ten spheres. Connecting the fingers determines the paths needing balancing through the specific Aquapoint where the paths cross at the critical electromagnetic point.

Each of the ten spheres overlaid on the body have a planetary and glandular equivalent. Where two or more paths cross an Aquapoint is established. The AA healing practice activates the specific aquapoint which is found on the energy path between glands. To reinvigorate the energy flow between glands, the Sacred Earthing Technique is used. The simple correction employs the sacred geometry of the platonic solids combined with the tonal frequency of its relevant tuning fork or Om Tuner. After the Aquapoint (s) is stimulated, clearing the energy path, we can then deal more effectively with the gland itself. The treatment can be applied directly to the glands as well without needing muscle monitoring. The treatment is in effect a realignment to the sacred healing grid of Earth.Using the earth's healing field to correct our imbalances.

All ten gland indicator muscles are challenged at the chakra, organ, gland, hormone and meridian (CHOGM) level, to determine that all circuits are clear. Amino acids form the building blocks for change and physical support. The amino acids have a direct correlation to the 22 hebrew letters according to JJ Hurtak and sometimes meditating on these symbols and their meanings is required as well.

Basic kinesiology and fingermode skills required.

A rock crystal sphere and Om Tuner are the tools of the trade.

1. AA Random Balances
2. Gland Matrix Balances
3. Body Geometry Balances
4. Sacred Keys

Kerryn Peita Sedgman Natural Lifestyle Coach and Eco - Kinesiologist.

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Karmic Forgiveness Balance

By Joy Conner

We are about to explore a blend of karma, forgiveness, Non-Violent Communication (NVC) principles, self-responsibility and kinesiology.

Karma means action. It is part of the operational software of our souls. Action creates memory, which creates desire, which creates action. When we have an experience that we judge as uncomfortable, inappropriate or painful, we tend to separate from this energy in order to survive the moment. We wall off the experience, creating an energy cyst of unprocessed emotional energy (a karmic program) that runs the software of our soul. (The book *Holodynamics* by Victor Woolf explains our holographic nature).

Karmic programs litter the body and energy field and can run our life like sub-personalities. Have you ever thought, “Why am I doing this again?” “I thought I healed this already!” Put that on hold. If we judge ourselves during the healing process, we stall out or worse, create more barriers.

Four Levels of Karma (unprocessed emotional energy)

This Lifetime (anything that has occurred in this lifetime that you may or may not remember)

Any Other Lifetime

(If that is included in your or the client’s belief system)

Genetic /Ancestral – memory encoded in the DNA & inherited

Group Consciousness (issue specific Morphic fields / Archetypes)

How does Karma get created? 1) An Event Happens. 2) We make an interpretation. 3) An Emotion Happens. If we judge the emotion as uncomfortable or inappropriate, we create separation between our True Self and the part we have judged. We wall off the judged part of self, tuck it in a corner of the body and it becomes a separate consciousness of itself that begs repeatedly for your attention, acceptance and forgiveness. Example: As a child, I bumped my glass and my milk spilled all over the table. A parent yells. I felt devastated. I started to cry. The parent then yells, “Don’t cry!” My parent judged my emotion, then I judge my emotion – separating from that little ball of devastation, in order to survive the moment. That ball then follows me around, waiting to be accepted, included, forgiven and released.

The Nature of Forgiveness

Forgiveness is an action of mind, (a visualization and experience) that says

“There is no separation between me and that.” Forgiveness is the opposite of judgment. We judge to make the illusion of separation, to pretend we are separate from whatever we find unacceptable. Separation makes space. Forgiveness collapses that space/separation. When we are separate from something,

we fear it because we think that we have no control over it. When we forgive, we are no longer separate, no longer controlled by it & now can make a choice. When we pretend to be separate

from any part of ourselves, it is like we gave our car keys away to a reckless driver and we can appear to be at their mercy at any time. Take the keys back and we can relax, knowing we are in charge.

The part of us that we judged and separated from only wants to be accepted, loved and included exactly as it is. When it is allowed to BE, it releases the charge. It no longer clamors for our attention and attracts or creates situations in order to be heard. I observe that my cats are naughty when they want some attention or food. Children often are the same. That is our clue. The parts of ourselves that need our attention make a fuss until they are regarded. So, with karma, we are attracted to the situations we need in order for these judged parts of ourselves to be forgiven and released.

Whatever or whomever I have judged, creates a karmic bond and a need for forgiveness: Any circumstance, any person, any part of my self or another person, any behavior that I or any one else exhibits - positive or negative. i.e. I could have judged the part of me that is poor or wealthy.

As I forgive, I visualize the wall of separation dissolving. Burst the bubble. From a physics perspective, it is collapsing the wave.

NVC – *Non-Violent Communication* by Marshall Rosenberg reveals that every negative emotion is linked to an unmet need. In NVC the idea is to identify the feeling and the unmet need & then communicate that with a calm observation and a request for your need to be met. *A Course in Miracles* (ACIM) teaches “I am responsible for what I see (perceive), I choose the feelings I experience and I decide upon the goal I would achieve...” Self-responsibility is important to me because it is taught by ACIM as well as TFHK. With Self-Responsibility model in mind, I use the lists of feelings and needs outlined by NVC. I identify my feeling and unmet need using Kinesiology. I then bring in my forgiveness principles, collapsing the separation between me and the part of me that feels that way – giving freedom to a new part of the soul.

Remember forgiveness is an action of mind. It is a decision to collapse the wall of separation. I have found it useful to take 4 steps, but muscle checking will take you to the appropriate step.

Steps toward forgiveness / Joy’s definitions:

I accept: I see you across the room. You’re OK. I’m OK. Don’t get too close.

I include: Maybe we will walk down the hall together or go to lunch.

I forgive: I see no separation between us. Time collapses. Peace prevails.

I release: I let go. I set free. I activate.

Hint: It works best to give your body/mind time to process & feel the acceptance, inclusion, forgiveness or release. If affirmations get too long we tend to be rote in our repetition & don’t thoroughly process the thought.

Enter Energy Kinesiology:

Test for the layer that the Karma comes from.

Test for the forgiveness step.

(You may have homework to do with the other steps.)

Test for the feeling.

Test for the need.

The mind-action formula:

I accept / include / forgive / release **(pick one)**

the part of me that feels _____

when my need for _____ is / is not met.

Important: I found through testing that if the person has an unmet need, they are actually unwilling on some level for that need to be met. This must be corrected in order for the need to actually be met. When the willingness is changed, either our old strategy will begin to work, or we will find a new strategy that meets our need.

I am willing for my need for _____ to be met.

I appreciate Bruce Dickson for this contribution: I forgive the 1st time (I felt ____ / I did ____ / when ____ happened. I forgive the 2nd time _____. (Continue counting as high as you feel you need to in order for the issue to clear. 20, 50, more?) It is highly effective, especially where 2 or more are gathered. ("Spilled milk" example: I forgive the first time I felt devastated when I made a mistake.)

The Mirror of Relationships

Relationships show us a mirror. Usually it is a fun-house mirror, exaggerated or diminished so that it gets our attention. We become aware of qualities in others that we don't want to see in ourselves. Conversely we may see those qualities that we deny in ourselves, and won't let ourselves experience. As you begin to observe others around you, you can use your relationships with humans or animals to transform your life!

The mind-action formula for using the mirror of relationships for personal transformation:

I accept / include / forgive / release

the part of (mirror's name) / me that...

(does whatever I find attractive or repulsive).

Example: I forgive the part of James that hogs the spotlight.

I forgive the part of me that feels jealous when I think James is hogging the spotlight.

I release the part of me that feels jealous when my need for attention is not met.

I release (set free or activate) the part of me that feels elated when my need for self-expression is met.

I am willing for my need for attention to be met.

I am willing for my need for self-expression to be met.

Sample Feeling Words when needs are met: peaceful, content, confident, energetic, vibrant, grateful, inspired, joyful, comfortable, refreshed, trusting, passionate, open, proud, happy, encouraged, satisfied

Sample Feeling Words when needs are not met: afraid, worried, angry, indignant, confused, hostile, upset, guilty, ashamed, embarrassed, tired, depleted, sad, pain, disheartened, helpless, jealous, longing

Sample *Need Words*: Choice, Freedom, Connection, Community, Respect, Support, Cooperation, Presence, Integrity, Purpose, Self-Expression, Peace, Harmony, Physical Well-Being, Play, Humor, Joy

For a list of feelings and needs, you can contact me or refer to the book *Non-Violent Communication*.

Be very careful to avoid the pseudo-feelings which are interpretations or judgments. Any word that has you play the role of victim in a situation “gives your car keys away” and disempowers you. Words like abandoned, used, manipulated, betrayed, violated, worthy, unworthy do not work in our healing process unless you word your statement like this: I forgive the part of me that felt sad when I thought I was abandoned. I forgive the part of me that thinks I am worthy. I forgive the part of me that thinks I am not worthy. This double statement collapses judgment. When we are in our zone, experiencing oneness with our Creator Source, we do not think – we are human BE-ings.

The actual statements are to be tailored to your specific needs at the moment.

You may use this forgiveness model as a method of setting a goal for a TFHK balance or use any other methods of clearing. For many years, I used mostly the spinal reflexes, checking with an indicator muscle, cervical, thoracic, lumbar, then counting the vertebrae number, also with the IM. In a balance session with Lynn Keane, we discovered together that walking in a figure 8 was useful while repeating the statements prayerfully. The 8 is perfect for integration of ideas & feelings.

Holodynamics: How to Develop and Manage Your Personal Power by Victor Woolf

Non-Violent Communication by Marshall Rosenberg

A Course in Miracles published by The Foundation for Inner Peace (quote from TEXT Chapter 21, Section II.)

Joy Lee Connor is a Licensed Massage Therapist, Touch for Health Instructor and Consultant. She has studied PKP, NSR and many other K models and is the current president for TFHKA.

Find Joy at 803-345-0665, joyleeconnor@bellsouth.net, JoyConnor.com.



Understanding the Anatomy & Physiology of the Human soul; How Kinesiology Communicates Across the Many Realms of Consciousness

by Lee Lawrence

Many people know Lee Lawrence as “The Man Who Reads Souls.” His ability to read the stored memories in people’s soul fields has amazed audiences internationally. Twenty years of reading souls has revealed a wealth of information and insights into the anatomy and physiology of the human psyche.

Lee shares knowledge learned by utilizing his ability to read souls as a research tool. He perceives human consciousness and stored memories as physical tangible objects and demonstrates how these memories are anchored in and manifest the human physical body.

His abilities allow him to explain and demonstrate how Touch for Health Kinesiology works and why it sometimes does not. He also explains most energy medicine healing modalities including Chinese Medicine, Reiki, EMDR, EFT, acupuncture, hypnosis, biofeedback and the placebo effect. Understanding the material he teaches enhances a practitioner’s abilities no matter the chosen modality.

TFHK techniques work, but why do they work? This presentation explains and demonstrates in detail the anatomy and physiology of the human soul and how it interacts with the physical body. It includes how TFH techniques work on the interface points between the stored perceptual programming memories and the physical body creating first a change in the consciousness flow patterns which in turn creates changes in the physical body.

Memories are not stored in the physical body. They are stored in a complex matrix field around the human body that is often referred to as the soul or spirit. The patterns of memory storage, retrieval and processing are similar in everyone. These memories are then anchored in various locations of the physical body, influencing the biochemistry and the defense mechanisms utilized to block communication of memories that include the perception of emotional pain. This soul or spirit field is permanent and cannot be destroyed, even when the physical body no longer exists.

Several important concepts to understand the basic structure and pattern flow of the soul/spirit:

Operational consciousness: In psychology this is often referred to as the working memory that processes and stores information short term for utilization in the current moment. It has a limited storage capacity of approximately seven bits of information. Here consciousness flow patterns are primarily vertical as this area creates the meridians which interface between the physical body and the soul field. It

generally is found from the center of the physical body to approximately eighteen inches from the body. Most healing modalities resolve to clear and balance this component of consciousness.

Operational Oscillation Frequency: This represents the frequency of consciousness utilized by the operational consciousness at any given moment. Consciousness exists at various frequencies within the soul, beginning with low frequencies of fear, anger, hate, jealousy... etc. at the lower portion. These increase in frequency through the various levels in the sequence of security issues, sexual issues, identity issues, heart issues, soul interaction issues, self-transcendence issues. The chakra system and the colors represented by them are associated with these areas of consciousness. In sound, this would compare to the tone of the note being played.

Operational Rotational Frequency: This represents the speed of the rotation of the operational consciousness within the soul/spirit field. This would be the speed of transmission of the “oscillation frequency” energy.

Long Term Historical Consciousness: This portion of the soul field begins at the perimeter of the operational consciousness and extends to approximately fifteen feet from the physical body. Historical memories occurring since conception are stored in this portion of the soul in reverse sequence. This means that the oldest memories or early childhood memories are stored on the outmost perimeter of the field (approximately fifteen feet from the physical body while more recent events are stored close to the physical body. Long term memories are stored at the frequency of consciousness utilized by the operational consciousness at the moment the event occurred and are based upon the perception of that moment. These long term stored memories appear as holograms created by the intersection of the two aspects of consciousness and are on the horizontal axis of the soul/spirit field.

Feminine /Masculine and Yin/Yang: The two aspects of consciousness energy. While these terms are associated more with the characteristics generated within the individual, they actually represent the direction of flow of consciousness within the soul/spirit. Personality is totally a function of the flow patterns and interface between these two aspects of consciousness. Feminine/Yin consciousness flows upward while Masculine/Yang consciousness flows downward. The physical body is a hologram created at the intersection of these energies of consciousness.

Love: The energy that functions as the glue to hold the soul together to stabilize the consciousness flow patterns. This energy can bond with both masculine/yang and feminine/yin consciousness. It exists within each soul to stabilize itself and also to bond with other souls when an aspect of consciousness does not exist within itself. It is necessary for soul stabilization in order for consciousness to increase to higher operational frequencies in greater rotational frequency.

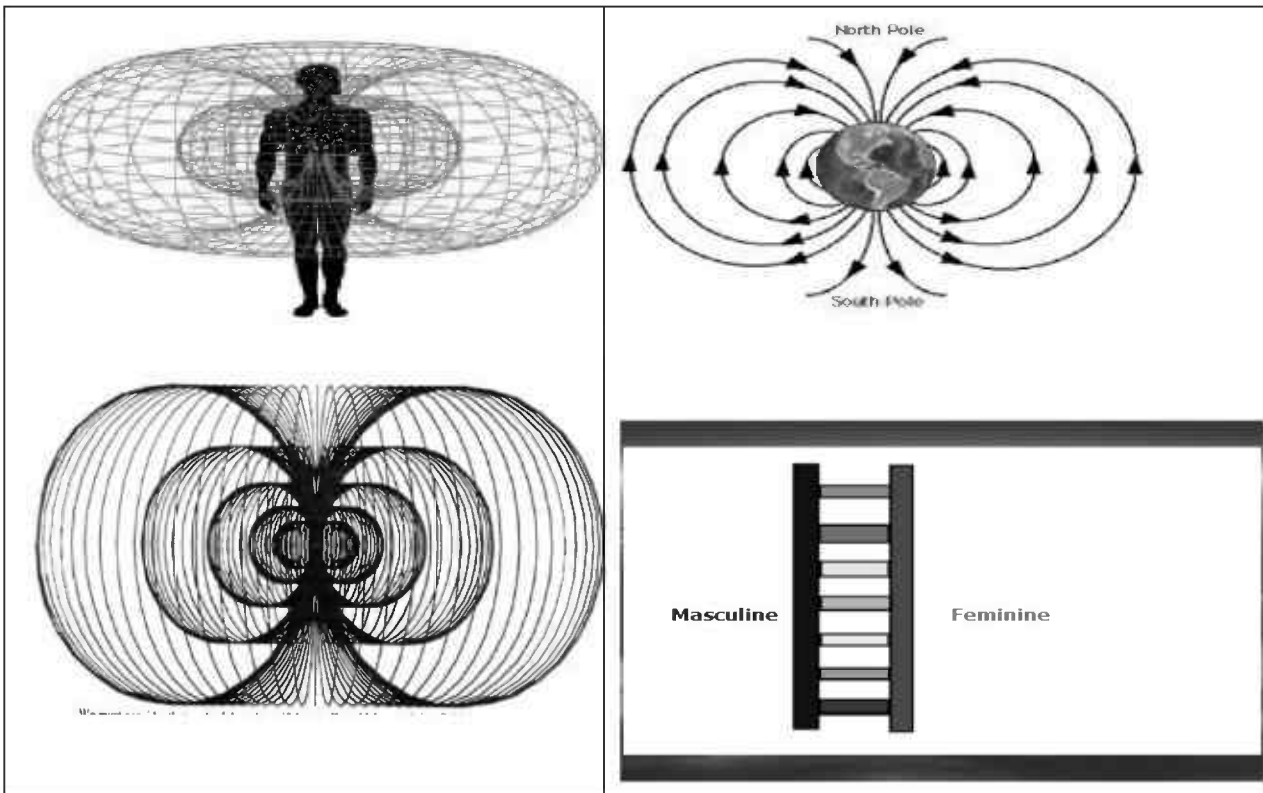
Aura: This is the reflection of the soul field energy that created the physical body. An analogy would be moonlight which is not generated by the moon, but is merely a reflection of the sun's light.

