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HOLISTIC SYNERGY™ LEVEL ONE Emotional EnergyWork

I. Introduction to Holistic Synergy.

- A. Holistic Synergy is the interpretation, balance and the creation of flow in the energy fields of the body, emotions, mind and spirit. The majority of Holistic Synergy work deals with the subtle energies of the body through hands-on work. By working with and attuning to the Universal Divine Energy, the Synergist will direct a healthier flow of energy into that part of the body needing the most attention. Specific areas of the body, such as the heart, solar plexus, and brain are given greater attention. Using a prescribed manner, the Synergist works with the energies to bring balance and harmony to the physical, emotional, mental, and spiritual energy fields. Guided participation by the client is encouraged. All negative energies are released out of the body and replaced with positive, healthy energies and thought forms.
1. The energy fields that we work with are as follows:
 - a. Physical - contact to one inch from the body.
 - b. Emotional - 2 to 3 inches.
 - c. Mental - 4 to 5 inches.
 - d. Spiritual - 6 inches from the body.
 - B. Have you ever noticed that when you are angry or fearful that you feel awful?
 1. This is how the emotions interacts with the body.
 - a. The thought process affects the emotions which affects the body. This completes the cycle and allows for the possible onset of dis-ease.
 2. This is how your body reacted to your emotions - in the past.
 - a. You must learn to look at reacting as "RE"-
"ACTING".
 - b. It is emotionally healthier to learn to respond rather than to react.
 - (1) To respond means to be at conscious choice
in all of your decisions.
 - (2) To react means to be the victim to other
peoples' beliefs, and
also to give them permission to "pull your
strings."
 - (3) Responding means to be empowered; whereas

- reacting means that you
have allowed others to take your power away.
- c. In order to respond, you must learn to view how
things are happening in your life from
a different perspective.
- (1) All that is in your life is as a result of
YOUR perspective alone.
- (2) Whether you limit yourselves by reacting, or
empower yourself by
choosing to respond, creates the perspective
from which you view all of your life
circumstances.
3. Re-Acting is RE(peat) ACTING of situations that have
happened to you, in another form, in your past.
- a. All experiences that have occurred in your life,
happened in the first seven years in
some way, setting up all of your life programs.
- (1) (Be careful in making any judgements when
working with someone
using this perspective. Things can be
translated, or be interpreted in strange
ways, because IT IS THE CHILD'S MIND that
you are dealing with. It is the child that
interpreted what happened in the first seven
years of her life, and can be vastly
different from how the adult's perception of
it is.)
- (2) Alter the perception and healing comes
about.
- b. You are then reacting in a need-y way to your
childhood anchors.
- (1) You are in need of repeating the issues of
the first seven years of your
life, so that you can then clear up the
karma attached to these issues.
- c. From this point on, you are reacting to learned
emotional patterns and thought
processes.
- (1) Identify the problems within yourself.
- (2) Become aware of what is happening to you
when you feel a certain
way.
- (a) When you get "agita", are you aware of
what is eating you?
- i) See picture on the next page!***

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- C. Working with the source of emotional issues in the body and/or the mind.
 - 1. Energetically, they can be sensed in the body.
 - a. From this knowledge of the energetic placement of the issues in the body organs, it is then possible to do some healing detective work, and discover the source of the issues.
 - b. You can also choose to do the healing on a conscious level. Through hypnosis, NLP, past life regression, or some form of counseling, you can heal the issues on a conscious level as well.
 - 2. Once the energies are identified in the body, it is possible to break up the energy blocks, or calcification, caused by years of negative thoughts, words and experiences.
 - 3. Once they have been dissolved, you can then eliminate them from your body.
 - 4. Then, replace them with new, positive and healthy energies and thought forms.
- D. Meditation. BEING THE OTHER PERSON.
 - 1. With a partner, sit facing each other in a comfortable position. Be far enough away from the other people in the class so as to be separate from their energies. Make a decision as to who will be the first person to be "read" And who will do the sensing for energy blocks.
 - a. Progressive Relaxation for both people - meditation. Redo a second time.
 - 2. Discussion.
 - 3. This is how you can become open to the feeling of the energies in another person, and eventually to yourself.
 - a. By sensing blocks, pressure, tingling, or any other kind of inconsistencies in the other person's body, you will be able to ascertain as to where to start the healing process. When you are completely comfortable with your ability to "feel", you will find that images, thoughts or concepts can come to you at the same time. These are the clues concerning what is happening in the other person's body. Always make suggestions. Allow the client to tell you what is really happening. You MUST learn how to pose the question, or statement, that describes what you are experiencing so that the other person feels comfortable. Be careful in how you say things!!!! Be responsible and responsive!!

II. Introduction to Emotional Healing- Level I

A. Short circuiting

1. Negative emotions short circuit your ability to respond to situations in life.
 - a. Fear
 - b. Guilt
 - c. Anger
 - d. Resentment
 - e. Regret
 - f. Desire for revenge
2. These all have the ability to short circuit what you want in life.
3. Positive emotions enable you to accomplish your desire to be happy, successful and be all that you can be in life.

