



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.

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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.