Life Force Energy: It is consciousness energy; the major component of the human soul/spirit. The “Qi or Chi” in traditional Chinese Medicine

Physical Body: The hologram created by the flow patterns of the “Life Force Energy”.

Emotion: Represents the volume of feminine/yin energy at any given operational oscillation frequency of consciousness.

Meridian: A channel network or path through which the life-energy flows



Lee Lawrence is a medical/psychological intuitive and enthusiastic international presenter on understanding mystics, mysticism and the anatomy & physiology of the human soul.

He combines his intuitive gifts with knowledge from studying religion, psychology and neuroscience to bridge the gap between science and spirituality to help us understand ourselves to a degree we never

imagined possible. He performs various demonstrations with volunteers during workshops to provide verifiable support for the “Unified Theory of Consciousness” and validates the detailed interactions between the physical body and consciousness.

After a near death experience in 1988 followed by a profound spiritual experience in 1991, Lee discovered he has the ability to read souls and outline their development during life. Other people’s thoughts became physical tangible objects to his sensory perceptions. A search to understand the various research results obtained performing investigative research on individual’s soul fields led him to develop a model explaining the patterns of memory storage, retrieval, processing and perception formulation.

Lee will outline the anatomy and physiology of the soul and demonstrate how communication between various layers within the soul functions as well as interactions between souls. His abilities allow him to journey the realms of consciousness at various levels, often traversing the final journey with people when they die and cross over through the bardo of darkness to the realms of unconditional Love and Light.

Lee was featured in the 2011 DVD *Kundalini*, an award winning documentary film featuring the ancient knowledge of kundalini awakening and people who have unlocked its spiritual energetic force. He lives with his wife in Chapel Hill, NC. Learn more about Lee and his work at www.TheScienceOfTheSoul.com

Recently he taught a Duke University OLLI seminar class on the “Embodiment of the Human Soul.”

Contact Email: LeeSLawrence@gmail.com



Palace of Transformation

Selected TFH Acupuncture Point Metaphors

By Matthew Thie

In TFH we use a variety of touch reflexes to improve the flow and balance of life energy, most readily noticed in the shifts in the muscles responses and posture, as well as mental and emotional functions, and general vitality. Although we might do a holistic 14-muscle/meridian balance without mentioning a single meridian name, and perhaps only using Spinal Reflexes and a few Neurolymphatic points, The central concept, and much of our theory and technical procedures, derives from Traditional Chinese Medicine (TCM). As with the great spread and practical effectiveness of “EFT”, it is not necessary to know the names of meridians or specific acupuncture points (whether tapped individually or held in pairs to elicit their Five-Element relationships) in order to observe changes in muscle response and often profound shifts in our posture, attitude and energy.

However, we do have certain names we use, some based on concepts original to Applied Kinesiology, and some directly from acupuncture (Such as Switching Points from AK, or Kidney 27 (K27), from acupuncture). Although many of us may be familiar with certain point numbers, like K27, we may not be aware that each of these points has it’s own name, such as ***Shu Fu***, roughly translated as “***Transformation Palace***”.

Grasping the Wind

Although I have used a lot of my own creative interpretations of the functions of the related meridians at certain points, and searched various books and internet sites to find clues about interpreting each point name, I have relied primarily the book, ***Grasping the Wind, an exploration into the meaning of Chinese acupuncture point names*** by Ellis, Wiseman and Boss, (Paradigm Publications 1989) who provide the Chinese names for each of the over 300 acupuncture points, solely from original Chinese sources. This book begins with the following quote:

“The names of the points are not merely nominal, each has a profound meaning”

-- Sun Si Miao

The names of points serve to help to locate, remember and hint at the functions of each specific point. Often within the name of a point there is a secret clue, or hidden meaning that would only be apparent to followers of a particular school. Having a little bit more appreciation of these points that we use in TFH can enhance our intention , meaning and effect of the points, as well as help us to explore, enhance and enrich our own profound and sometimes secret or hidden meanings in our own lives.

In this paper I will present some selected names, interpretations and questions for generating metaphorical associations with the points as well as a few suggested procedures for accessing these points. For me, the challenge of exploring the poetry and tradition of TCM, is to venture into this wonderland without being completely lost down the rabbit hole, as the concepts and Metaphors are as infinite as the 10,000 things born from the Yin and Yang. Hopefully with a little discipline to limit myself to just some of the points in TFH, and a beginning appreciation of the essence of TCM, I have brought back to this side of the looking glass some small hints at the marvelous potential meanings of each point, and each moment in YOUR LIFE. I invite you to enjoy contemplating these slight expansions on the underlying meanings of the points we learn in TFH, and dare you to explore a little further from any of these “points of departure”. Enjoy!

Energizers:

Whether I am working with an individual client, making an introductory presentation to TFH, or teaching TFH Level 1 (*14 muscle balance-as-you-go*),

I try to help develop the concepts behind the points that we are using so that our intention can be expanded, and our awareness can be directed, so that the balancing has a more specific and noticeable effect.

When we Zip-up, we are working with the Central Meridian, which has a wealth of associations from TCM, which we can expand to include an additional awareness of the names/metaphors of the beginning and end-points of this “Conception Vessel”.

This is a worthwhile exercise for ALL 14 meridians, but those are additional metaphors for another day!

The Switching-on points are perhaps the most famous points in all of Applied Kinesiology and Energy Kinesiology, and are used frequently in TFH. Whether energizing, balancing any “Switching” of polarity, supporting the coordination for walking, binocular vision, or right brain/left brain integration, these points have been shown to be highly effective throughout the world of Kinesiology for over 40 years! A little more appreciation of K27, CV 24 & GV 26, and GV 1 will amplify our appreciation and improvement of so many functions.

Tuning-In, or Auricular Exercise, is actually a general massage of “Auricular Acupuncture points” which correspond to the whole body/energy system, mapped in miniature to the ears, (*as originally developed by Nogier*). We usually use it with our “first functional muscle test” of turning the head to the left and right and noticing comfort and range of motion. It can however *improve ANY range of motion*, and is also associated with improved balance and “sensory input”, helping with listening, focusing, comprehending. A lesser known hypothesis for these benefits is ***a gentle resetting of the bones in the inner ear responsible for balance*** and keeping the head upright. When this inner ear mechanism is reset, a great deal of postural compensations can be spontaneously released, resulting in less tension overall, greater comfort, flexibility, and naturally balanced posture without “forcing” or any special effort.

Table ONE: **Energizer** Point Names and Metaphors

Type of points	Point #	Point Name	Metaphorical Meanings/Questions
Zip –up	Central Meridian	Ren Mai Conception Vessel	Major Yin - Receiving, accepting, releasing What is central to your issue, goal, or life right now? What is the purpose of your own conception/creation, or of your creative activities? *Yin inseparable from yang (CV/GV intertwined—connected polarity, battery, flow
	CV 1*	Hui Yin Union of Yin	GV unites with CV, Union of internal points, of privet points, receiving/releasing
	CV 2	Qu Gu Bent Bone	Pubic bone, Almost a private area? The edge of privacy? Likely only you will touch it! The bent bone
	CV 24 *?	Cheng Jiang Drool cup	Called “” because of location under lip! @ CV GV intersection it could also be the pool of celestial energy. X CV GV ST LI
Switch-on	(Navel)	Dan Tien Sea of Qi/ Energy Center	When we “switch-on” we tie in to the “Center of our Energy”. I think of it as activation certain types of energy/circuits, “for the benefit of the whole system” though later we many do so with a specific focus on coordination, eye function, etc. As you work the Switching Points, <i>bring your awareness to your center of balance/gravity; Higher</i>
(L/R switching	K 27	Shu Fu Transformation Palace <i>* Associated point</i> for all Meridians	Does your right hand know what your left hand is doing? Do you have balance between “left brain” and “right brain”? Discipline and Creativity? Do you need to make a lateral move rather than forward or back? Is ther any need for transformation in your life in general, or in an area of your life?

(Up/Down switching)	CV 24?	Cheng Jiang Drool Cup	What are you drooling over? So you have enough deliciousness in life, or are your desires and appetites excessive? <i>AKA pool of celestial energy:</i> Do you feel like you are in the flow, connected with the infinite and your highest good? How is your orientation with up/down, above/below, hierarchy, Heaven/Earth?
(GV 26, 27,28)	GV 26*	Ren Zhong Center of the person Shui Gou Water Trough	Are your energies directed appropriately? Is there a balance between your spirituality and your worldly activities? Are you in touch with your own center, and in your center between heaven and earth?
	GV 28*	Yin Jiao Gum Intersection	*when we rub @upper lip, we effectively are stimulating GV 28 as well as the intended end point GV 28 X CV GV ST
	CV 24 + GV 26		HEAVEN 7 EARTH
(front/back/ switching)	GV 1	Chang qiang Long Strength	<i>AKA “Stairway to Heaven”</i> (Front/Back switching) Can you stand up for what’s right and take action, have “backbone”? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you “go the distance”? Do you have the energy, stamina and commitment from start to finish? Do you need to “get your tail in gear”? What is the one point that will strengthen the whole?
Tune –in	Auricular acu-points (Nogier Points)	Whole acu-system / inner ear?	Is there something you need to hear? Do you need to regain your center, balance? (what throws you out of balance?) Is there something you need to look at, see? What are you avoiding looking at? (?whole reflected in a small part, small part effecting the whole?)

Alarm (front Mu) Points

Mu means Gathering points. These are points where energy collects in each meridian, reflecting both the condition in the energy flow and the status of the related organ. They are traditionally palpated for discomfort at these sites for both diagnosis and treatment. Of course in TFH we circuit locate the points with a light touch to indicate Over-energy, mostly when we are assessing the Wheel/ 5-Element patterns for a 1-Point Balance. In this case, when particular alarm points are “active” we can contemplate the related Metaphor as an additional point of insight to amplify our awareness, energy movement, and beneficial results.

Sometimes when we recheck the Alarm Points, we no longer find any unlocking muscles, but still identify an active Alarm Point. Traditionally, in TFH, we would use the Acupressure Holding Points to Sedate (a procedure and 48 + Metaphors for another day!). A known shortcut would be to only use the Shen cycle, holding the 5-element point of the “son”, on the “son” meridian. Or, following the principle of calming the heart by tonifying Small Intestine, ***we could use the tonification point on the son meridian.*** Conveniently, these happen to also be used as “Pain Tapping Points” and are listed in the table FOUR.

Table TWO: Alarm (*front Mu*) Point Names and Metaphors

Meridian	Point #	Point Name	Metaphorical Questions
Lung	Lu 1	Zhong Fu	Treasury of <i>center qi</i> (xSP)
	Lu Mu	Central Treasury	Earth engenders metal, spleen send food ki to L that adds air qi and creates the channel ki.
Circ. Sex	CV 17	Dan Zhog	X CV SP K SI TW
	Jue Yin	Chest	Palace of pericardium
Heart	CV 14	Jue que Great Palace	@ the mysterious xiphoid process, this is a meeting place of Qi
Stomach	CV 12	Zhong Wan	A central passageway– a primary pathway, method– mainstream.
	Wei Mu	Central Duct.	ST is the supreme granary, source of food chi
		Tai Cang	X CV SI TW St
		Supreme Granary	

Meridian	Point #	Point Name	Metaphorical Questions
Large Intestine	St 25 <i>Dachang Mu</i>	Tian Shu Celestial Junction	Joining of celestial and earthly qi, and the 10,000 things! Axis around which heaven and earth rotate-center
Triple Warmer	CV 5 <i>Sanjiao Mu</i>	Shi Men Stone Gate	What is your strongest defense? Are you safe in a strong fortress? Is there something you are trying to “keep out”? Is there something you are blocked from receiving, conceiving, or retrieving (due to hyper vigilance or fear?)
Small Intestine	CV 4 <i>Xiaochang shu</i>	Qi Hai Sea of Ki Guan Yuan Source Gate	@ Dan Tien, Has many names, as there are many intersections here. It is a gate, junction and storage of original Chi X - K, Lv, Sp, CV
Bladder	CV 3 <i>Pang guang shu</i>	Zhong Ji Central Pole North Star	As in polar opposite. This is center horizontal and vertical. <i>Urgent Center (abdom pain)</i> X - K, Lv, Sp, CV
Gall Bladder	GB 24 <i>Dan Mu</i>	Ri Yue Sun and moon	Meeting of Yin and Yang (channels, a yin mu point on a yang channel) together = Ming, mental clarity-GB decision making. X GB SP
Liver	Lv 14 <i>Gan Mu</i>	Qi Men <i>(Channel)</i> Cycle Gate	Last point on LV! Between GB and Nipple X Sp Lv . Last Point in the 12 channel cycle connects to Lu2 to restart.
Spleen	Lv 13 <i>Pi Mu</i>	Zhang Men Plateau Gateway	(to 5 viscera) AKA Elbow Tip X Lv GB; Meeting Hui of 5 viscera
Kidney	GB 25 <i>Shen Mu</i>	Jing Men Source Gate	Gathering of Kidney Chi- Jing- Source Chi Found at a “hill” a gate on a hill. (all acupoints are “gates”- passageways to the energy flow, internal and external.

Associated (Back Shu) Points

Although traditionally (and in the IKC 1-4 Syllabi) we do not work with the Associated (Back Shu) Points in TFH, they have been listed on the TFH Meridian Charts since 1973! These are points along the spine, specifically along the inner branch of the Bladder Meridian, which are roughly equivalent to the Alarm points. *Shu* means *transporting*, as in transporting the particular energy of each associated meridian. They can be described as switches, or circuit breakers to the particular energy pathways, with K27 acting as the Master Circuit Breaker to the “whole house”. In TCM they are palpated for sensitivity or tenderness, as are the Alarm Points, and we can Circuit Locate these points to indicate Over-energy as we do with the Alarm Points in TFH.

I hope you will not be disappointed to find that these points along the Bladder Meridian are universally named simply as the “Shu point” for each associated meridian. Nevertheless, because these are BACK points, and Shu means transporting, we might be able to contemplate an imbalance in the flow/function of the related Meridian in the context of Back/Yang/Transporting, in contrast to Front/Yin/Gathering in the case of the Front Mu (alarm) points.