B. Awareness.

1. This is the first step. Once you become aware of what is blocking you from having what you want, you can do something about it.
2. The technology now exists to neutralize negative feelings and emotions, and allow you to have all that you want in life.

C. Self Awareness.

1. How aware of your own feelings and emotions are you?

a. Creative Exercise.*#*

(1)

(a)

(b)

(c)

(d)

(2)

(a)

(b)

(c)

(d)

(3)

(a)

(b)

(c)

(d)

(4)

(a)

(b)

(c)

(d)

(5)

(6)

(7)

(8) _____

(9) _____

(10) _____

(11) Your obvious fears and emotional views that
you need to take
responsibility for:

2. Meditation-"Getting In Touch With Your Emotions."***

D. Responsibility.

1. NEW DEFINITION FOR RESPONSIBILITY

a. Your "ability" to "respond".

b. Responsibility means power.

(1) If you give up responsibility, you give up
your power. If you blame
others, you give away your power. What
happens is, when you "blame them" or "give
them responsibility" for what has happened,
you make yourself a victim with no power to
fix what is wrong.

(2) If you are responsible, you have the power
and the "ability" to respond
to anything that you want and accomplish it.

2. When you were a child, you learned that responsibility
meant blame. If you were responsible, you
were at fault, guilty, or the cause of the problem.
This is why you learned to give others
"responsibility". In doing so you "gave them your
power" and "gave them control over you."

3. If you can then accept responsibility and say, "I had
the power to make this go wrong BUT, I also have
the power to fix it". Now you are in charge of your
own life.

4. Taking responsibility for yourself also entails taking
responsibility for your own thoughts, words
and actions. You must realize that your words often
activate the reactions that you find so annoying in
other people.

5. Taking responsibility for yourself also entails taking
responsibility for your thoughts. Your
thought process is what shapes your words, feelings
and actions. If you are thinking and experiencing
negative and destructive thoughts, you will find that
your actions reflect this way of thinking.

6. One thing that we often forget, is that we bring our
learning lessons into our lives. If we repeatedly

face the same fears, or the same type of people, or the same destructive situations, if we are always in the same rut, we must clearly understand that these are learning lessons that we have brought to us to correct something within ourself. We must take responsibility for them!

7. If we accept all of these responsibilities, then we must also realize that when we come upon a negative or destructive situation, we must be willing to act, upon examining the situation in a detached manner, so that we can see how and why we brought it to ourself.
8. In following the above acceptance of responsibilities, we must also accept the ability to respond and change them.
9. If you choose NOT to take responsibility for the above, you then accept the responsibility for having your life the exact way it is.
10. This is a quote from Gerald G. Jampolsky's book "Love Is Letting Go Of Fear."
11. AGREEMENT FOR TAKING RESPONSIBILITY OF YOUR OWN LIFE.*#*
- a. Look at next page!

LUNCH!!!!!!

AGREEMENT FOR TAKING RESPONSIBILITY OF YOUR OWN LIFE.

- 1 I agree to take responsibility for all of my own actions, thoughts and words.
- 2 I agree to accept responsibility for the learning lessons that are brought to me in this life time.
 - a In doing so, I accept the responsibility that my energy and desire to grow has brought me all of these learning lessons.
 - b In accepting this responsibility for my learning lessons, I accept the responsibility to be able to change and alter what is around me that makes me in any way uncomfortable.
 - c In accepting this, I acknowledge my responsibility to review in a detached way all learning experiences (negative situations) in my life as they occur. I determine why I have brought them to me at this time.
 - (1) I also realize that if I choose to deal with these learning experiences at a later date, I do so of my own free will. However at some point, I can acknowledge these issues that stand in my way.
- 3 I accept my responsibility and my right to have a happy, healthy, prosperous and love-filled life.

Date _____

Signature _____

III. Emotional approaches to healing.

- A. Most modalities that deal with emotional work use the physical body to produce an emotional release.
 - 1. By finding trigger points in the body, an emotional release can be brought about.
 - 2. Through physical patterns or movements, an emotional trigger point can be set off reenacting a past trauma.
 - 3. By finding trigger points in word patterns, emotional traumas can be accessed.
 - 4. By meeting and experiencing a person from a past life, you can re-experience a spiritual trigger point.
 - 5. By re-experiencing a facial expression, physical touch, etc., a person will relive an experience of trauma from the past.
 - 6. Through deja vu of a past life trauma, a spiritual trigger point can be accessed.
- B. Trigger points are physical, emotional, intellectual or spiritual experiences that have left reactions in an energy level that elicit some type of behavior.
 - 1. Trigger points can be of a positive nature, BUT we are less aware of them and we refrain from using them to our own benefit.
 - 2. Trigger points of a negative nature are the ones that make us react in negative ways. We do this so easily and seem to have no way of knowing why we do these things.
 - 3. Trigger points are also know as fears and phobias.
- C. Ability to correct trigger points or other negative behavior can be severely impaired by a problem known as switching -psychological reversal.
- D. Switching is a result of an emotional or intellectual belief system that is reversed.
 - 1. Testing for switching is done through a technique known as kinesiology.
 - 2. Switching can occur at any time but when dealing with negative behavior patterns, it is always best to check subject first.
 - 3. Switching - Client testing.
 - a. Kinesiology check for switching.
 - b. Client is standing- facing you.
 - c. Have them put their weaker hand over their navel (or solar plexus).
 - d. Have them outstretch their stronger arm with the hand forming a fist.
 - e. Ask them to resist as you push down on the arm just above the wrist.
 - f. Ask them to say "yes" and resist.
 - g. See if the arm goes down or remains in the air. (This will tell you where "yes" is.)
 - h. Ask them to say "no" and resist.