Table THREE: **Associated (Back Shu) Point Names and Metaphors**

Meridian	Point # <i>Location</i>	Point Name	Metaphorical Questions
Lung	BL 13 T 3-4	Lu Shu Lu Shu	Diagnose and Treat Lung Organ– highest organ and highest back Shu Point
Circ. Sex	BL 14 T 4-5	Jue Yin Shu Extreme Yin Shu	CX refers to the VESSEL (Jue Yin connecting vessel) and NOT the PC organ. Initially PC was not considering an organ in TCM.
Heart	BL 15 T 5-6	Xin Shu H Shu	Back yang transporting H transporting vs. yin gathering
GV	BL 16 T 6-7	Du Shu GV Shu	
Liver	BL 18 T 9-10	Gan Shu Lv Shu	
Gall Bladder	BL 19 T 10-11	Dan Shu GB Shu	
Spleen	BL 20 T 11-12	Pi Shu SP Shu	

Meridian	Point #	Point Name	Metaphorical Questions
Stomach	BL 21	Wei Shu	
Triple Warmer	BL 22	<i>San jiao shu</i>	
Kidney	BL 23	<i>Shen shu</i>	
Large Intestine	BL 25	<i>Da chang shu</i>	
Small Intestine	BL 27	<i>Xiao chang shu</i>	
Bladder	BL 28	<i>Pang guang shu</i>	
ALL ASSOC. POINTS	K27 <i>1st/2nd</i> Ribspace at front	shu fu, Transformation Palace	Do you need to throw the “master circuit breaker”? What is your Transformation Palace? (TFH/ Kinesiology conference? Clinic? Workshop? Home? Garden...?) What is your source of sustaining, life energy? What simple thing can you put into practice that will transform <i>everything</i> ?

Pain Tapping Points

(would be interesting to explore all 4 AHP points used in TFH for Tonification and Sedation, but for now we will only look at single tonification points for each Meridian which are also used as Pain Control in TFH)

Table FOUR: ***Tonification/ Pain Tapping*** Point Names and Metaphors

Meridian	Point #	Point Name	Metaphorical Questions
Stomach	ST 41	Jie Chi Separating Stream	Do you have the food for body, mind and spirit to disperse toxicity and release what gives you a Stomach Ache? Do you need to “quit your belly aching/ complaining?” or do you need to feed

Meridian	Point #	Point Name	Metaphorical Questions
Spleen	Sp2	Da Du Great Metropolis	Are you a little fish in a small pond or vice versa? Are you a <i>worldly</i> “city girl” or a <i>natural</i> “country girl”. Do you feel close to the earth/nature, grounded or separate, above or beyond nature? Are you a “steward” of
Heart	H 9	Shao Chong Lesser Path	Are you taking “the road less traveled”? Do you need to take the fast track, or feel the surge of the main flow? Do you have fuel
Small Intestine	SI 3	Hou Xi Back Streambed	Is your river flowing or dry? What crucial ingredient to do you need to ignite your processes of transformation? Do you need to
Bladder	Bl 67	Zhi Yin Reaching Yin	What action or process is reaching completion? In what area is it time to turn to inner reflection, review or release? Is there some final refinement/ purification that’s needed? Are you able to easily retain or
Kidney	K 7	Fu Liu Recovering Flow	Do you need to “return to the flow”, get back into “the swing of things” or “back on track”? Do you have resources/ routines for replenishing your reserve energy? Is something flowing in the wrong direction,
Circ. Sex	CX 9	Zhong Chong Central Hub	Are you in the “thick of things”? Feeling the surging energy of “Grand Central Station”, ? Do you need to get “back in action”? Can
Triple Warmer	TW 3	Zhong Zhu Middle Island	Point between 2 bodies of water, TW moves Source Qi, governs waterways GB feeds TW
Gall Bladder	GB 43	Xia Xi Pinched Ravine	Tight space between toes (bold/generous? Stream)
Liver	Lv 8	Qu quan	Uniting he, river returns to sea

Lung	Lu 9	Tai Yuan Great Abyss	Qi here is plentiful and deep SP feeds L, multiple levels of source of water, metal Qi Spring
Large Intestine	LI 11	Qu Chi	@ elbow crease, shallow, or water flowing into pool, an ancient place

Luo Points

“If there is light in the soul,
there will be beauty in the person.
If there is beauty in the person,
there will be harmony in the house.
***If there is harmony in the house,
there will be order in the nation.***
If there is order in the nation,
there will be peace in the world.”

Chinese Proverb

Luo points are used to balance over/under energy between Yin and Yang pairs in the same Element, or “house”. For this reason they are sometimes called Husband Wife points. They are “Passage Points”, or “Connecting Points” and they literally serve as “Wormholes” between these dimensions of paired channel/ Organ Function, or any polarity such as masculine/feminine, active/quiet etc. within the same “house” (person, partnership, family, business, team, group...). So any use of Luo Points has this general “Husband/Wife” metaphor, or the Metaphor of harmony in the house contributing to order in the nation, and the fact that we are bringing ***peace on earth... one balance at a time!***

The Luo Point names reflect their connecting/passageway nature as well as other specific fascinating images/functions.

Meridian	Point #	Point Name	Metaphorical Questions
Stomach	St 40	Feng long Beautiful Bulge	Do you embrace your “Lovely Lumps” or perhaps have overly abundant bulges? Do you have “feast or famine”? Are you centered in your abundance or have problems of too much or too little nurturing, nutrition, sympathy, etc.? Is your stomach the

Table FIVE: **Luo Point** Names and Metaphors

Spleen	Sp 4	Gongsun Yellow Emperor	Who is the ruler of your world? How do you find grounding, balance, and guidance on earth? Do you need to follow the “main path” or should you take a “secret passageway”?
Heart	H 5	Tong Li Connecting Place	What is your (internal) “connecting place”? (<i>Home, Heart, Church, Nature?</i>) Do you find yourself “at the crossroads”? Do you have balance between expressing and receiving love and passion? Do you have an internal “light” in your heart, or do you need support and connection to feel whole or fulfilled?
Small Intestine	SI 7	Zing Zheng Branch to the Correct	Did you know the “pathway of truth”? Are you ruled by your emotions, or do you need more truth of love to inform your rules and judgments in life? Do you need to “come correct” or “straighten up and fly right”?
Bladder	BL 58	Fei Yang Taking Flight	Do you need to “take a leap (of faith)”, or “make a run for it”? What do you need to release, accept, or let flow? Do you need to stop planning and take action?
Kidney	K 4	Dazhong Large Goblet	Does your “cup runneth over” or are you depleted of essential resources or energy? ***** Goblet is storage function of K and BL, Bell is shape of heel where it is located (by ankle)
Circ. Sex	CX 6	Nei Guan Inner Pass	Do you need to find the “middle way” between powerful forces? Do you know how to “go inside” to find your passion and motivation?
Triple Warmer	TW 5	Wai Guan Outer Gate	Do you need to create more space, and boundaries/barriers for yourself? Are your (outer) defenses broken down? Do you need more energy and passion for expression or do you need together more internal energy? Does something need to be released? Do you need to escape?

Gall Bladder	GB 37	Guang Ming Bright Light	Are you seeing clearly, or are you “seeing green”? or red? Do you act, or lash out, blindly? Is there sufficient illumination, or is there ignorance and darkness? Do you have enough “nerve”, courage? Do you have a lot of “gall”- are you brazen, bold, confident in your hubris?
Liver	Lv 5	Li Gou Woodworm Canal	Do you express (anger) too much or too little? Do you ever fall down a “wormhole” of worry or resentment? Is there something “gnawing at you”? What is your secret weapon, touchstone, source of confidence?
Lung	Lu 7	Lie que Fork in the Path	Did you take the wrong fork in the road? Do you need to take a detour, a new plan, a restart or reset? Is something out of order/sequence? Do you need fresh air, inspiration, a new beginning?
Large Intestine	LI 6	Pian Li Veering Passageway	Do you need to divert resources from the main channel, or is there too much diversion? Do you need to find an alternate passageway to avoid difficulty, toxicity, overwhelm? Are you receiving/ absorbing too much or too little, of benefit or poisonous?
Central Meridian	CV 15	Jiuwei Turtledove Tail	Which do you prefer, “a bird in the hand”, or “two in the bush”? Do you need inspiration, motivation, creative energy? Or do you need more structure, priorities, discipline? What are your “hidden bones” (resentments, secrets, treasures)? Can you take time and energy for internal reflection?
Governing Meridian	GV 1	chang qiang Long Strength	<i>AKA “Stairway to Heaven”</i> Can you stand up for what’s right and take action, have “backbone”? Do you have to get angry to be strong or insist on something? Do you have stiffness or rigidity? Can you “go the distance”? Do you have the energy, stamina and commitment from start to finish? Do you need to “get your tail in gear”? What is the one point that will strengthen the whole?

“Group” Luo PointsFrom: <http://www.yinyanghouse.com/acupuncturepoints>*“There are 4 group luo points which are used in cases where 3 related meridians are imbalanced.”*

For a long time I have been searching for common themes for “triangle” and “square” patterns in the 24-hour Cycle Wheel. For example, what is the common function, or “meaning” of the triangle pattern of imbalance of 3 yang meridians running on the arm (LI, TW, SI)? This is an ongoing study, and another theme for another day (please send me your info/references!). In the mean time, while reviewing information about the Luo Points, I came across this reference to “Group” Luo Points. Thus we have an alternative procedure for balancing when we have a “triangle” pattern, and some interesting metaphors of these “triangle” related Luo points (and combined function of 3 meridians).

Table SIX: **“Group Luo”** Point Names and Metaphors

Meridians	Point #	Point Name	Metaphorical Questions
3 Yang of Arm (LI, TW, SI)	TW 8 back of arm, 1/3 way from wrist to elbow, between radius and ulna	San yang luo Three Yang Connection	Do you have (balanced) Power in your arms? Are your actions coordinated in the right proportions? Do you need more finesse, or power to “manhandle” a situation? Where do you need better discernment? Are you able to receive/integrate the beneficial things in your life? Are you
3 Yin of Arm (LU, CX, H)	CX 5 Center of inner wrist between 2 tendons, 3 body inches from palm	Jian Shi Intermediary Courier	Are you acting as a “middle man” or “messenger”? Do you need a representative/advocate/champion, or do you need more direct communication? Are you receiving or carrying too much or too little? Do you need to open your arms to receive? How is your balance of circulation,
3 Yang of Leg (head) (ST, GB, BL)	GB 39 3 inches above ankle, posterior to fibula	Xuan Zhong Suspended Bell	Do you need a “bell” to remind you or warn you about something? How is your communication between your head and your feet? Are you feeling hollow or full? Taking in, holding on, or letting go too much or too little?
3 Yin of Leg (SP, LV, K)	Sp 6 3 inches above ankle, posterior to tibia. *Yinyanghouse says, “ No Needle in Pregnancy ”	San Yin Jiao Three Yin Intersection	Are you grounded? Do you receive enough “Earth Energy”? Are you over-intellectualizing or disconnected? Do you have sufficient, and proper distribution of <i>essential</i> resources?

*The following pages are the **Spotlight** presentations of some of the dedicated members, instructors and consultants of our*

Touch For Health Kinesiology Association

We thank them for sharing their knowledge and techniques with us.



The Power of the Pendulum

By Pammyla Brooks

Abstract: Have you ever wanted to do muscle testing without a second person? Attend this session to learn the basic techniques of using a personal pendulum to divine answers from the body's energy fields. This interactive, experiential workshop will give everyone a chance to work with their own pendulum to learn their individual Yes and No responses. Participants are invited to bring, borrow, or buy a pendulum for use during the session. (The instructor will provide ones to buy or borrow.) The instructor will describe limitations, Best Practices, cautions, and "check" questions to use. Then, you will apply what you learned in an applied setting, such as to find out crystals and gemstones that are best for you, and those to avoid. Thus, this is an example of how you can use these tools both Tomorrow and Beyond because pendulums can be used in so many applied session throughout your life. Pendulums can be used to accurately test energy for your nutrition supplements, herbs, food to eat for your next meal, boyfriends, jobs, doctors, and so much more. Join us for the opportunity to develop your own tool to navigate your life in alignment with your body's energy fields.

Introduction

My name is Pammyla Brooks and I have been using a pendulum since 1997, and plan to share what I have learned over the years of almost daily use. This paper will cover background and limitations, getting started, best practices, how to avoid influencing the answers, check questions, and what I have learned.

Because I had been trained as a scientist, a Clinical Psychologist to be specific, I believe in applying the scientific method of observation. So I began studying and recording my observations in a journal. I recommend you do that too, as you begin. I have learned a lot from daily use and will share tips and tricks with you today.

How can a pendulum be useful for Tomorrow and Beyond? Well, imagine if you had a list of supplements, herbs, and/or vitamins. You could go down the list and ask your body's energy fields which supplements your body needs so you don't waste your money on unnecessary purchases.

Then, while you are in the store, you can choose which Vitamin D brand, for example, is best for you from the multiple options on the shelf. In addition, you can query which supplements you need to take **today**, since your body's needs change. For example, maybe you got enough sunshine today and are able to skip your Vitamin D supplement for today.

Do you think your body has preferences about which **foods** it needs today? Would you like to discover which foods are best for you to avoid? Imagine what it would be like to feed your body what it needs at every meal. These examples and so many more can be addressed if you own and use a personal pendulum.

My story started when my best friend and I joined a multi-level marketing company in the 1990's that sold nutritional supplements. I was quite amazed as I watched my friend hold the person's hand out and circle a pendulum over it, asking questions like, "Do you need to take this supplement?" When she received Yes answers she would ask, "Do you need to take 1 per day?" If it circled Yes, she would ask, "Do you need to take 2 per day?" and so on, until she had discovered all the nutritional supplements and doses that each person's body needed. I bet her performance also dramatically added to her sales!

I was fascinated, but try as I might, I could not get my pendulum to respond. Years later, I learned I had systemic candida and I wanted to address my sugar cravings and other overgrowth issues. At that time, and even now, there is some contradiction from one expert to another regarding what is ok to eat, and what is not. In addition, every body is different from every other body. I wanted to know what foods were best for **me** and which foods were best for **me** to avoid. In addition, so many supplements are often suggested, how could I know what was best for me to heal? I could go broke purchasing all the recommended supplements, and I may not even need all of them. On top of that, it is best to rotate foods and also to rotate supplements in order to avoid becoming allergic to them while healing candida. Therefore, it was important that I learn what foods and supplements were best for me each day.

I decided really hard that I wanted a pendulum to work for me, and I luckily I tested multiple different options. I learned that the one I had been struggling with never did work for me. It was my first lesson that certain pendulums can work for one person, but not for another. I have also learned that you can ask a pendulum before you purchase it, if it will be a good pendulum for you or not. It will be honest and tell you No, if the answer is No.

It was interesting to me the patterns that I noticed while addressing and recording my candida program. For example, I seemed to need a lot of selenium at the time. Also, broccoli might be good for me one day, but not good for me the next. The pendulum had definite preferences on the order of ingesting antifungals and certain foods. It also had me stop antifungals after certain number of days, and used them in different combinations, etc. It was fascinating. Since that time, the importance of food and antifungal rotation has been highlighted, and that corresponded with the feedback I received from my pendulum that I had recorded in my journal. I could have written a great guide book for candida sufferers based on its feedback, because it made a lot of sense when looking at my journal over time.

Background and Limitations

Essentially, a pendulum can display three different motions: rotating clockwise, rotating counter-clockwise, and swinging back and forth in a straight line. It can address Yes/No questions by responding with any one of these motions. It may differ from person to person.

It is important how you phrase a question. A pendulum is not an oracle and so it is not very accurate when asked to make predictions. My personal belief is that we have free will and so situations can easily shift based on actions taken today. For example, if I ask which supplements I need to take with me on a trip, the pendulum does not know if I will need the supplements to help my back pain, because it does not know what actions or behaviors I might choose to take that might cause me to develop back pain and so need my nutritional supplements.

It is much more accurate in describing situations and energy happening right now. Therefore, I have found it best to stick with questions such as, "Is it best for me to eat _____ right now?"