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- i. This will tell you where "no" is.
- j. Ask them to say their name. (If they are willing to work with you in good faith, then they will of course give you the "yes" signal. You can then continue.)
- k. If they say "no", you know that they are not willing to work with you at this time or they may have another birth name.
- l. Ask them to repeat out loud-"I want to have a happy life."
- m. Check the response.
- n. If you get a "no" answer, then you know that the person is switched. You will then use the "Callahan Method" to correct the switching.
- o. If the answer is "yes", the person is okay.
- p. Then ask them to say- "I want to have a miserable life."
- q. If the response is "no" they are really okay.
- r. If the response is "yes" they need work with the "Callahan Method" for switching.
- s. At this point have them put three fingers over the navel and ask the question- "Is this the source of my fears?"
 - (1) If the answer is "yes" proceed with the "Callahan Method" for switching.
 - (2) If the answer is "no" other meridians have to be checked.
 - (3) Next ask "I want to let go of my fear."
 - (4) then ask "I am going to hold onto my fear regardless of what anybody does or says."
- t. The body will tell you which statement is true.
- u. Testing in groups of two.*@*
- 4. Personal testing.
 - a. To do personal testing for switching, you need to get in touch with the subconscious mind.
 - b. Get into a relaxed position with your feet flat on the floor. Put your hand, palms down, flat on your lap.
 - c. Take a deep breath and relax. Allow all of the tension to flow out of your body.
 - d. Close your eyes and focus on the word "yes". Allow your body to choose one of your fingers to signify the word "yes". You will notice that one of your fingers either pops up or there is a need for movement in one of the

- fingers. This is the finger that for you signifies "Yes".
- e. Now, follow the same procedure for the word "no".
 - f. Next, follow the same procedure for the phrase "I don't know."
 - g. Finally follow the same procedure for the phrase "Not enough information."
 - h. You now can access the knowledge of your subconscious mind.
 - i. Be sure that you check the position of yes, no, etc. It will usually remain the same, BUT if you are in extreme conflict about the questions to be answered you will possibly get mixed messages.
 - j. Then ask the same questions as with "client questioning." Page 17.
5. Callahan Method to correct switching.
- a. Tap on the outside of the hand, directly above the little finger knuckle.
 - (1) 35 times on each hand.
 - (2) Recheck that you have corrected the problem.
 - (3) If not, redo the above method.
- E. Dealing with fears and phobias.
1. The person involved has to want to let go of their fears.
 2. Secondary gain or positive intention.
 - a. A person can use the fear because it is doing something for them and therefore has no desire to let go of it.
 3. Example of a person who uses fear to control and manipulate those around her. -- Fear of lack of love: the person will lay a lot of guilt trips on those they supposedly love the most. "If you love me you would have"
- F. Holistic Synergy work specifically related to fears and emotions, and how they affect the body.
1. Body chart.*#* (Next two pages.)
 - a. Discuss with reference to emotions and body organs.
 2. PROTECT YOURSELF:
 - a. The first thing that you should do before you do any kind of healing on any level is to surround yourself in an egg shaped field of white light.
 - (1) Imagine, sense or feel that an energy field of golden white light is surrounding your entire body.
 - (2) Imagine or visualize that this field is in the shape of an egg, starting at a point approximately six inches above the top of your head, continuing all the way

- around your body in all directions, ending and closing about six inches underneath your feet (even if that is underneath the ground where you are standing). For extra protection against anyone possibly trying to use your own personal energy and life force, imagine a radar dish of mirrors emanating from your naval. This will reflect all negative energy attacks or attempts to access your own energy.
- (3) Ask the Universal Energy that you have protection from all negative energies of any form especially during the healing procedures that follow, but also at all times in your life.
- (4) Make sure that you ask the Universal Energy to remove all of your own problems or discomforts before you start working on anyone else. The Universe will take all of these feelings and problems. (You can imagine rolling them into a big ball and placing them on the floor beside you.) You will continue to work on them yourself after you have finished the healing session. At this time the Universe will return them for you to do your own work.
- (5) Be constantly aware to adjust your body position so that you know when your body is in any sort of distress.
3. Energy Balancing.
- a. Client then sits or lies down.
- b. The synergist then stands behind the head of the client and the healing of the energy blocks begins.
- c. Imagine, sense or feel a glowing ball of white healing energy from the Universal Energy floating about six inches above the top of your head- right at the spot where your protective energy field begins.
- d. Allow the ball to become brilliant and vibrating with this healing Force. Focus on it for a few moments.
- e. Imagine, sense or feel a stream of white light flowing into your head at the top (the crown chakra).
- f. Imagine the energy coming down into your heart and energizing your heart and body.

- g. You will now put the thought out to the Universe,
that you will keep 20% of the
energy to enable you to continue the healing free
of fatigue or distress.
 - h. The other 80% flows down your arms through your
hands into the spots that need healing.
 - i. Imagine the energy meeting at the organ or gland
and bringing it into balance.
 - j. You then imagine or visualize the energy flowing
out of the body. Visualize it flowing
through to the bottom of the feet and out into
the floor.
4. Brain energy:
- a. Remember that emotions directly affect the brain
energy, as well as the fact that the
brain has a direct effect on the emotions.
 - b. Procedures for balancing brain energy:
 - (1) First remember that the right side of the
brain is the creative and
female side of the brain and the left is the
logical and male side of the brain.
 - (a) Be very aware of these conditions and
the physical sex of
the client (large differences in what
seems to be correct will effect all
three other levels of work although we
are now concentrating on the
emotional).
 - (2) Place index finger and middle finger of each
hand on the
temples.
 - (3) Bring the energy of the two hemispheres of
the brain into balance.
 - (4) This is the place to balance those people
who use their brains alot
(thinkers) or also people who tend to be
"spacey"
 - (5) Place index finger and middle finger of
each hand in the
indentation behind the fleshy part of the
earlobes.
 - (6) Bring the energy of the two hemispheres of
the brain into balance.
 - (7) This is the place to balance those people
who are deeply into their
feelings or are emotional.
 - (8) From this point, follow the brain chart for
balancing the energies of one
side of the brain to the other.*#* (Next
page.)
 - (9) Lastly, put one hand on the forehead and

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- the other at the base of
the skull and bring these two areas into
balance.
- (10) Allow the Universal Consciousness to
determine which side of
the brain needs the greater amount of
energy.
- (a) If you put the thought out for balance,
balance will
then be achieved.
- (11) Remember that imbalances
in the brain may
develop as you work on the client and
you can and will go back and correct them at
the end of the session.
- (12) Realize that major blocks in the brain are
the cause of emotional
imbalances.
- (13) Pay special attention to visualizing the
flow of energy out the feet.
- (14) Encourage the client to communicate any
discomfort,
visualizations, thoughts or messages. They
are all of great importance. Your rapport
with the client is very important.
- (15) Remember that you must adjust your body
position often to make
sure that you are comfortable.
- (16) Also when you are finished working on the
client, you must release any
negative energy that you may have accidentally
picked up from them, including all their
aches, pains and traumas on all levels.
5. Emotional/physical energy balancing:
- a. Follow previous procedure of 100% in- 80% out as
done with balancing brain energy.
- b. Energy usually drains down and out bottom of the
feet.
- c. Any work done must be constantly drained to keep
blockages from moving to other parts of
the body.
- (1) Feet.
- (2) Fingertips.
- (3) Shoulders and above out fingers.
- (4) Make sure you also do work on kidneys.
- (5) Above the waist drain at kidneys then down
to coccyx and out bottom of
feet.

- (6) In case of lung congestion, asthma, etc., DO NOT DO LUNGS. In the above situations, drain from kidneys then do bottom of the feet.
- (7) Above legs, drain at coccyx or sacrum then bottom of the feet.
- (8) At the end of the session, you should always drain flow to the feet.
- d. Put energy into the body in the following order of organs and glands.
- (1) Solar Plexus-Usually the seat of all your fears.
- (2) Heart-Hate and impatience. This is also the place that alot of healing will come from. It is the generator of the Healing Love.
- (3) Pituitary and Pineal to assist in spiritual growth and processing. Also to assist in any emotional blocks that originate from the spiritual level.
- (4) Eyes-Anger.
- (5) Nose-Sadness.
- (6) Ears-Fear and stress.
- (7) Mouth-Worry.
- (8) Lungs-Sadness and depression.
- (9) Kidneys-Fear and stress.
- (10) Spleen-Worry and anxiety.
- (11) Stomach-Worry and anxiety.
- (12) Pancreas-Worry and anxiety
- (13) Liver-Anger.
- (14) Gall Bladder-Anger.
- (15) Large Intestines-Sadness and depression.
- (16) Small Intestines-Hate and impatience.
- (17) Bladder-Fear and stress.
- e. Put one hand on top of the organ or gland, about 2 to 3 inches above the body. The other will be positioned exactly opposite on the bottom of the body.
- f. Send energy flow through blockage meeting in the middle and visualize draining out of the feet.
- g. Continue in this manner until all blockages are released.
- h. Ask the Universal Healing Energy to assist you to know when the blocks are broken up. If you have no awareness of when it is done then allow yourself 1-2 minutes on each organ and gland and the Universal Energy will continue the process for as long as is necessary.
- i. Watch carefully for any rigidity setting in the arms, legs, or neck. When dealing with emotional issues some people actually refuse to