Getting Started

Specific Yes and No responses can vary from one person to the next. Start by asking questions that you know the answer is Yes, such as, “Is my name _____?” and “Do I live in _____?” so that you can tell what your Yes response will be.

Do the same thing to find your No answer by asking questions in which the answer is No, such as, “Am I male?” (if you are female) and “Do I live in Canada?” (if you do not). You should find that your Yes and No answers are distinct from each other.

In the book, **All Women Are Healers: A Comprehensive Guide to Natural Healing** by Diane Stein, she tells a story about how she was dyslexic and so she could not tell the difference between clockwise and counter-clockwise movements. She asked her pendulum to provide clearly different responses for Yes and No. As a result, her responses are circular for one answer, and back-and-forth for the opposite answer. Thus, your pendulum will work with you if you ask it.

We will go through a hands-on exercise so the participants can learn how to find their own Yes and No responses. (Note: if you are unable to attend, most all of this presentation is available in my book

Choose Power: Tools and Techniques for Home and Work by Pammyla Brooks.)

Best Practices

- Phrasing questions well

It is necessary to ask questions that can be answered with a Yes or No. It is best to ask questions pertaining to the current status of the moment, such as, “Is it best to eat turkey for lunch?” and “Is it best to take my D3 supplement right now?” As mentioned above, it is not accurate when making predictions for some time in the future.

It is also best not to ask questions in which you feel strongly about the answers to the questions. This is covered in more detail below.

For clarity purposes, it is also best to phrase questions in the positive, without a negative word like “not.” Otherwise the responses may be confusing.

- Practice

As with anything else, practice makes perfect. The more you work with your pendulum, the more you will become attuned to its subtleties. For example, you might realize from the strength of the swing that the answer may range from “Slightly Yes” with a normal swing, to “Definitely Yes” with a wild swing. Or, you may realize that the way it is saying No to everything you ask, might mean that it is not the best time to ask these questions right now, or that you are facing the wrong direction, or something else.

- Don’t cross your arms or legs.

It is important that the energies flow well through your body. For that reason, be sure not to cross your arms or legs or to contort your body in any way, etc. However, you can always ask the pendulum before you ask your other questions whether the energy is flowing well. For example, I have had success sitting in a yoga, or meditation position with legs crossed “Indian style,” but I always check in with the pendulum before I begin, and make adjustments if it says the energy is not flowing well. In addition to this,

and checking whether you are facing the best direction in the room you are in (explained in more detail below), feel free to ask anything else that may occur to you.

How to Avoid Influencing the Answers

It is no secret that you can influence the way the pendulum swings with your mind. I can think Yes and the pendulum will swing in my Yes response for me. That is, if I really want to eat chocolate right now, I can ask the pendulum and make it say Yes.

How can you avoid influencing the answers? Here are some suggestions:

- 1) Only ask questions in which you are not invested in the answer. For example, if it doesn't matter to me whether I have turkey or salmon for dinner, it is an appropriate question to ask the pendulum. On the other hand, if you really want that doughnut or a glass of wine, don't ask the pendulum; just make your decision on your own without seeking validation from the tool.
- 2) Find someone who can do muscle testing on you, so that the answer will be truly be your body's objective answer, and not influenced by you.
- 3) This suggestion may take more time and practice, but can really serve you in the long run. Practice making the pendulum swing in your target direction, and then practice keeping your mind in neutral. Notice how it feels different. What feels, looks, or sounds different to you? For example, does your mind feel different, are you holding onto the pendulum tighter, etc. Once you figure out what is different for you when you **are** influencing versus when you **are not** influencing the pendulum, remind yourself to get in that mindset and check yourself before you ask any questions. (FYI - I have step-by-step exercises in my book, Choose Power, if you want to master option 3.)

“Check” questions

- Ask if the energy is flowing well through your body.
- Ask if you are facing the best direction in whatever room you are in.

The best direction may be north, south, east, or west. It may change as you move from one room to another. Paradoxically, it seems to change from one direction to another within the same day, even if you are in the same room. I cannot explain that. I have just noticed it and so it is something I have recently started checking about with my pendulum. The way I do this is to turn in each direction and ask, “Is this the best direction for me to face right now to work with my pendulum?” If it says No, I make a quarter turn and ask again. I continue to ask until it gives me a Yes answer.

What I Have Learned

I have learned a lot in my personal exploration of this tool. For example, I have found the following two questions to be quite distinct and different:

“Is it best for me to have _____ right now?”

“Is it ok for me to have _____ right now?”

That is, a particular food may not be best for your body, but it may still be ok to ingest.

If you are not sure about the answer, I have had success asking the opposite question to obtain clarification. For example, “Is it best for me to **avoid** _____ right now?”

When the pendulum seems to give you contradictory answers, or it continues to swing wildly in the same direction no matter what you ask, it often means that you are not asking the right question, or that you continue to ask the same question, hoping for a different answer, or something else that may occur to you if you take a break.

Once I was able to receive responses from my pendulum regarding food and supplements, I wondered what other areas of my life my pendulum had definite opinions about. When one of my contract positions ended and I found myself between jobs, I decided I wanted to work for UT, so I made myself apply for 3 -5 jobs from the UT website every week. I was surprised to find that my pendulum had strong opinions about which jobs were best for me to apply for and which jobs were not. How could it know? What was it judging by: whether I would get along with the supervisor, whether they already knew who they were going to hire, or what? It took some nerve for me to trust its opinion, but it was good to know which jobs to avoid and not waste my time. Then, it told me to apply for a job that paid less money than I thought I could live on. I continued to ask the pendulum and it stuck to its advice.

I applied for the position, interviewed, and actually had the job offered to me, and the pendulum thought I should take it, so I did. I actually loved that position, and after a short time, got promoted to manage my co-workers without even intending to move into management. If I had not asked the pendulum, I would have skipped applying for that position, and yet it turned out to be a great fit for my skills and interests and led to a promotion.

It is also so interesting that my pendulum has definite opinions about men who could become potential dates and possible boyfriends that I encounter on internet dating websites. Again, I am curious what criteria the pendulum is using to make a decision. While it is difficult to trust that the pendulum knows best, I typically do follow its advice. Otherwise, why ask for its opinion.

I could go on and on with many stories and examples, some frivolous, and others work-related. For example, you can ask things like, “Is it best to talk to that person about X right now?” It has also given me great guidance as I wrote my book, such as what to include, and what not to include, and even how to phrase certain sentences. Hopefully, I have given you enough of a sampling to pique your interest and your own ideas about where this tool might take you.

Finally, I want to report a test that validated my pendulum. When I recently had a food allergies test, it verified what my pendulum had been telling me (no spinach, no squash, no coconut, etc. Apparently, I had become allergic to those foods because I ate them too much.) But, it was great objective validation of what I had learned on my own through the use of my tool.

I hope this presentation has been helpful for you and has gotten you successfully started on a journey to work with a personal tool that has your best interests in mind. For additional information or answers to specific questions, contact me, Pammyla Brooks, at Pammyla@pammyla.com or refer to my book, Choose Power: Tools and Techniques for Home and Work. Best of luck and have fun with it.



I AM A CONSULTANT, NOW WHAT?:

How do I market my skills?

By Darcy Lewis

I was the queen of “curbside Touch For Health” for many, many years. With honorable intentions, I would offer to balance wherever I saw pain and suffering, much like superman/woman. I’m sure I did good, maybe even affected permanent changes. Unfortunately, these “on the fly” balances were easily forgotten, by the person receiving the balance and by me, so lasting transformations and cheerleaders for Touch For Health went by the wayside. Now that I am a consultant and can take time with clients, I’ve taken a completely different approach to my work.

I’ve realized that creating time and space for a balance can be sacred. I further realize clients want and deserve much more than a one shot balance. They deserve a transformation.

Transformations rarely take place in an instant. It is true there is an instant of change, however, a process usually follows that change. An example of this is pregnancy. There is an instant where a major change takes place, but the real work in growing that precious being happens in the nine months following. Of course the classic example of transformation is the butterfly. It appears to us that this magnificent magic occurs instantly and effortlessly, when in fact, this living creature had to go through four very different stages of growth to get to be this wonder of nature with beautiful wings. When it was in its pupa stage, just before becoming a butterfly, it was making major changes to its being, growing its various parts such as legs and wings, much like the fetus in the womb.

As consultants, we can offer transformation to our clients if they are willing to work with us long term. In fact, we are doing our clients a disservice if we do not make it easy for them to say yes to transformation. As we work with someone repeatedly, the relationship deepens, the connection is stronger, and intuition builds.

Serve your clients honorably by offering them a package. Generally, I like to offer a three-month, 10-balance package to begin with followed by a maintenance package lasting 6 – 9 months. This package contains 12 balances, most of them 14 muscle balances, incorporating more specialized work as needed.

As Touch for Health Kinesiology Consultants we have one thing in common in the basic Touch For Health balance. Above and beyond that, our skills and expertise varies. I am also a Brain Gym Consultant, and I have gone through Professional Kinesiology Practitioner Training, among other trainings. I sat down and listed all I could offer a client and translated that into various sessions I to create the transformational package. I urge you to do the same. Your package will look different than mine because your skills and expertise will be unique to you.

I have included my packages in your handout, however, they are just samples. I ask that you use them to get your own ideas to build your own packages, creating sessions that utilize your unique expertise. The first sample is the intensive 3-month package and the second is the maintenance package. I will continue to improve on these, as they are a long way from perfect. Know that I do tweak them for each client, so they are somewhat individualized. You should know an attorney has not approved them☺

My “Total Happiness Guarantee” follows the sample packages. This comes from Matthew Blom, one of my coaches.

I say all this to you and to clients, with the disclaimer that I am not a doctor, this package is about two people working together to bring about positive changes and bettering lives.

I urge you all to go out there and begin a partnership with clients, transforming lives, improving health, body, mind and spirit.

Darcy Lewis

Ultimate Clearing Blocks to Health and Freedom Package

- Are you where you thought you would be at this time in your life?
- Are you as healthy as you would like to be?
- Have you accomplished all the things you have set out to do?
- Do you feel that there is still a major contribution you have to offer the universe, but you are worried that it might not happen?

It is normal to have these concerns as you mature. As elders or “elders in training”, we want to keep our health, our vitality, our mental acuity, and our creativity. Your experience has shown you that doctors are great at fixing broken bones, administering tests, writing prescriptions, and performing surgery, but you desire WELLNESS, AND OPTIMAL HEALTH, not just the absence of disease. It is not enough for you to be disease free! You need optimal health to have the energy, motivation, and inspiration to reach your full potential and make your contribution. You have so much to offer!

What you would like for yourself is:

- Increased energy
- Better assimilation of nutrients
- Improved digestion
- Inspired creativity to complete that project!
- Normal blood pressure

As a young adult, I found a method that got rid of my neck pain caused by working as a dental hygienist. I had searched for 7 years to relieve the pain in my neck, trying massage, Rolfing, and chiropractic, but the pain kept coming back. I finally found the answer and it was solved in 5 minutes! That started my journey of learning many alternatives for improving health and achieving wellness, body mind and spirit. Believe me, the neck pain is just a fraction of the challenges this work can solve. I want to share this knowledge with you as you embark on this new and exciting phase of your life.

The Package below will clear your blocks to better health and optimal living!

3 Intensive Goal Balances	60 – 120 minutes
1 Complete Muscle Balance, 42 muscles	60 minutes
2 Nutrition and Toxicity Balances	45 minutes
4 Five Element Muscle balances	30 minutes
Unlimited Email contact with me	
4 short phone sessions	15 minutes

Bonus: ½ off tuition in my classes for 6 months

Total value:	\$997
3 payments of \$237	\$711
Full Pay	\$677

After going through the clearing phase it is best to go into maintenance phase for optimum health.

What you get:

“Tune ups” bi weekly (12)

Unlimited email support

4 “emergency phone calls (15 minutes)

Value: \$760

Full Pay: \$527

Pay Monthly: \$ 97 X 6 = \$582



This is to describe in writing the Total Happiness Guarantee.

If, after the first session, you don't love the work we are doing, if you don't see that it is what you need to overcome your challenges and achieve your goals, then not only do you not have to continue, you can have a full refund of every penny you paid.

And, you are welcome to keep all the changes you received from the first session!

Sincerely,
Darcy Lewis



WOW!

That was a great presentation about TFH

By Larry Green

One of the best ways to interest people in TFH is by giving a public talk. If the thought immediately makes you tighten up inside, consider getting a balance! Public speaking is the most widespread phobia in the U.S. Fortunately for us TFH skills are useful for overcoming fears and unleashing motivation. Use what you teach for yourself; it empowers you and it becomes easier to promote something you personally use.

When I offer to give a talk I seldom mention Touch For Health as the topic. Most people have not heard of TFH. I offer instead to do talks (or short trainings of 1-2 hours) on 'Stress Reduction' and 'Natural Pain Elimination Techniques'. Most people know what these are and have an interest to learn about them. If someone is organizing the talk on your behalf at an organization they will have little trouble getting members/employees interested.

I begin by introducing myself and asking a few questions. How many people have stress? (Raise hands- it should be everyone). How many have pain? (Raise hands). I'll ask what people want to get from the talk? Who has heard of TFH and/or kinesiology? Who has heard about muscle testing? I want to get a sense of the audience. When people raise their hands about stress or pain I ask what stress and pains they have. I try to remember those who I think I can help quickly.

My main goal at the start of the talk is to try and WOW everyone in the first few minutes. My overall goal for the talk is to get them interested in using TFH skills. WOWing them at the start is just to get their attention, interest and a willingness to consider that everything else in the presentation is valuable. How to WOW people right away? Demonstrate something they have never seen before and something they probably considered impossible.

I'll ask if anyone has tight neck muscles in the group (of course someone will.) I ask those who raise their hands to rate the tightness on a scale of 0-10. Those with the highest discomfort I'll invite to come up front. I may do just one person, or a couple.

I then do auriculars without any muscle testing. I stand next to the person(s) in front of the group and we turn their heads as far as they can to each side. I do it with them. I ask the audience to watch and note the range of motion. Then I have the audience each check their own range of motion. I ask everyone to rate

his or her neck's pain on a scale of 0-10. Then I lead the whole group in doing auriculars. 'Rub and unfold the ears while looking straight ahead. Then repeat with head turned to each side'. Afterwards I have the people up front repeat demonstrating their range of motion. Almost always the audience can see the difference. I then ask the person(s) up front what the original pain number was, and what it is now. It usually has gone down. I then ask the audience to check their own range of motion and raise their hands if it improved. Most people raise their hands. I have them re-rate their pain and discomfort. People are impressed and surprised that something so simple actually worked. WOW in five minutes.

I then ask who has other tight muscles. I invite one or two people upfront and ask them to point to the pain spot, and rate the pain 0-10. I then turn their body so the pain area is facing the audience. I proceed to do the spindle cell technique on the pain spot and all around the immediate area nearby, without any muscle testing. I do the surrounding area to alleviate any local compensation. People can see what I do, it does not look like much of anything. This takes about ten seconds. I then turn my demonstration person to re-face to the audience (because I want everyone to see the look on their face) and ask them to re-rate the pain. Almost always it is better. If they had pain in both shoulders I began by doing the worst pain side first. Afterwards the other shoulder is usually now worse. I ask if they want the opposite side done too. They always say, "Yes," which confirms to the audience that it worked. I may do a few people in the audience this way also. Ten seconds for each person is all it takes. I try to make each person face the group so people can see their facial expression, which is usually worth more than all my words. Another 5 minutes and another WOW.

I next ask who here ever gets cramps? I then explain how to use the spindle cell on cramps and that this is the quickest way to get rid of a cramp. Now they have something useful to take home, something I gave away for free. WOW.

I then ask who has stress (of course everyone has some.) I ask who would like to lower or get rid of their stress? I want to engage the audience by asking these questions. I then tell them about the fight or flight response and how not just adrenaline, but over 100 different hormones are activated during flight or fight response. I explain how during times of stress blood flow in the brain and neurological activity change. 'During stress the frontal lobes get turned down like a dimmer switch. This is the portion of the brain that can think things through, compare and contrast, plan for the future. And that during stress the emotional center, the amygdala get highly active.'