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- come in contact with their emotional or physical needs and will become very rigid.
- (1) STOP ALL ENERGY WORK!
 - (2) Encourage deep breathing.
 - (3) Make them sit up and talk to you.
 - (4) Help them to process through traumas.
 - (a) Visualizations.
 - (b) Make sounds.
 - (c) Breathing.
 - (d) Talking or yelling.
 - (e) Ask question: What is your feeling (trauma) like?
 - (5) Be constantly aware to change your body position often so that you are physically comfortable.
- j. Exercise. Break into groups of four and practice energy work.*@*
- k. Discussion.
6. Release and draining:
- a. This is of the greatest importance!
 - b. Work down the body to balance and drain any energy blocks.
 - c. Any energy that may have been unblocked in an area of the body and not released from the body can be the cause of future problems. Although there are people who need very much to hold on to their past patterns, you must do your best to help them to release. Remember that you have a Universal Energy guiding you so that it is possible.
 - d. When you are done with as much energy work that is to be done that session, stand at the feet and place the palms of your hands on the soles of the client's feet.
 - (1) Rethink your protection.
 - (2) Draw energy through the client's crown chakra to the feet.
 - (3) Take a few moments to send extra healing energy to any energy blocks that have been overlooked, and ask the Universal Energy to insure that these blocks will start to move in the next few days to bring about a complete healing. Realize that the client may not be ready for a complete healing or that they may not be willing to give up old behavior patterns.
 - (4) Once the energy is flowing to the feet, imagine it hitting the protective shield on your hands and it

- falling to the floor, grounding into the earth.
- (5) When you sense or feel that a good flow is produced-stop! If you are unaware of the flow, make sure that you spend a good 5 minutes at the feet visualizing and drawing the energy out of the feet.
 - (6) Exercise. Break into groups of four and work specifically on releasing of energy and energy flow. *@*
 - (7) Discussion.
- G. Callahan Method.
1. After determining that the client is not switched.
 2. Arm testing first-
 - a. Ask "I want to let go of my fear."
 - b. If the answer is "NO" then ask "Is there a secondary, positive intention?"
This is a protective reasoning for the behavior that they are protecting. Then approach the secondary fear the same way, with the Callahan Method.
 - c. Next ask them "I am going to hold onto my fear no matter what anybody does or says."
 - d. Check for switching again with both arms.
 - (1) There may be a conflict between the logical and creative side.
 - (2) If this is so, do the tapping technique on the side that is switched only.
 - e. The body will tell you which statement is true.
 3. Tap the outside of the second toe 50 times, both feet.
 4. Tap 35 on the top of the hand, between pinky and ring finger of both hands.
 5. Tap under eyes, in the center, at the edge of the bone for 35 times.
 6. Check other meridians that are responsible for the other 5% of fear. (Interns refer to manual appendix.)
 7. Check with Kinesiology after each a, b, c, d to ascertain when fear has been released.
 8. Also ask the client - on a scale of 1 to 10 , how great is your fear? If you find that the first way of doing the tapping is effective for lowering the response from 10 to 6, stick with it until you run into a block then go to the next way of tapping.
 9. The nice thing about this approach is that it doesn't take long and it doesn't hurt. All you need is to want to be free of the fear.
 10. Volunteer. Demonstration.
 11. Work in groups of two. *@*
- H. Developing self appreciation.

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1. You have been dealing with the negative aspects of yourself or others up to this point. One of the most important things that we have to do is to give the client or yourself something positive and healthy to go home with once they have begun to eliminate their fears and negative emotions so that they will want to do some more work, knowing that there is a positive, pleasant gain. The following technique can also be used as a meditation. That is the way that we are going to use it today.
2. Seeing Yourself Through the Eyes of Someone Who Loves You.*#*
 - a. This technique helps you to gain the appreciation for yourself that others have of you. It is useful in developing self appreciation and confidence.
 - b. Identify someone who loves you. Or think of someone for whom you've done something and who, as a result, sincerely appreciates you.
 - c. Then, imagine that you are writing your autobiography. As you do so, glance up to see, that on the other side of a glass door, is the person who loves or appreciates you.
 - d. Now, resume your writing, and include the qualities and characteristics of that person.
 - e. Next, float your awareness outside the room and stand next to the person. Now, see yourself through the glass door, making your own observations.
 - f. Then enter the body of the person who loves you. See yourself through this person's eyes of love or appreciation. Also, listen to the person's thoughts of love about you. Feel the person's feelings.
 - g. When this is completed, float back into your body and write the qualities and aspects of yourself that you saw and heard, when you looked through the eyes of love and appreciation.
 - h. Think of possible times and places, both now and in the future, when you'll want to reexperience this sense of deep self appreciation.
 - i. Feel what you feel, hear what you hear and see what you see. Put together the thumb and little finger of either hand. Take a deep breath. When you release it, this feeling

will be in place in the thumb and little finger, ready to be reexperienced at any time that you need it.

- j. An anchor is being put in so that whenever you want to feel these feelings; remember what you heard; or see what you saw, all that you need to do is to touch the anchor.
- I. Positive anchors.
 - 1. A positive anchor is a means to be able to consciously trigger a positive response.
 - 2. To create a positive anchor is a matter of taking a few minutes and programming yourself.
 - a. Or in a place of tremendous happiness, peace, joy or any positive emotion, being consciously aware enough to take a few moments out and program yourself.
 - 3. To create a positive anchor in a normal state.
 - a. Put yourself into a relaxed position.
 - b. Imagine, sense or feel a very happy wonderful successful time in your life. This can be any time that is positive and preferably opposite a negative situation that you deal with in your daily life.
 - c. Feel the feelings that you felt. See all that you saw at that time. Hear all the sounds that were going on around you at that time. Reexperience all that you experienced that was of a positive nature.
 - d. When you have this firmly planted in your mind, pick an easily accessible spot and hold it with one hand or press it with one finger. (Make it someplace that is easy to do and no one will notice.)
 - e. Continue to think the thoughts, feel what you felt, see what you saw and hear what you heard.
 - f. When you are totally involved in the process, take a deep breath and let go of the spot. From that moment on and for as long as you continue to use the spot daily, you will be able to access the feeling that you created. If you don't use it, you lose it.
 - 4. To create a positive anchor while you are experiencing a very positive situation or feeling, be aware that you want to anchor the experience.
 - 5. Once aware of the situation or feeling, take a deep breath.
 - a. Consciously think that this is a place or feeling that you would like to be able to come back to easily.

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- b. Then, touch a part of your body that is easily accessible, and feel the feeling. See what you are seeing, hear what you are hearing, and be totally in the place.
 - c. When you are aware that you have completed the experience, release the spot and use it daily to bring yourself back to that place.
 - d. This can also be done by stacking positive anchors, one on top of another.
 - (1) These are some good places to insert anchors.
 - (a) Fingers.
 - (b) Wrists.
 - (c) Arms.
 - (d) Knees, etc.
- J. Collapsed Anchors.
- 1. You can expand upon this new found knowledge of positive anchors by utilizing one in conjunction with a negative anchor, in order to collapse the reality of a situation. This will allow you to alter the way that you perceive a negative situation in your life, and also how to open the doorway to new possibilities of dealing with the situation.
 - 2. How to collapse (alter) a negative issue in a subject's life.
 - a. Have the subject choose an issue that he wishes to perceive in new ways.
 - b. Have the subject focus on the most distressing situation in relation to the issue, that he can remember.
 - c. Place your hand over the right knee of the subject, so that your thumb can securely anchor in the energy/thought negative pattern.
 - (1) Have him close his eyes.
 - (2) Have the subject feel, see and hear ALL of the events, and circumstances associated with the negative event.
 - (3) Make sure that he deeply experiences the issue.
 - (4) Using your thumb, anchor the negative issue, into the knee.
 - (5) Have him open his eyes and take a deep breath so that he can release the experience.
 - d. Now, have the subject follow the same exact scenario on the left side, using the positive experience.

- (1) Have him close his eyes.
 - (2) Have the subject feel, see and hear ALL of the events and circumstances associated with the positive event.
 - (3) Make sure that he deeply experiences the issue.
 - (4) Using your thumb, anchor the positive issue, into the knee.
 - (5) Have him open his eyes, and take a deep breath so that he can release the experience.
- e. Lastly, have him close his eyes, and ask him to re-experience the negative issue, while you simultaneously push both anchors.
- (1) The anchors MUST be pushed at the same time, and with the same amount of pressure.
 - (2) IF you choose to accent the anchor in the positive knee by pressing it harder, it is important to remember that it will tend to sway the emotions of the subject more strongly towards those positive feelings involved. Be careful when you choose to do this.
 - (3) Have the client open their eyes, and explain the sensations that they are experiencing. If necessary, repeat the process until he experiences confusion. Confusion is growth!!!!

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Meditation: Being The Other Person

Now that you are in an altered state, when I tell you to do so, the reader will open her eyes and remain in that altered state but still be aware of everything that you see, and hear in that altered state. All sensations will be amplified. You will have a lot of information coming into to you from the other person that you will be able to feel and interpret. Now reader, open your eyes. (PAUSE...) We will continue and be able to sense and feel all that is going on in the other person. You will be totally aware of the person in front of you.