Next I tell them I will teach them a simple way to counteract the effects of stress and reset the brain. It will change neural activity and blood flow in a short time, and allow them to feel less stressed in one minute!

I ask everyone to think of some stress in their life and rate the stress 0-10. I then have them think of this stress while doing ESRs. I allow them to do it at their own pace and to open their eyes whenever they are ready. This takes about 1-2 minutes. I ask them to re-rate the stress. I then go around the group and

ask each person to state what the original stress level was, and what it became after the ESR practice. In a group of 6 or more people there are usually some folks who had their stress go down a large amount and some who had a modest change, (maybe even someone who had no change). I explain that each person and stress is unique. Sometimes the stress goes down considerably and sometimes less. But they only spent 1-2 minutes doing this! WOW.

I then talk some more about stress and how they can use ESR at home. I mention they may begin to notice on the evening news people spontaneously using ESR without knowing why. I suggest they go home and make a list of 30 stressors in their life and do a one minute ESR session each day for the next month. I invite them to think about how less stressed their overall life would feel in a month if they did this. You could even have them take out a piece of paper and spend just 3 minutes beginning to compile their list of 30 stresses. This way they have a reminder when they get home in their pocket.

In 15-20 minutes I have gotten a WOW four times. Now the audience will want to pay attention to the rest of the talk. Depending on what I am promoting I might invite someone who has never done muscle testing to come up front and do it on them. While demonstrating I explain how wonderful muscle testing is. I like to use someone who has never been tested before because the look on their face when the arm goes down is often priceless.

I might also invite someone up and look for a weak muscle, usually an arm muscle from TFH 1. Then while the arm won't hold I have them touch the neurolymphatic point, which suddenly strengthens the arm. I then have them let go and retest, the arm goes weak again. Then re-touch the NL and test again and it re-strengthens. I'll ask them what happened and why. Of course they do not know so I can now explain all kinds of things about TFH.

The whole idea is to get people to see and experience that something amazing and valuable is available in TFH and if they come to a class or a session they will learn even more.

A little showmanship can get people energized. Too much can come across as phony or a scam. I want people to get excited about TFH so they will come and learn it for themselves.

When speaking be yourself, people can pick up on vibes and prefer genuineness. Show your excitement and encourage the audience to show theirs. Getting a WOW response from the audience is to grab their attention. After that have something useful to offer.



ACUPRESSURE QUICK POINTS – FAST & EASY FIX ITS!

By Dr. John Martin

Learn one-point acupressure reflex points that stop pain or control unwelcome activity (e.g. Hiccups, PMS. etc.).

The students can learn with minimal study and rapid results.

Affect Hangovers, PMS, Motion Sickness, Hiccups, Anxiety, Hemorrhoids, and many more.

These acupuncture reflexes you can add to your TFH classes and send the students out with a method of demonstrating a non-drug technique to balance energy and relieve pain.

Learn how to determine if any chi imbalances are in the body, find the meridian, find one point fix and balance their Chi in less than 5 minutes.

Well worth your time.

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The Yin and Yang of Successful Teaching/ Marketing

By Arlene Green

Being a successful teacher involves more than just a certificate to teach and one's belief that teaching is a good idea. It involves a strong desire to teach, knowing oneself, followed by strategic planning and follow through.

Below are some questions to ask yourself if you're ready to start teaching or wish to empower your teaching/marketing to greater heights than it may be now.

Yin – Internal Processes - Heart

1. Intention to Teach
 - a. What is my motivation to teach?
 - b. Do I have a burning desire to make it happen?
2. Do I feel I'm ready to teach and if not, what will it take for me to start?
 - a. What areas do I lack confidence in and how can I change that?
 - b. Do I have any sabotages that keep me feeling less than I am?
 - c. What skills do I feel I need in order to market or teach?
3. What are my goals and objectives?
 - a. Who do I want to teach?
 - b. How many classes and people do I want to teach
 - c. How often do I want to teach?
4. What are my strengths?
5. What are my challenges?
6. Feeling supported -Is there someone who I can call on to help coach me or co-teach with me?

Yang – Strategic Planning and Execution - Head

1. Based on my goals – Do I have an action plan with deadlines ?
2. Do I have a way to keep myself focused on my action plan? (i.e. daily/weekly list of things to do)
3. Do I have a website? Do I keep it up-to-date and exciting/inviting?
4. Do I know people/organizations and places to network to?
5. Do I use social media including meet up groups?
6. Do I know holistic calendars (Natural Awakenings, etc.) that I can put announcements in?
7. Do I know how to get lists of massage Therapists, acupuncturists, holistic nurses, who need their CEs, as well as other holistic groups?
8. Do I know of holistic minded organizations or other groups that I can give a talk to with emphasis on stress/pain management?
9. Do I know of people who want to take a class for a discount or free if they can organize minimum # of people to take a class (6 – 8)?
10. Are there massage schools in my area who I can approach about teaching or see if they will market to alums for CEs (usually % split)
11. Do I know about the new Mailer program – through TFHKA ?

After you've asked yourself these questions next step is to identify what areas that you have stress or blockages with and see how you can do things differently to create success. The key to making successful changes, in any area of one's life and in this case applied to teaching, involves three simple steps: Knowledge, Volition and Action. First we must know what we want to change, have a desire to make it happen, then take some action to make it so.

The below outline is based on these three key elements of Knowledge, Volition and Action, the basic A, B, Cs, of successful marketing/teaching. Also included is a list of qualities that are important for successful teaching as well. I created that list about 20 years ago and most of it can also be found in the Instructor Manual on part 5 page 32.

What I'd recommend doing with these two lists that follow, is to muscle test through them and notice the areas of stress response. Then prioritize the ones that show stress response and look for the

best one to start working with first. Create a goal or positive affirmation around it, then do some balance to shift the inner energetic stress around it.

Here is a balance procedure that you can use to release the inner blockages to moving forward with your teaching goals. After that, take whatever steps needed to create a plan for yourself to actualize your goals.

BALANCE FOR SUCCESSFUL TEACHING

1. Muscle test to determine the areas of stress from the following two lists:
A, B, Cs of Successful Teaching and the Qualities for Effective Teachers
2. Once you identify all the areas, then check for the priority to start with. “Looking for the priority area to start with.” Look for indicator change.
3. Once you identify it, create a positive goal or affirmation around it.
4. Rate your stress over that goal/affirmation 0 – 10.
5. Do some balancing activity. Can use the database of TFH techniques at the back of Gralton’s Book 2.
6. Check if there’s something more to do. If yes, then check:
 - a. Another technique
 - b. Home reinforcement/follow up
 1. Repeat the correction again
 2. Do some self-balancing technique for reinforcement (i.e. cross crawl with goal statement, ESR for future performance, etc.)
 3. Make an action plan for follow up
7. Re evaluate level of stress 0 -10
8. Check the goal statement or affirmation for stress response (should now be locked).

A, B, Cs..... and Qualities of Successful Teaching

A. Knowledge

1. Know content – techniques, theories, applications, etc.
2. Know how to use and find material in the book
3. Organizational knowledge -How to put a class together
4. Communication skills –
 - a. Verbal - assertiveness, active listening, answering questions, presentation, etc.
 - b. Written – flyers, articles, emails
 - c. Social media – Facebook, LinkedIn
5. Know yourself –
 - a. your strengths and weaknesses (see list below)
6. Set goals and objectives

B. Volition

1. Burning desire to teach/ motivated
2. Willingness to grow
3. Desire to learn
4. Willingness to do whatever it takes to make the class happen (can include marketing, presentations, emailing, calling people, doing mailings, etc.)
5. Clear intention of who to teach
6. Willingness to walk one's talk
7. Clear intention when muscle testing

C. Action

1. Have a plan of action

Based on your goals then create :objectives, action items, time deadlines, priorities

2. Follow up – Follow through

knowledgeable	organized
effective motivator	allows self to make mistakes
marketing skills	resilient
well prepared	relaxed
patient	punctual
demonstrates self -	time conscious
responsibility	knows and accepts limitations
speaks positively	active listening skills
sensitive to students' needs	encourages students
clear communicator	love and accept students
stamina	flexible
tolerant	confidence
goes with the flow	skillful with techniques
humble	good memory
respects boundaries	creativity
appearance	spirit of serving
open to feedback	languageing
problem solving skills	hygiene
humor	commitment
leadership qualities	self worth
assertive	self aware

reliable	trustworthy
productive	kind to self and students
diplomatic	respectful
dependable	resourceful

- a. stay open to possibilities and follow up
 - b. enrollment – close the sale
 - c. follow through on your marketing plan
 - d. develop your lesson plan with time deadlines
3. Re-evaluate – see where making changes might work better

In addition to the A, B, C list above, on the next page you will find the list of Qualities to muscle test through to help you identify those areas of stress to do your balance with.



Facebook & Social Media - Fast & Easy Fix its!

By Sheila Mitchell

Get a peek at why you need to be on Facebook and other social media outlets. Sheila will show the power Facebook as an amazing marketing tool, and talk about it's ability to create community, share ideas and get the word out. See how easy and fun it can be.



The Power Pack

Dr. Janet Taylor

1. Connecting Heaven and Earth

Expels toxic energies, stimulates fresh energy through joints, resonates with and metabolizes all other energies in the body bringing them into harmony. Activates spleen

Place palms of hand on thighs. Inhaling, bring arms out to side, over head and hands together like holding a large ball. Exhaling, bring ball in front of chest. Inhale right hand pushing up while left hand pushes down to the side. Exhale hands back together in front of chest holding ball. Inhale left hand pushing up while right hand pushes down to side. Repeat at least 5 times.

2. Three thumps

*Activates the thymus, thyroid, spleen /pancreas for immune enhancement *

Make a fist using either hand, and thump several times over the k27 point located on top of the ends of both clavicles (collar bones) under the neck where there is a notch. Move fist (or use three fingers of both hands) between breast area on sternum (breast bone). Thump six times, using three fingers of each hand, thump on the side of the ribs, at the bra line.

3. Spinal suspension

Wards off fatigue, stretches spine, opens shoulder blades , affects all (energy centers) chakras and meridians

Stand with your feet wider apart than your shoulders. Point your feet forward on the ground parallel like on a railroad track. Bend your knees and align them directly above your ankles. Bend over at the waist. Place your hands just above your knees locking your elbows, arms straight. The position feels like sitting on an invisible chair.

With your head forward and bottom sticking out, keep your spine straight. Take a deep breath while holding the position, exhale while you bend your right shoulder towards the left knee. Inhale as you straighten back to the original position. Exhale as you bend your left shoulder towards your right knee. Inhale as you straighten back to the original position. Do this at least for one minute feeling the cross over stretch across your back.

4. Wayne Cook posture

Increases a sense of order, clarity during overwhelm; helps to better comprehend the world; learn and think more clearly; untangles inner chaos

Standing up, cross one ankle over the other. With arms stretched out in front of you, back of hands together, cross one arm over the other, clasp hands together, pull hands toward the chest twisting them for comfort and lay them on the chest, little fingers touching the chest and elbows down. Take six deep breaths. Unravel hands, arms, legs.

5. Neurovascular reflex points

Enhances mental clarity, put one more in NOW, prevents and relieves headaches and distress.

Lay one hand across your forehead. Lay the other hand on the back lower part of the skull (occiput). While doing so, repeat an affirmation of your choice that makes you feel calm and stress free such as “All of life comes to me with ease, with joy and with glory”. Repeat a second time.

Move the hand from the forehead to the top of the skull. Place the palm on the top of the skull fingers pointing to the back. Keep the other hand on the occiput. Repeat the affirmation again twice.

Move both hands and lay the palms above the ears, fingers wrapping around the side and top of the skull. Repeat the affirmation again twice.

6. Neurolymphatic massage points

relieves tension and muscle pain, detoxifies the body, increases energy and relaxation

Using a chart showing all the neurolymphatic massage points, rub all the front points and all the back points on the body.

Anterior or Front: Rub firmly the K27 point located on the two ends of the collar bones below the chin where the notch is. Move 2” out to the side of K27 in a line directly above your nipples and rub. Move underneath the armpits and rub, making a half moon motion up and down.

Go back to the collar bone area and slide fingers an inch just below the collar bone into the rib notches on each side of the breast bone/sternum. Rub. Move down an inch to the next notch. Rub. Keep moving downward until you are at the end of the breast bone on either side. Rub. Place the fingers of each hand at the bottom of the sternum, rub up to the top and down to the bottom of the breast bone several times. Rub back and forth under each breast making a half moon. Trace the diaphragm and bottom border of the ribs starting at the bottom of the breast bone all the way to the sides of the

body back and forth. Rub in small circular motions on the side of the body where you ended on the ribs. Find the top of your hips. Rub them. Find your belly button and move 1 inch to either side. Rub those points. Move straight below those point about 2 inches down and rub. Move again straight down 2 “ below those points and rub. Rub on both sides of the pubic bone.

Place the palms of your hands on the side of your hips where the leg bone fits into the hip socket. Rub in circular motions. Move down the outside of the leg about 2” and rub again. Two more inches and Rub again. Two more inches and rub again. Finally you should be at the knee where you will rub again. Take your hands off your legs and place them at the original site and repeat the circular rubbing a second time down to the knees.

Place your fingers of both hands on the inside front of the thighs on either side. Rub up and down in a 6 inch long area half way down your inner thigh. Reach further back on the inside of the thighs parallel to the place you just rubbed and rub up and down in a six inch long area. Finally, move just below the areas you have rubbed and rub up and down on the lower inside of the thigh just above the knee.

Posterior (back):

Reach behind your skull and place your fingertips of both hands on the notch where your skull and neck come together. Rub the two points. Reach to the bottom of your neck on either side next to the bone that sticks out between the tops of your shoulders. Rub. Reach down the back about an inch on either side of the spine and rub again.

With your right hand reach under your left armpit reach all the way back to your shoulder blade or scapula. Rub the place where your fingers touch. Move your fingertips down to the bra strap line on the bottom of your shoulder blade and rub there. Switch to the other side, reaching your left hand under your right armpit reaching all the way back to your shoulder blade. Rub the place where your fingers touch. Mover your fingertips down to the bra strap line at the bottom of your shoulder blade and rub there.

To reach all the other 20 points on either side of the spine, back up against the corner of a wall. Lay the right side along your spine on the corner and rub up and down the sides of the spine along the wall bending your knees up and down. Do the same for the left side. When done, reach behind you and lay the palms of your hands on your lower back. Rub up and down covering your tail bone and sacrum.

7. Meridian massage (compliments of Arlene Green)

Enhances and energizes mental alertness, promotes relaxation, reduces pain and tension

1. Trace a line Up the front –(pubic to lower lip) 2. Up the back-with one hand, (tailbone, up the spine, over the head to upper lip)

To continue-- trace 3a, 4a, 5a, 6a, then 3b, 4b, 5b, 6b, then 3c, 4c, 5c, 6c as described below holding hands about six inches away from the body, palms pointing towards the body

3. Head to toes a. Down the front b. Down the back c. Down the sides

4. Toes to body- (come up inside legs) a. End on sides under arms b end on top of collar bones(K27) c. End under chest on bra strap line

5. Body to palms a. Little finger side b. Middle finger side c. Thumb side

6. Back of hand to side of head a. Little finger b. Ring finger c. Index finger

8. hook up

Stimulates the Yin yang acupuncture points, giving a tremendous burst of healing energy and centering one in the NOW

Place an index finger of either hand on your forehead between your eyebrows. Place the other index finger in your belly button. Make a slight pull of the skin upward on both points using your index finger while you close your eyes and take a deep breath. Relax the skin pull on the exhale.