Imagine, sense or feel that your head is the head of the person directly in front of you. Feel the scalp. Is there any pressure being exerted on the scalp? Do you feel any tingling, heat or any other unusual sensations? Now, feel the face. Is there any pressure, heat, tingling, cold or any other sensation that feels out of the norm to you? Check the eyes, sinuses, nose, ears, lips and mouth, all very carefully for any unusual sensation. Also check for any unusual sensation in the skin. Remember that you are the other person and that any unusual sensations that you feel belong to them. Anything that is not the way you felt before we started this exercise is the result of imbalances that the other person has in their body. Be totally aware of what is happening to you, as this is what is effecting the person directly in front of you. Now be totally aware of the neck area. Sense the throat, the thyroid and parathyroid, and the eustachian tube then running down the side of your neck from the ears. Be aware of the muscles in the neck. This is where people carry alot of their tension. Is there a stiffness that you didn't feel before? Feel the spine as it attaches to the skull. Is there tension there? Is there tension in the area at the base of the skull? If this area is stiff, there will be a lessening of the flow of blood to the brain. Now follow the neck down into the shoulders. Remember that you are sensing or feeling the person that is sitting right in front of you. Feel the shoulders. Allow yourself to sense the way the shoulders are being held. Is there any tension or pain in the shoulders? Allow your feelings to follow down the arms to the hands. Is there any tension, pain or unusual feeling that you are experiencing your arms as a result of bringing your attention to the person in front of you and their arms and hands? Now be aware of the back. Bring your attention to the spine and travel down the spine to its base. What do you feel or sense? Radiating now from the spine, what do you feel in the muscles and ligaments in the back. Be aware also of any other imbalances that you may feel inside the body from the back. There are organs that may be out of balance and you would feel the discomfort from the back. Now allow you awareness to move from the back around the side of the body to the front. Do you feel any pressure or imbalances as you come around the side? There are organs, glands and major functions of the body there also that may need attention. Now sense or feel the chest and lung area. Do you feel any discomfort or unusual sensations there? Go down to the hip and groin area. This is often the source of alot of challenges in people who have had issues in their childhood or not letting the

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energy flow out of them down through their legs. Bring your attention to this area of the legs and the groin.

Now continue down the legs, knees, ankles and feet. Be aware of any unusual sensations that you might pick up. Remember them. Be aware that unless you experienced them before you started this exercise, they belong to the person in front of you. Be confident that what you are experiencing is real. You are feeling it. It is in the energy make up of the person in front of you. They may as yet be unaware of the effect it is having on them but it is in their energy field. You will know how to interpret this information and use it to help them heal themselves.

Now, take a sweep of the entire body. Allow yourself to imagine that there are four energy fields surrounding the body. The first and closest to the body is the physical energy field. This is the one that we are now working on. Scan the body with your mind - one inch from the body itself. Do you feel any imbalances? Remember them. Now, be aware of an energy field emanating from the solar plexus (right under the rib cage) about three inches from the body. The energy then radiates around the entire body at this three inch level. This connects to the physical energy field with little energy threads, forming a mesh around the body. The mesh is about three inches from the body - but the little threads connect to the body. Next imagine another energy field with its strongest center over the brain. This sits about five inches away from the body. Again, radiating from the brain area are tiny threads that connect through the brain energy that surrounds the body at this five inch energy field, and into the emotional energy field and physical energy field, right down into the body. Lastly, imagine an energy field about six inches from the body. Its strongest centers are at the heart and head, the top of the head or the crown chakra. Radiating from these areas, surrounding the body are the same threads that connect through the brain energy field, to the emotional energy field, to the physical energy field, then to the body itself. These are all the planes that Dis-ease originates from. Be aware of them. Sense them and use them in working with other people or yourself.

Now reader, close your eyes and bring your attention back to your own body. Release any negative energy or feelings that you may have picked up. Allow it to flow out the bottom of your feet, and out of your hands. If you feel more comfortable shake you hands and your feet to help the energy release. Do so. Make sure that it is all gone. Take a deep breath and release any negative energy on the exhale. At the count of five, you will both be back to your normal state of awareness.

FEARS AND EMOTIONS TEST

1. Think of your favorite animal. Give four adjectives that describe this animal.
2. Think of your favorite color. Give four adjectives that describe the color.
3. Imagine, sense or feel yourself in a completely white room. It has no doors or windows. It is completely white. Give four adjectives to describe the feelings you have as you are in this room.
4. Think of your favorite body of water. Someplace where you really enjoy being. Give four adjectives that describe how you feel about this body of water.
5. The rest of the answers are just descriptions of what is going on. You are now walking down a path in the countryside. You find a key. What does the key look like and what do you do with it? Do you take it with you?
6. Next, as you are walking along the path, the day is beautiful and you are taking in all of the scenery, you find a drinking vessel. Describe it. What do you do with it? Do you take it with you?
7. With these lovely objects that you have found, you are wondering what you will find next. As you are walking along the path, you come upon a bear. Describe the bear and tell me how you go past it.
8. This has been an interesting journey so far. You wonder what you will come upon around the next curve in the road. You now come across a barrier. Describe the barrier. Tell me how you get past it.
9. Well you can say for sure that this has been an event filled walk so far. After you surmount the barrier, you come to a body of water that you must get past to reach your destination. Tell what kind of water barrier you come to and how you get across it.
10. Last, is an incline. You feel as though you want to climb it. Describe the terrain. How steep is it? What kind of footing is on the way that you must walk up. Also tell if it is an easy or difficult climb and if you get to the top.

ANSWERS/EXPLANATION

1. This is the way that you think about yourself. How is your self image?
2. This is the way that other people think about you. Are you satisfied with it?
3. This is the way that you think about death. How do you feel about death?
4. This is the way you think about sex. Are you satisfied with it?
5. The key is your education. How do you see your education? What you did with the key is how you used your education.
6. The drinking vessel is material goods. What do you believe should come to you in this life? What you did with it, is how you treat or use material possession.