9. Radiant circuit

Regulates all energetic and physiological systems including circulation, hormones and immune function. Emotions, weight, hormones, temperature, blood pressure. A Yin Yang regulator

Anterior: Place your palms over your eyes. Curl your fingers and place them between your eyebrows. Trace a heart on your face, coming up the middle of the forehead, arching at the hairline, tracing along the side of the face and ending on the chin. From the chin, pull straight down the mid neck to the top of the sternal notch(breast bone). Bend your elbows, cross your arms, laying the hands just below the shoulder. Pull the energy down to the elbow by sliding your hands down the arm to your elbow. Hold at elbows for one deep breath. Uncross the arms and place palm of the hands on either side of your breasts under your arms. With flat hands trace down to the inside bottom of the ribcage. Lay your fingers across the ribs and continue tracing down the middle of the

thighs to inside of the knees. From knees trace inside of the legs down to arches; Then over top of the feet to the opposite side and squeeze the sides of the feet.

Posterior: Lay palms of hands over your eyes, elbows out to the side and hold for one deep breath. Curl your fingers and place them in between your eyebrows, pull them across the eyebrows and slide to the temples. Trace around behind the ears and down the back of the neck. Hang on to or squeeze the tops of the shoulders with your hands for one deep breath. Bend your elbows, cross the arms taking a hold of the mid biceps with hands and squeeze for the length of one deep breath. Cross the arms even deeper and reach around to the back of the shoulder blades. With your fingertips trace a standing half-moon along the shoulder blades. Uncross the arms and reach behind the back where the bottom of the half-moon ended. Catch the energy and trace a straight line down 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 tendons.

10. Heaven rushing in

connects with spiritual realm, Helps with despair, feeling alone, anguish over an illness

Take a deep breath in. Exhale fully. Inhale and circle your arms out to the sides and then over your head. Exhale and let them drop a bit to your side still keeping them spread open. Look to the heavens and gather in all the vast energy of love, of life, of animals, of whatever you wish to connect with. Allow your arms to accumulate this energy and scoop it into your chest, placing your hands over your heart. Bow your head in gratitude and feel the energy from your head to your toes.



The Hero's Quest for Ultimate Efficiency of the Conscious and Unconscious Realms

Invitation to a journey ... alpha and omega

By Thomas Tegtmeyer

I love the theme for our conference: *Tomorrow and Beyond*. I feel it invites us to dive into the unconscious realm to access additional resources for our individual and collective journeys of self-healing and actualization. Two books that changed my life and provided a context for my studies in the interplay of the conscious and unconscious realms are ***Superlearning*** by Sheila Ostrander and Lynn Schroeder with Nancy Ostrander 1978 and ***Man and His Symbols*** by Carl Jung 1964.

My intention and goal is to present to you what has worked for me to bring clients and students into their bodies in time and space economically, efficiently and effectively throughout a session.

The optic to balance in a gentle way for maximal transformation as much as the client/student is ready for, that is, vibrationally, integratively and functionally. The client/student receives recognition, and engagement of the facilitator to balance the total person with natural ways to oneness and universal peace.

The first bookend of a balance begins with a “**Hello**”. Hypnotists and students of Erikson would agree that by saying “Hello”, asking for permission to balance, to touch... all contribute to inducing a form of hypnotic trance with awareness by making space for a balance for the highest good for the client/student.

Next I invite the client/student to join me in saying “Hello” to guidances and spiritual helpers, whether the client/student prefers God, Love, Universe, Ether together I call the “GLUE” holding everything together. Still some client/students prefer alternatively: Higher Self, nature or other. Dr. Zhang Sha explains they seek to be respected (honored) rather than worshipped. Before continuing further with a session, I say “I would like us to welcome the Divine and all our relations... asking/thanking for their assistance. This makes our work a lot easier. Are you OK with that...”

I would also remind you that at some level you already know whatever I have to say and that anything I express to you is not the whole truth. Rather your truth is something for you to discover. I am telling you things about balancing energy that I had wondered about yet weren't explicitly stated or explained to me in my journey as a student. Each of us has still more to discover....

Early on I found gratitude is the fuel for healing... which concurs with the ideas of allowing unfoldment and entanglement and these are at work in the process of healing. Some of the latest science confirms that for a strong human intention to reach full physiological entanglement effect takes three months. Curiously, an internal arts master told me that to fully understand an energetic principle would take 100 days of practice. Depending where we are on this continuum, we might in one interaction or balance session have what we perceive as an AHA! or a spontaneous healing ... or were the seeds planted earlier and are now germinating?

A significant realization for me was that by going through the process of intention and goal setting/role-playing, we are setting change into motion.... Like the perturbation of heavenly bodies... towards self-realization. One response is for people at low vibration is that they can recognize a good, positive goal worded in the infinitive like "to be/to have", yet cannot state the goal in an I-statement in the present. Why... because it would be a lie. Hence the concretization of their limited belief system. Therefore I like to begin with the infinitive and progress to the I-statement.

Let's jump to the other bookend of a session. At the closing of a balance session, we say "Thank you" three times: once for the Divine, once for the facilitator and once for the client/student and all their relations. I've observed that while a client/student may be processing and hasn't yet fully integrated their awareness, by asking them to consider saying "Thank you" at the end of a session, all of a sudden they become fully present in their body and conscious mind. I prefer this method compared to the story of a South American shaman; she would pour a pail of cold water on the person she was assisting to integrate wandering minds.

To be practical, for you to remember 95% of material you learn, William Glasser had said by expressing it or teaching it is "the way to go". I invite you to stand and meet a neighbor who you least know and pass on a blessing of "universal peace be to you"...or some other wording of your choice ... Somewhere in there you may even choose to give each other smiling eyes, a physical greeting touch, perhaps handshake with two hands, a hug, a kiss...other. Ask yourself what you observe in one or two words (literally) that you are experiencing?

Is it true..., maybe?

At some level you all already know whatever I might have to present. There are many ways...you may have a list of options that already serve you... like hypnosis, vagus parasympathetic nerve, prayer. Let me now to show you some ways I've found highly beneficial. They might even resonate in your bones, fascia and/or skin. Remember at time that you have perceived that kind of resonating, humming or reverberating...as a confirmation of a moment of truth. Perhaps, this is also one of those times.

I'd like to remind you that what I share ... that everything I will say is not the whole truth. Like Patty

Loveless' 1996 song *The Trouble With The Truth*... "it's everything I want ...Is it's just what I need to hear ...Is it always begs for more."

Motivating behaviors

The internet provided fascinating studies on neuro-transmitters and the release of dopamine in states of arousal/compulsive behaviors. A signal that releases the most amount of dopamine consistently is one that keeps the mystery of a 50/50 probability of success or failure. "Your brain uses dopamine to motivate you. Amazingly, humans can release dopamine when the reward is months or even years away." Casinos are expert at changing people's perception. Despite the low success rates for winning, the ambiance with the lights, noise, luxurious surroundings and good service heighten the sense of compulsive gamblers that they are special and may win today or in the next play. Something to consider when we are tempted to compulsively shop, eat, gamble or engage in hypersexual activity. Perhaps the word in our vocabulary that holds the most potential power, that many lovers and parents seem to instinctively know how to use, is the word "**maybe**."

I invite you to consciously and unconsciously change your perception for the realization of your potential accomplishment. In other words, change your perception and change your life including your physical dense light matter. Hence, the often repeated wisdom of stop, reflect (inside and with assistance as appropriate), decide and act or not...to consciously decide using all your resources what you are to do or not. Despite any doubts, leave the door open for the possibility of transformative enlightenment, and that each energy medicine balance session is as described by Kenichi (Dharma) Ishimura's Zen Kinesiology as "mini-enlightenments."

Making adjustments

Dr. Bruce Lipton sums it up nicely, "By adjusting our perception, genes in each cell change our belief of reality." His conclusions are: "Perception "controls" behavior; Perception "controls" genes; Perception "rewrites" genes." With genetic engineering genes, we change our experience of reality. 95% of cancer has no hereditary basis; rather it is caused by re-writing our genes. The morale is: change your negative beliefs and you change your life. There are only two classes of programs: 1) growth and reproduction, or 2) protection programs. It is an either/or proposition. Cells move either toward positive signals (nutrients for growth) or away from negative signals (toxins). This is a demonstration of a taoist saying, "If the tree does not grow, it dies." According to Dr. Lipton, the greatest nourishment is love, greater than food. When in fear we go into protection, when in love we go into growth.

Conscious and Unconscious Awareness

Some say there is only conscious and unconscious. Others say there is conscious the realm of sequential, logical thinking, subconscious, the realm of the body's cellular memory and multisensorial experience, and superconscious, our link to collective consciousness. Let's look

at a couple of ways we can consciously move our minds out of our head and to start circulating through our body....

Options for languages to consciously expressing love and apologies

From Gary Chapman, we have five languages of love and five languages as to how we express an apology:

Love
Words of Affirmation
Acts of Service
Receiving Gifts
Quality Time
Physical Touch

Apology
Regret
Accepting Responsibility
Making Restitution
Genuinely Repenting
Requesting Forgiveness

In situations where two people express love or apology in different languages, they may not understand each other. In such a dilemma, if we cannot expand our consciousness to find which languages the other person uses, communication might be at an impasse.

Options for seasons of transformation: Lateral thinking...Outside the Box in the Matrix... Six Hats, Six Seasons

As in *Matrix Energetics*, Dr. Robert Bartlett says a metaphor may not be accurate in reality yet may give a person the power to make a transition and experience transcendence. So it is with a hero's perception of his or her journey and the dark night of the soul before returning home.

Similarly, a Buddhist scholar explained that by singing or chanting in a language you do not understand can give you a means to undercut rational processing of your monkey mind so part of your consciousness can cascade, evolve, transition, transcend.

In a book *Permanent Healing*, the idea of letting go of rational constructs is that we can sail into the subconscious realm detached from rigid paradigms and can access more intuitive resources and possibilities. Hence, we can appreciate the freedom thinking 'outside the box', a concept introduced by Edward de Bono as lateral thinking can give us contemplate possibilities not previously visible.

I've adapted Edward de Bono's six thinking hats into a cycle of transformation where each hat becomes a metaphor, which adapts the Yin Yang theory and the seasons of change [the Shen growth cycle of Traditional Chinese Medicine Five Element Theory] and a process of peace-building:

Yang	Yin	Spring	Summers	Fall	Winter
White / Surface	Black / Core	Blue / Processes	Green / Options	Red/ Legitimacy	Yellow / Harmony
Facts	standards	routines	alternatives	emotions/ feelings	radiance
statistics	objective	patterns	options	triggers	advantages
History	limits	behaviors		hot buttons	benefits
	legal			motivators	intuitive knowing
	policy				

I have used the above model to map out a Best Alternative To a Negotiated Agreement (BATNA) in conflict resolution.

A Hero's Journey model of to serve humanity as a master with Ultimate Efficiency

Today's suggested option involving both the conscious and unconscious...

To explore more fully the subconscious and the super conscious, the ultimate metaphor, is perhaps the one of resurrection and ascendancy, themes explored by both art and science. Whether by renaissance painters or Salvador Dali, by movies in like Star Wars, the Euro-centric pre-occupation of resurrection and ascendancy has pre-occupied many with the promise of a Second Coming, bringing the Hero back to Earth.

Consider exploring the following ideas and narrative. In ***Psychological Kinesiology: Changing the Body's Beliefs*** (1994, Kailua, Hawaii) the author refers to Joseph Campbell and ***The Hero with a Thousand Faces***. For Campbell the adventure of the hero is divided into three stages: Departure, Initiation and Return. Under "the Return" are two sub-stages in particular to note: "Master of the two worlds" and "Freedom to live." Please keep these in mind while considering the following ideas.

The following rendering is the full life experience model developed by a near-death experiencer, Margaret A. Kean. Her story is fully documented by PMH Atwater. On her website the following missive appears:

“SATURDAY, APRIL 11, 2009

Margaret Fields Kean

Margaret died the first time back in 1978 from severe phlebitis, and then she came back - much to the surprise of family and medical staff. The near-death experience she had at that time was extraordinary, but not nearly as amazing as what came next with her sudden ability to heal others. I'd like to quote from some of her story that appears in my book, "Beyond the Light" (pgs 83 - 88):

"When Fields Kean revived, the nurses were in a state of panic; pandemonium reigned. Irritated at first by the abruptness of her reentry, Field Kean nonetheless took on the role of healer: She spoke softly to the boy shot in the neck and soothed him to sleep (the nurses later thanked her); she "projected" into the isolation room of a white boy charred black by severe burns and counseled him about his purpose in life and told him it was okay if he chose to die, for God was loving and he had nothing to fear."

"When Margaret described her visit with the young boy, she told me she just floated right through the wall of that room and sat on the boy's bed. He saw her and they conversed verbally. She introduced herself, and asked why he was there. They had a long talk about death. The boy was worried about his parents, what would happen to them after he left. With loving assurances from Margaret, he calmed down and smiled at her.

"When near-death researchers talk about being able to verify the stories experiencers tell - stories about shoes that were seen out-of-body and a man's false teeth and where a nurse put them - Margaret's visit with this boy is one of the most stunning I have come across, FULLY verified by the parties involved. Here's the rest of her story:

"Months later, while continuing her recovery and still in great pain, Fields Kean was attending a horse show when a couple, hearing the loudspeaker announce her daughter's name as a winner, sought her out. They were the parents of the severely burned boy. Before he had died, he had told them about the meeting with her and relayed all the wonderful truths she had told him about God and about life. The parents were thrilled to have finally located her so they could say thanks for what she had done for their son. The dying boy had identified her by name –

EVEN THOUGH THE TWO HAD NEVER PHYSICALLY SEEN EACH OTHER OR VERBALLY SPOKEN IN ANY MANNER, NOR HAD ANY NURSE KNOWN THAT THE TWO HAD EVER COMMUNICATED, NOR HAD IT EVER BEEN POSSIBLE THAT SHE COULD HAVE KNOWN IF THE ISOLATION ROOM WAS EVEN OCCUPIED WHEN SHE "PROJECTED" INTO IT."

"Later on, Margaret developed the Results System, a technique [sic] that enables anyone to access the wisdom of "inner knowing." Her system of healing took off, hundreds were trained, thousand were affected; and she even took the system to Africa where she trained the "sangomas" (native healers) of Swaziland and Transkei. Countless people owe their good health to this woman; countless more were touched by her generosity of spirit, her love, her gentle ways, her joy. If there was ever an angel come to earth, it is Margaret Fields Kean.

"Margaret died for the second time, leaving her body at 2:00 am, April 8, 2009, with her husband Leonard Kean by her side, family and close friends. God's Heaven is blessed to have her now in residence. The rest of us are blessed to have ever known her. This fall, *Beyond the Light* is reissued by Transpersonal Publishing. In the year she finally returns Home, the book with her story in it is finally republished."

Starting in a wheelchair, she began an organic garden. Then she worked as a teacher to pay for kinesiology courses. In 1985 she opened with Dr. Vernon Sylvest, pathologist, and another partner the Institute for Higher Healing, of which she was the Director of the School of Holistic Healing Arts. She began teaching her simplification of higher healing using her condensed synthesis of natural approaches and communicating with the body through manual muscle checking (she called it the "wing it system" and her students named it after the outcomes from the processes Margaret taught, hence, the "Results System"). In 1995, Margaret for the first time taught the complete two parts of her guided visualization of a near-death transition to heaven and a return to earth. She named it the **Natural Process of Brain Efficiency, Parts 1 and 2**. The outcome of her guided visualization is to serve humanity as a master with **ultimate efficiency**.

Facilitation Model and Process

She taught a facilitation model with 12 categories of experience. These categories with some sub-categories contain menus of words to represent the frequency of individual metaphors. Today we will only use the names of the categories and sub-categories, which by themselves yield excellent results. They represent both portals or gates. The traveler is moving through portals (locations of patterns) and selecting keys (sources of strength to overcome obstacles) to navigate to the final destination of ultimate efficiency on earth.

The twelve categories with sub-categories are:

1. Tunnel: Life Review
2. Heart: Love, Peace, Knowing
3. Trust
4. Light: Surrender, Acceptance, Purification
5. Recognition of Perfection: I, We
6. Gate to Oneness
7. Oneness: Unification, Training Program, Assignment
8. Carrying Out Assignment
9. Specialized Relevance
10. Equal Relevance
11. Irrelevance
- 12. Ultimate Efficiency**

The subject or client may choose to take a relationship or particular focus with them through the journey. The process is one of identifying what portal represents a priority pattern in the journey of self-healing. Any relevant information is obtained and the key of strength is then identified to overcome the obstacles to ultimate efficiency.

A learning menu, completing menu or not

In the training, a superimposition of the sources of strength over then obstacles is meditated on to dissolve any unwanted excess stress. Adapted from neurolinguistic programming one palm placed over the other serves to diffuse stress. Of course, any completing or learning menu may be used or not. Muscle checking confirms where the subject has moved forward to in the journey to ultimate efficiency in relation to the relationship or particular focus brought with the subject or client on the journey.

What does ultimate efficiency mean? It means simultaneously holding the space of the perfection of the imperfections of Specialized Relevance (we all have special gifts and talents and appreciate them), Equal Relevance (we are all equal before the eyes of the Creator whether we be judge or janitor) and

Irrelevance (10,000 years from now whether you are wearing sandals or shoes will not be significant). The benefits of holding these energies at the same time represent ultimate efficiency or a place of space and time giving one more resources to reflect on choices and options on how to respond to events.

Maybe it will work for you to assist you in co-creating the world you would like to live in and celebrate with others and who we truly are. Please enjoy the demonstration and I hope you will consider playing with this metaphor process. As a validation, I suggest you watch the movie released on April 16, 2014 and based on a true story and book. Both are titled ***Heaven is For REAL***. With such a convergence of Margaret's near death documented experience and this four year-old boy's documented experiences, perhaps together they might hasten mainstream acceptance of supersensible experiences and precipitate a transformation a wave of consciousness in the way Victor Hugo described "There is no army that can stop an idea whose time has come."

Like Dr. Zhang Sha explains in closing a session with "Thank you, Thank you, Thank you" we are thanking the Divine, the participants, and ourselves and relations.

ThOmas MartIn TegTmeyer, Instructor/Consultant,
Ultimate Wellbeing EDUCATiON mieux-être ultime

ThOmas is a certified Touch For Health™ and Metaphors, and licensed Brain Gym® International instructor/consultant. He instructs fitness for the Victoria Order of Nurses SMART® program in French. ThOmas promotes inexpensive organic daily mega-nutrition at trade shows and to schools using a sprouter dome system. He is a volunteer member of a Kingston region Workplace Wellness Network.

For more than 35 years in Canadian government in economic, cultural and social portfolios, he was investigating anti-dumping, and official languages complaints, recommending cultural funding, instructing conflict resolution, and assisting the Canada Pension Plan.

He has been studying many natural holistic healing arts for 30 years. For 22 years, he instructed wellness at Headquarters offices. Influential teachers include: Moy, Lin-shin, Margaret A. Kean, and Sheldon Deal.



eInstructus Teaching and Marketing

By Earl Cook

eInstructus is a software application that Earl Cook has created since becoming a Touch for Health Instructor. The software is a direct result of the challenges that instructors face in attracting students, creating classes, managing rosters and tracking student progress. It is a multi-functional tool where information is entered one time and then used repeatedly for marketing, enrollment, rosters, billing, emails and letters.

The purpose of this presentation is to demonstrate a software tool that has been specifically created for Touch for Health Instructors to help them manage prospects, classes, rosters and student records and marketing.

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BALANCING IONIZATION

by

Sheldon C. Deal, D.C., NMD, DIBAK

ABSTRACT: Herein lies a method of balancing positive and negative ions by the use of mineral supplementation. A distinction is made whether the problem is due to too many positive ions or not enough negative ions; conditions which were previously treated as the same problem. Or could it be the other way around, meaning too many negative ions or not enough positive ions. This balancing is accomplished by using four ® different kinds of minerals which include tow (2) types of calcium and two (2) types of potassium.

HISTORICAL:

It was Dr. George Goodheart who first made us aware of ionization as it pertains to Applied Kinesiology by his famous example of chronic clonic tonic intermittent torticollis. He stated that if he had the patient breathe in through one nostril only for one hundred or more times it would afford the patient a period of relief from this devastating condition. This was based on the conclusion that the right nostril specialized in positive ions and the left nostril specialized in negative ions. The treatment was very affective but of short durations because when the patient resumed breathing through both nostrils, the preponderance of one ion or the other was lost. At that time there were comments to the affect, it was not by accident that the human body was designed with two nostrils rather than one. When the comment was made that we would look funny if we only had one nostril, the person was reminded that we would not look funny if everybody one had one nostril instead of two, because we would not know it any other way.

In the field of otolaryngology it has been shown by instrumentation that the nasal cycle changes approximately every 20 minutes, meaning that we receive a preponderance of our air we breathe in through one nostril for 20 minutes and then it changes over to the other nostril for 20 minutes, etc., etc.. This would explain why we all have had the experience of having one nostril occluded during an episode of acute rhinitis only to find that suddenly, with no apparent explanation, the occluded side opens up and the previous patent side becomes occluded. This research also showed that the amount of air passing through the nostril was not dependent on nor in proportion to the size of the lumen of that nostril. This same instrumentation showed that positive ions came through the right nostril and that negative ions came through the left nostril. Thus, it became established that the turbinates of the right nostril form an ionization chamber specializing in positive ions and the turbinates of the left nostril form an ionization chamber specializing in negative ions.

OBSERVATIONS:

The above data is a good basis for why it is important for us to have a balance of positive and negative ions in our body to start with. There are many conditions in our world where we are exposed to a predominance of either positive or negative ions. Such is a weather front moving through the area where we live, which is preceded by an abundance of positive ions and succeeded by an abundance of negative ions, or being around electrical equipment or internal combustion engines which give off an abundance of positive ions. If we have a balance of ions in our body to start with, then we are not bothered by a temporary exposure to a preponderance of one kind or another of ions. But if we have an imbalance of positive or negative ions to start with and then we are exposed to a condition such as described above, a preponderance of one kind or another of ions, we then become further imbalanced as the original condition becomes exaggerated.

Another interesting observation in the field of personology is that people who are predominantly negative in their habits, attitudes, and personality have a larger opening of the left nostril and people who are predominately positive in their habits, attitudes, and personality have a larger opening of the right nostril. The idea is that we need a balance in our lives and, therefore, we ideally should have equal sized nostrils.

In applied kinesiology it has been established that if a patient breathes in through the left nostril and out through the right nostril and this weakens a previously strong indicator muscle, that patient is low in positive ions. An interesting observation in this patient is that they will therapy localize with the palms against the body only. If the condition is reversed, meaning that breath in through the right nostril and out through the left nostril weakens a previously strong indicator muscle, that patient is low in negative ions and will therapy localize only with dorsum of the hand against the body.

So for therapy localization purposes only, it is important to establish whether or not there is an ionization problem in the patient. I have had a few patients who were low in negative and positive ions and, hence, would neither therapy localize palms up or palms down! When you fix this kind of patient that other doctors have failed on, you are a hero.

The obvious advantage here is, if you will establish ionization first in your patient, then you do not have to therapy localize everything twice, meaning once palms up and once palms down.

I have had some remarkable success with patients who indicated to me that their symptoms came only when it rained or that they felt particularly elated or particularly depressed at the beginning of a storm or at the end of a storm, or that weather changes always made a difference in how they felt, just by checking and correcting ionization.

As mentioned earlier, the original correction for this condition was to have the patient breathe in through one nostril only according to which side they showed a need. More recent investigation shows that breathing in through the right nostril only activates the left brain and, thus, is conducive for stressing left brain activities and vice versa, meaning; breathing in through the left nostril only activates the right brain and is conducive for stressing right brain activities. The catch to all this is that it has a temporary effect only.

It was Dr. John Stoutenburg who established in the early 1970's that the taking of calcium would provide positive ions and that the taking of potassium would provide negative ions. The big advantage being that now the correction would last longer.

Once when I had presented the above evidence in a lecture at the University of California at Davis Medical School, I was asked why did that work since calcium and potassium were both positive ions. My answer was that since calcium had a valence of plus two and potassium had a valence of plus one; calcium was twice as positive as potassium and potassium was twice as negative as calcium, and, thus, the difference was a relative one. To date, I have not found a better answer and, therefore, I still use that same explanation.

CURRENT OBSERVATIONS:

Since I do a tremendous amount of work with nutrition in my office and I have been exposed to the work of Dr. Herschel Robertson from Higginsville, Missouri, I became aware that there is a difference between having too many negative ions or not enough positive ions, which previously was treated as the same condition.

This can be established kinesiotactically by having the patient breathe in through one nostril only and testing your indicator muscle and then having the patient breathe out through one nostril only and testing your indicator muscle. Whereas before this was all one test. Now we can establish if the condition is due to too few positive ions (breathe in through the right nostril only) or is the condition due to too few negative ions (breathe out through the left nostril only) or it could be due to too few positive ions (breathe out through the right nostril only.)

It has been established that one form of a particular mineral has a positive reaction in the body, whereas another form of the same mineral has a negative reaction in the body. It was on this basis that I established which form of the mineral to use by breaking down the ionization testing into about four (4) parts. By following these methods, I found that the condition of too many positive ions would respond to potassium gluconate, but would not respond to potassium citrate, for example. I found that the condition of too many negative ions would respond to calcium gluconate, but would not respond to calcium lactate,

another example. I also found that the condition of too few positive ions would respond to calcium lactate, but would not respond to calcium gluconate, another example. I keep saying for example because there are other forms that will work also.

For the purpose of learning this phenomenon and using these principles in your office, I have devised the attached chart.

CONCLUSION:

We now have a kinesiological method of more precisely balancing the ions in the body and the minerals used to do so not only bring about a lasting effect, but also greatly help to balance the patient's chemistry. We previously knew that the acid or negative calcium lactate was preferred if the urine Ph was over 6.4 and that the alkaline or positive calcium gluconate was preferred if the urine Ph was under 6.4. So now we have another piece of the jigsaw puzzle to help us determine kinesiologically which calcium to use. Not only can we help our patients by choosing the correct form of calcium or potassium, we also help the assimilation of all their nutrients because we are changing the Ph of the body to a better level.

Dr. Deal was one of the original dirty dozen, along with Dr. Goodheart, who formed the International College of Applied Kinesiology. He was president of the College from 1978 to 1983. He was president of the I.C.A.K. Board of Examiners for 20 years, and he is still on the Board of Examiners. He has taught kinesiology classes in Russia, Australia, and 12 countries in Europe and England, not to mention the classes locally in the United States. He has written 4 books, two on nutrition and two on kinesiology. He is the head physician at Swan Clinic of Natural Healing in Tucson, Arizona, which boasts a staff of 20 people, including six doctors. Dr. Deal is a naturopathic physician and, also, is a chiropractic physician. He and his wife, Cindy, have four children and 10 grandchildren. He is frequently found lecturing to lay groups, as well as to professional healthcare providers.

NASAL IONIZATION AND MINERAL BALANCE

Condition:	Indicator muscle changes when patient breathes:	Corrected by:
Excessive	In through the left nostril	<u>Positive Calciums:</u> Calcium Oxide Calcium Carbonate Calcium Gluconate
Deficient Positive Ions	Out through the right nostril	<u>Negative Calciums:</u> Calcium Lactate Di Calcium Phosphate
Excessive Positive Ions	In through the right nostril	<u>Positive Potassiums:</u> Potassium Oxide Potassium Carbonate Potassium Gluconate
Deficient Negative Ions	Out through the left nostril	<u>Negative Potassium:</u> Potassium Citrate Potassium Aspartate



The Resilience Advantage

By Henry J. Novak, J.D.

Certified HeartMath Trainer

Introduction

This one-hour workshop will present fundamentals of the Institute of HeartMath's highly regarded Resilience Advantage program. This program, now presented in over 50 countries, is currently used by hospitals, corporations, police and fire departments, correctional institutions, professional athletes, military and Special Forces, has been proven to promote increased personal resilience and energy levels; diminish symptoms of stress; increase the ability to focus, solve problems and think more clearly under pressure; and to improve reaction times and coordination.

For well over 20 years, HeartMath has researched the dynamic functioning of the heart and its relationship to optimal functioning of the human body. Its Research Center, along with independent researchers and universities, have published numerous studies validating the HeartMath System, including studies published in numerous peer-reviewed journals such as *The American Journal of Cardiology*, *Global Advances in Health and Medicine*, *Stress Medicine* and the *Journal of the American College of Cardiology*, and many more.

The workshop participants will be given an overview of the HeartMath research on the physiology of resilience and will receive instruction on one (or more, depending on time) of the HeartMath techniques for achieving resilience-building physiological coherence and instruction on the practical day-to-day application of the techniques.

A brief synopsis of the basics of the research will provide conference attendees with a basic understanding of the technology of the HeartMath system and the technologies involved.

Resilience

Resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. Although often assumed to be a trait of an individual, resilience is best understood as a *process* because it is descriptive of an individual's state of positive emotionality *over a period of time*. We all experience a wide range of emotions during a typical day, some of which lift our energy, such as gratitude or love, and others of which wear our energy down, such as frustration or anxiety. How we react to a challenging or stressful event is a function of how much resilience we have, on balance, at any given point in time.

To illustrate, think of your resilience as the amount of energy you have stored in an inner battery—energy you have to use mentally, emotionally or physically. When you have a fully charged inner battery you have a greater capacity to remain calm, to think clearly and to be in control of your

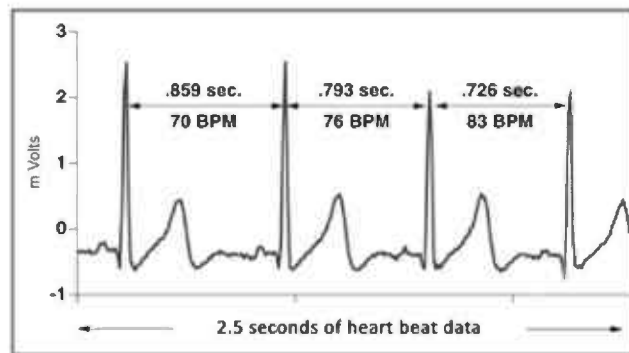
emotions and not overreact. You can more easily “roll with the punches” and flow through challenges rather than become stressed out, which further drains your energy reserves. But when your inner battery is depleted and there isn’t energy to draw from when you need it, it’s difficult to be at your best and respond well in difficult yet very ordinary situations.

It’s a fact that for most of us it is our tendency is to expend more energy during a typical day than we recover – and thus the drain on our inner battery. It’s the constant energy expenditure we endure *without adequate renewal* that leads to diminished resilience. A key in building and maintaining resilience is managing how we spend and renew our energy. And the Institute of HeartMath has developed effective and powerful tools for managing the stress, challenges and adversities of everyday life.

Physiology of Resilience

A. Heart Rate Variability

The heart at rest was once thought to operate much like a metronome, faithfully beating out a regular, steady rhythm. Scientists and physicians now know, however, that this is far from the case. Rather than being monotonously regular, the rhythm of a healthy heart – even under resting conditions – is actually surprisingly *irregular*, with the time interval between consecutive heartbeats constantly changing. This naturally occurring beat-to-beat variation in heart rate is called heart rate variability (HRV) and is a measure of the beat-to-beat changes in heart rate. The below diagram shows three heartbeats recorded on an electrocardiogram (ECG) over a 2.5 second period of time. The variation in the time intervals between consecutive heartbeats gives a different heart rate (in beats per minute) for each inter-beat interval.