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7. The bear is the problems in life that you must confront. How you saw the bear and how you dealt with it will tell you a lot about how you approach and deal with life's problems. Do you feel comfortable with your answer.
8. The barrier is death and how you are going to approach and pass over. How do you feel about your answer?
9. The body of water is how you approach and deal with sex. How do you feel about your answer?
10. The hill is old age. How you see the hill is how you will approach old age. How you see the climb is how you will deal with the passage of old age. How you make it to the top will tell how you will fare in the passage of old age.

This test is merely to get you thinking. The answers may or may not be true, but it has caused you to think about where you stand with certain fears and emotional issues in your life. I hope you had fun!

Meditation-"Getting In Touch With Your Emotions."

Imagine, sense or feel a ball of healing white light over the top of your head, about six inches from the top. This glowing ball is sending down a ray of healing light into the top of your head or the crown chakra. As it does, it touches the pineal and pituitary glands. In the process, it activates the third eye, which is located in the middle of the forehead. At this point it radiates down and touches the eyes. Sense and feel your eyes. Are there any emotions or negative feelings in them? The eyes are one of the centers where anger is stored. It is the place where we don't like what we see, either in ourselves or in others. Next, the healing light is moving down to the nose. What sensations or emotions do you feel here? The nose is one of the centers of sadness. A runny nose is a sign of inner sadness. Fill it with the healing light. Next let the healing light go to the ears. Do you feel any unusual sensations here? The ears are a storage center for fear and stress. What are you fearful of hearing? Next, move your attention and the healing light down to the mouth. Are you experiencing any unusual sensations in the mouth? The mouth is one of the centers of worry. It also represents an inability to take in new ideas. Think about it. Feel it. Does it feel right to you? Next the healing light goes down to the heart. This is the main center of hate and impatience. How does your heart feel to you? This is the place of old emotional traumas and hurts. Are you becoming hard-hearted? Fill your heart with alot of healing light and love. Now, move out to the lungs. Sense and feel your lungs. Do you feel any discomfort? If so, send them lots of healing light. This is the place of sadness and depression. Do you feel unworthy to live your life to the fullest? Send extra healing light to them. Below your lungs, in the back are the kidneys. How do they feel? Send alot of healing energy and light to them. This is the place of fear and stress. Be aware of them. Underneath your lungs on the left side of your body is your spleen and stomach. Also connected with their energies is the pancreas, which sits directly under your lungs in the mid-front of your body. These are all the center for worry and anxiety. Send them all alot of healing light and love. How do they all feel to you? Is there anything unusual in them? Now move the light over to the right side of your body underneath your lungs. This is where the liver and gall bladder are situated. How do they feel? These are the centers of anger, frustration and judgement. Send them extra healing light. They surely need it in this world. Lastly, we are going to focus our attention on the bladder. This is a place of fear and stress. How does it feel? Send it a lot of healing energy.

Now your body has been filled with healing energy. Experience it. How does it feel in relationship to when we started this meditation? With your thoughts, focus all negative energies, thoughts or feelings out the bottom of your feet. Send the energy into the earth. Let it go. Replace it with the wonderful feelings of the healing light and love of the Universe. Open your mind, emotions, spirit and body to the healing thoughts of today's workshop. Make them a part of your life's journey. They will heal yourself and all of those that you wish to touch with your energies.

At the count of 5.....

**SEEING YOURSELF THROUGH THE EYES OF
SOMEONE WHO LOVES YOU
MEDITATION**

Imagine, sense or feel someone that loves you very much. Get a good sense of them being near you in spirit. Or, think of someone for whom you've done something nice and who, as a result, sincerely appreciates you.

Now, imagine, sense or feel yourself as you write your autobiography. (Pause.....) As you do so, glance up to see, that on the other side of a glass door in the room that you are seated, is the person who loves or appreciates you. Now, resume your writing, and include the wonderful qualities and characteristics of that person. (Pause.....) Next, float your awareness outside the room and stand next to the person. Now, see yourself through the glass door, making your own observations. (Pause.....) Now, enter the body of the person who loves you. See yourself through this person's eyes of love or appreciation. Also, listen to the person's thoughts of love about you. Experience the person's feelings about you. (Pause.....) When this is completed, float back into your body and write the qualities and aspects of yourself that you saw and heard, when you looked through the eyes of love and appreciation. (Pause.....) Think of possible times and places, both now and in the future, when you'll want to reexperience this sense of deep self appreciation. Now, bring together the thumb and little finger of either hand and feel these feelings spread through your body. An anchor is being put in so that whenever you want to feel these feelings; remember what you heard; or see what you saw, all that you need to do is to put your little finger and thumb together and you will reexperience these exact feelings and sensations. You desire it and it will be so.
At the count of 5.....

APPENDIX 2

I am Responsible for What I See
I choose the feelings I experience, and decide
upon the goal I would achieve.
And everything that seems to happen to me,
I ask for, and receive as I have asked.