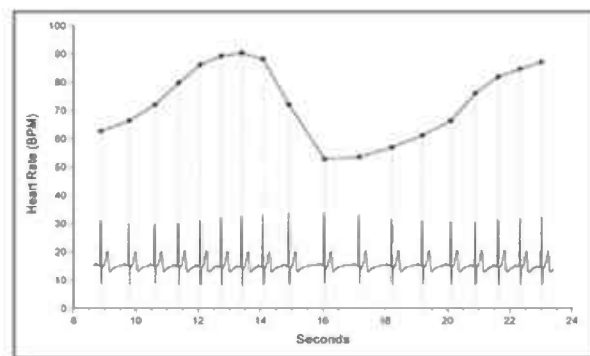


This normal variability in heart rate is due to the synergistic action of the two branches of the autonomic nervous system (ANS), the sympathetic and the parasympathetic, which are stimulated by the emotions we experience. The sympathetic branch acts to accelerate heart rate, while the parasympathetic nerves (primarily through the vagus nerve) slows it down. These two branches of the ANS are continuously interacting one another to maintain cardiovascular activity in its optimal range and to permit appropriate physiological reactions to changing external and internal conditions. The analysis of HRV therefore serves as a dynamic window into the function and balance of the autonomic nervous system.

HRV is an important indicator of physiological resilience and behavioral flexibility because it reflects our ability to adapt effectively to stress and environmental demands. Just as the shifting stance of a tennis player preparing to receive a serve may facilitate swift adaptation, the heart in healthy individuals remains primed with resiliency and ready to respond to its inner and outer environments.

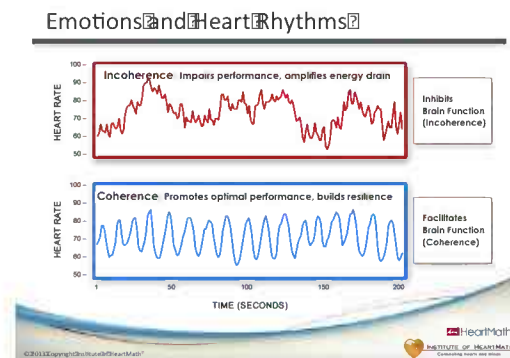
B. Heart Rhythm Patterns and Emotions

Many factors affect the activity of the ANS, and therefore influence HRV. These include our breathing patterns, physical exercise, and even our thoughts. One of the most powerful factors that affect our heart's changing rhythm is our feelings and emotions. The below graph shows a varying heart rate (at the bottom) plotted over 24 seconds of time and producing shape of the waveform (at the top) called the heart rhythm pattern.



The emotions we experience directly affect our heart rhythm pattern - and this, in turn, indicates a great deal about how our body is functioning.

In general, emotional stress brought on by emotions such as anger, frustration, and anxiety stimulate the sympathetic branch of the ANS and give rise to heart rhythm patterns that appear irregular and erratic: the HRV waveform looks like a series of uneven, jagged peaks called an incoherent heart rhythm pattern. (See upper graph of the below chart) Physiologically, this pattern indicates that the signals produced by the two branches of the ANS are out of sync with each other and can cause our body to operate inefficiently, deplete our energy, and produce extra wear and tear on our whole system. This is especially true if stress and negative emotions are prolonged or experienced often.



In contrast, positive emotions send a very different signal throughout our body. When we experience uplifting emotions such as appreciation, joy, care, and love; our heart rhythm pattern becomes highly ordered, looking like a smooth, harmonious wave (See bottom graph of above chart). This is called a coherent heart rhythm pattern. When we are generating a coherent heart rhythm, the activity in the two branches of the ANS is synchronized and the body's systems operate with increased efficiency and harmony.

Coherence: A State of Optimal Function

Generating sustained positive emotions facilitates a body-wide shift to a specific, scientifically measurable state. This state is termed psychophysiological coherence, because it is characterized by increased order and harmony in both our psychological (mental and emotional) and physiological (bodily) processes.

Psychophysiological coherence is state of optimal function. When we activate this state, our physiological systems function more efficiently, we experience greater emotional stability, and we also have increased mental clarity and improved cognitive function; our body and brain work better, we feel better, and we perform better. In this state we are renewing and increasing our resilience.

Physiologically, the coherence state is marked by the synchronization of the two branches of the ANS with one another, and an overall shift in autonomic balance toward increased parasympathetic activity. Most importantly, there is increased synchronization between the activity of the heart and brain.

A. The Role of Breathing

The HeartMath system incorporates breathing techniques to create psychophysiological coherence. Because breathing patterns modulate the heart's rhythm, it is possible to generate a coherent heart rhythm simply by breathing slowly and regularly at a 10-second rhythm (5 seconds on the in-breath and 5 seconds on the out-breath). Breathing rhythmically in this fashion can thus be a useful intervention to initiate a shift out of stressful emotional state and into increased coherence. However, this type of cognitively directed, paced breathing can require considerable mental effort and is difficult for some people to maintain.

Paced breathing is not, however, the primary focus of the HeartMath system, and HeartMath tools should therefore not be thought of simply as teaching breathing exercises. The main difference between the HeartMath tools and most commonly practiced breathing techniques is that the HeartMath tools focus on the *intentional generation of a heartfelt positive emotional state*. This emotional shift is a key element of the techniques' effectiveness. Positive emotions stimulate the bodily system to move into its natural resonant frequency and thus to enable coherence to emerge and to be maintained naturally, without the necessity for continuing, conscious mental focus on one's breathing rhythm. Input generated by the heart's rhythmic activity is a major factor affecting our breathing rate and patterns. When the heart's rhythm shifts into coherence as a result of a positive emotional shift, our breathing rhythm automatically synchronizes with the heart, thereby reinforcing and stabilizing the shift to system-wide coherence.

The positive emotional focus of the HeartMath techniques confers a much wider array of benefits than those typically achieved through breathing alone. These include deeper perceptual and

emotional changes, increased access to intuition and creativity, cognitive and performance improvements, and favorable changes in hormonal balance.

The critical element of achieving success in achieving on-going coherence and renewing and maintaining resiliency is to learn how to *self-activate and eventually sustain a positive emotion*. For many people this may take some time. Nonetheless, once one has grown accustomed to generating coherence through rhythmic breathing and has become familiar with how this state *feels*, they can then begin to practice breathing a positive feeling or attitude through the heart area in order to enhance their experience of the HeartMath tools and their benefits. Eventually, with continuity of practice, most people become able to shift into coherence by directly activating a positive emotion.

Henry Novak is a Certified HeartMath trainer and coach and a former federal criminal prosecutor. He lives in Austin, Texas



The Eyes Have It: Using Eye Codes to Unlock the Hidden Mysteries

By Dr. Phyllis Books

Have you ever been to a chiropractor only to have the adjustment “fall out” again very quickly?

Have you ever talked yourself into a new behavior and then been appalled at your lack of follow through? In both examples, the therapy failed because the root cause of the mis-alignment or self-doubt was never addressed.

I’d like to share with you a very valuable tool I combine with muscle monitoring to create long term changes in clients. Changes that are not accessible to the client or the practitioner by setting a goal for the session or by other Touch for Health or Brain Gym tools.

Eye Codes: Accessing issues embedded in the body and the subconscious

Using Eye Codes it becomes possible to elicit long term change by accessing neurology pathways that are “blocked” by deeply embedded subconscious interference. Frequently after traumas or shocks, we find ways to compensate for the damage that has been done. Like a re-routed stream of water cutting a path through the earth, trauma causes changes to natural neurological pathways resulting in deeply embedded “holding patterns”. Eventually, these compensating patterns become the “easy” way for the neurological signals to flow. Eye codes help return the flow to the correct path, and in a way that the body can hold, to create lasting change.

Eye codes work at the level of the primitive (reptilian) brain. Words and explanations of the cognitive brain are useless when working at this level. This part of the brain deals in images, dreams, and body behavior. During sessions, information may be released from the primitive brain, travel through the limbic brain and come up the cognitive brain where it can be processed. Eye codes energetically pull aside layers of trauma, freeing up bound neurological pathways so that processing and reconnection can be made allowing for deep healing.

The beauty of eye codes and Books Neural Therapy (BNT) or other therapies is that they work in a gentle and subtle way. Because of this, clients are not required to recognize, talk about, or re-live past traumas in any way for healing to occur (although some patients will feel emotional and need to talk at times).

There are sixteen eye codes used in most of BNT procedures. For successful and lasting change all eye codes need to be addressed. The sixteen eye codes are layered into each procedure (unless otherwise noted).

Table for the 16 Eye Codes

O = eyes open, C = eyes closed, ITD = "in the dark", VC = visual center, BC = body center

1. O 5. O + VC 9. O + BC 13. O + VC, BC

2. C 6. C + VC 10. C + BC 14. C + VC, BC

3. O ITD 7. O ITD + VC 11. O ITD + BC 15. O ITD

4. C ITD 8. C ITD + VC 12. C ITD + BC 16. C ITD + VC, BC

To use eye codes, muscle monitoring is performed as specified for the procedure in all eye code modes. So while you are monitoring the muscle you are saying to the client **"eyes open"**, **"eyes closed"**, **"eyes open, think in the dark"**, and **"eyes closed, think in the dark"**. Re-alignments are made for each and every instance there was muscle weakness. (Types of realignment will vary depending on the modality you are utilizing.) During re-alignment, remind the client of the mode you are correcting for; i.e. **"eyes open thinking in the dark"**. Visual center (VC), body center (BC) and both (VC, BC) are therapy localizations added to each of the four eye codes (#1-4), to make a total of sixteen eye codes as described in the above eye code table. Following are more details on each eye code.

Note: Always be sure the client continues to breathe naturally throughout all eye code muscle checks. Model proper breathing (long, deep, and audible) to your client by asking them to breathe with you.

Eyes open

This mode accesses everyday consciousness.

Be sure to say **"eyes open"** at the beginning of each muscle test and during any necessary re-alignments for this mode.

Eyes closed

This mode accesses events where the client's eyes were literally closed as when sleeping or, otherwise unconscious or unaware. Even though the client may have been unconscious, traumatic events occurring in this state may be held somewhere in the body.

Be sure to say, **"eyes closed"** at the beginning of the muscle test. The client should keep their eyes closed during muscle monitoring and any necessary re-alignments for this mode.

Eyes open “in the dark”

This mode accesses events where the client was wide awake and fully conscious, but literally or figuratively “in the dark”. Usually it is something they were “in the dark” about, or going on all around them, but still outside of their awareness. An example might be family stress, such as financial problems or death of a relative, impacting a small child.

Other times it is something the client didn’t see coming, such as a car accident, falling off a bike, or even harsh words that resulted in a shock to the nervous system.

Be sure to say, “**eyes open, think in the dark**” at the beginning of the muscle test and during any necessary re-alignments for this mode. You don’t have to literally make the room dark, but you and your client need to think “in the dark” during the process.

Eyes closed “in the dark”

This mode can access events that occurred when the client was sleeping or unconscious. Usually, however, it accesses events that contained a high amount of input information at a time or place where it could not be properly processed, small child with alcoholic parents, consciousness does not have experience to process the event, OR in a class when you are “full” of information and anymore cannot be handled as adult handle it later, so the system became overloaded or shut down entirely. The events accessed here, are often the ones with the greatest impact on the nervous system. In fact, they may be so significant that they weren’t processed at all, and simply put aside to “deal with later”. Here is where the unfinished business of the nervous system lies.

These events may prohibit the client’s ability to move forward in life for reasons that are not recognized or understood, because they are buried so deep. Be sure to say, “eyes closed, think in the dark” at the beginning of the muscle test and during any necessary re-alignments for this mode.

Eye Codes Plus Visual Center

The visual center is a therapy localization area near the occipital (visual) lobe of the brain. It helps the body “see” or process the old information and update it with new or corrected information. The visual center is on the back of the head between the ears and possibly associated with that the basal ganglia and cerebellum.

After the four neutral eye codes (above) have been checked and re-aligned, the process is repeated with the client’s, or your hand firmly on the visual center.

You can relax the hand away from the visual center between muscle tests, but it should be in place along with reminding the client of the eye code while performing muscle checks and re-alignments.

Eye Codes Plus Body Center

The body center is a therapy location area near the tailbone or sacrum. This area is where old information is stored in the body, or where events can't be seen from all angles.

After the four neutral eye codes, and neutral codes plus visual center (above) have been checked and re-aligned, the process is repeated with the client's, or your hand firmly on the body center. You can relax the hand away from the body center between muscle tests, but it should be in place along with reminding the client of the eye code while performing muscle checks and re-alignments.

Eye Codes Plus Visual Center and Body Center

Finally, all four eye codes are used with BOTH therapy localization areas (visual and body centers). This ensures that all areas are communicating with each other and properly integrated. Even though VC and BC are "clear", the new information needs to be connected so the body understands all the changes.

When using the client's arm for these muscle checks and re-alignments, it is necessary to use pause lock (see below), to "lock in" the visual and body centers. Once the centers are "locked in", the contact with the visual and body centers are held in the system, so hands do not have to be used for therapy localization. The four eye codes are then checked and re-aligned as necessary. Undo the pause lock before continuing on to the next procedure.

With one hand on the client's LCCR and one hand on the ankle, apply pressure and ask client to hold their leg strong. Then say "**eyes open**", "**eyes closed**", "**eyes open, think in the dark**", and "**eyes closed, think in the dark**". Re-align for each eye code where the leg went weak saying the code to remind the client during re-alignment.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Next, ask the client to place one hand on the visual center and repeat the process.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Now, ask the client to place one hand on the body center and repeat the process.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Finally, have the client place one hand on the visual center, and one hand on the body center and repeat the process. (During procedures where the arm is used for muscle monitoring, the visual and body centers should be "paused locked" so that the client's arm is available for monitoring).

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Eye Codes—Key Points

Eye codes are key to clearing events that are deep in the nervous system and can impact learning, behavior, and other issues.

Eye codes cannot be used with an emotion (e.g., love, sadness), because that involves a different area of the brain.

When working with infants, a surrogate or you can do the eye options while realigning the child.

Eye Codes are an integral part of Books Neural Therapy, a non-drug, multi-disciplinary intervention program for learning and behavior issues. They are also useful for the aging population and many issues where there is something “other than conscious” affecting the client's sense of well-being. Regardless of the Touch for Health or Brain Gym modality, eye codes can provide yet another access point to uncovering a treasure chest full of information that can result in less stressed nervous systems and happy outcomes.

Contact information:

Dr. Phyllis Books, MA, DC, CCN

Books Family Health Center

12412 Mossy Bark Trail

Austin, Texas 78760

Ph: 512 331-0668 or 512 560 7888

Fax: 866 490 9269

Website: www.drphyllisbooks.com

Email: drbooks@drphyllisbooks.com

Time	Thursday July 3		Friday July 4	Saturday July 5		Sunday July 6		
9:00		Self Care TFH Style a community event	Kelsha Wisniewski	Paul Hubbert	Pammyla Brooks	Dr. Sheldon Deal		
9:30			Panel of Experts: Topic Holistic approaches to PTSD	Dr. Vincent Bellonzi	Darcy Lewis	Henry Novak		
10:00				Jan Cole	Larry Green			
10:30					Dr, John Martin	Dr. Phyllis Books		
11:00				Vendors	Arlene Green			
11:30								
NOON	Lunch							
12:30	REGISTRATION	Free Time	Earl Cook	Kerryn Sedgman	Sheila Mitchell			
1:00			Adam Lehman	Joy Connor	Thomas TegTMeyer			
1:30					Earl Cook			
2:00			Break	Venders	Venders			
2:30					Brian Haraga		Lee Lawrence	
3:00			Annual TFHKA Membership Meeting	Matthew Thie				
3:30								
4:00								
4:30								
5:00								
5:30								
6:00			Free Time	Meet & Greet	Free Time		Free Time	
6:30								
7:00 pm - 10:00pm	Dinner w/ Keynote Speaker - Dr. Jerry Wesch	Saturday Night Banquet with Patrick Knue & Live Auction						