

HOLISTIC SYNERGY 1
MENTAL

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. How do each of us perceive our reality and transmit this information to those around us?
 1. Through words, thoughts, actions, judgements, observations, interactions, and living.
 2. Through guess work of what is the next “correct” thing to do.
 3. Through “feeling” our way through each moment in life.
 4. Through many of our “MISTAKES” (challenges or learning experiences)!!!
 5. Through trial and error.
 6. Through experiences or lack of experiences.
 7. Through the guidance of others.
 - a. This guidance may be correct and add to our growth process.
 - b. This guidance may seem wrong to US and hurt US.

8. Whatever it is, it has formulated our own perceptions of life. It has made each of us what we are today and has brought us to our present place in our path of growth.
 9. What has been missing is the “OWNER’S MANUAL FOR THE BRAIN.”
- C. “OWNER’S MANUAL TO THE BRAIN - PART I - MODEL 2050.”
1. Congratulations on owning your new Model 2050 brain!
 - a. If this is the first brain you have ever owned and operated, please refer to our preliminary manual, which is available in a separate booklet.
 2. Be aware that all input into this new Model 2050 brain will be influenced by the interaction of materials from the old brain that you are phasing out.
 - a. It may be necessary to debug some of the new materials in your Model 2050 brain.
 - b. A period of adjustment may be necessary to change over from your old model brain to our new super duper deluxe, totally conscious Model 2050 brain.
 3. Disclaimer: All efforts to make the new Model 2050 brain work up to specifications can be limited by YOU the owner as well as limited by the amount of time and work you put into learning how to operate it.
 4. Part I - Level I.
 - a. Agreements (for this course and all courses that I take.)
 - (1) I CHOOSE to focus on the moment.
 - (2) We agree to discuss each topic until I understand.
 - (3) I participate fully in the use of my Model 2050 brain.
 - (a) In this class, it means to participate fully in the class work.)
 - (4) I work solely for my highest good.
 - (a) In this class, it means to work in trust with all the methods being taught.
 - (5) I agree to be alert whenever I am working with my new brain.
 - (a) In this class, it means to be totally conscious at all times.
 - (6) I agree to be on time.
 - (a) In this class, it means to be back from all breaks and lunch on time.

b. Awareness.

- (1) When operating your model 2050, it is necessary to realize that the reason you chose to purchase this new super duper model is that on some level, you have requested change in your life.
- (2) You realize that the operations and functions of your old way of life are unacceptable.
 - (a) Once you realize that something in your life is inappropriate, it is necessary to get in touch with what is going on.
 - (i) This is the process of debugging your new Model 2050.
 - (b) You may have a realization that every time you accomplish something very positive in your life, you somehow also bring in a major upset that cancels out the sense of accomplishment and joy. (It may be called self-sabotage.)
- (3) There are various ways of debugging the brain.
 - (a) Holistic Synergy.
 - (b) Hypnosis.
 - (c) NLP etc..
- (4) Acknowledgment comes first, then you must get in touch with the source of the problem. (challenge or bug.)

c. Self Awareness.

- (1) This means identifying the root cause of the bug. (challenge or “problem”.)
- (2) We usually become aware of the “problem” (challenge or learning process) when it manifests in the physical body.
 - (a) This is the last stage of dealing with the “problem.”
 - (b) Before you manifested the physical challenge, it went through an emotional reaction, back to a mental concept that was different than what your old model brain found acceptable.
 - i) Example: If you really dislike your

job, you may find that you get sick a lot and have to “take off” time. If you change your job or change your attitude towards your job, you will be healthy and happy at work.

(3) If we acknowledge the “problem” on the emotional level, we find that we often have emotional flair ups or are very emotional people.

(a) Example: A person who deals on the emotional level with anger, will many times get into arguments with everyone around him. He may return someone’s love and kindness with anger because that is his learned definition of love.

(4) If we deal with the “problem” on the mental level, we may constantly be challenged or rejected as a result of our abilities to comprehend and deal with intellectual facts.

(a) Example: A person who is brilliant may have a “problem” spelling or doing simple math so that they can always sabotage their credibility in the profession.

(5) It may be necessary to ask assistance in identifying the root cause, so as to debug the brain of the unwanted behavior pattern.

(6) Learning techniques to assist yourself in debugging the brain and working more fully with your new Model 2050, is what you are now doing.

d. Belief Systems.

(1) One of the main challenges that you may encounter with this new Model 2050 is the need to alter the belief systems of the past.

(2) A willingness to change and to be open is essential.

(3) Guaranteed to stop or block the process of total utilization of this Model 2050. (Total Surrender to Your Highest Good.)

(a) Self-sabotage

(b) Control issues

(c) Lack of self-worth

(d) Lack of self-love

(e) Lack of self-esteem

(f) Lack of trust

(g) Fear

(4) Genetic predispositions

(a) This is what you have learned from other people who purchased the Model 2050 and who were unable to give their total commitment to its use and their growth.

(b) Arthritis runs in the family.

i) The Model 2050 never had arthritis so it is unaware of how to produce the “dis-ease”. If you believe what you are told, YOU WILL GET IT!

ii) The body regenerates itself totally in one year. If you alter your thought process and believe what the Model 2050 tells you, you will always be free of arthritis.

(c) Scoliosis is unable to be corrected without dramatic measures. If you believe this, it will be so for you.

i) In Caroline’s case, the body is free of all evidence of double scoliosis that she had from birth.

(5) Spiritually related “dis-eases”.

(a) Being born deformed or mentally retarded are examples spiritually related dis-eases that must be dealt with in a karmic way. However, you can come to peace with them, and often alter the influences in this lifetime by altering your perspective on these issues.

e. The Healing Process, OR HOW TO OPERATE THE NEW MODEL 2050!

(1) By reprogramming the mind, you can start the process to a new belief system and a new way of life.

(2) By altering the energy that sustains the belief system in the mind.

(3) In Holistic Synergy, we work to alter the energy blocks within the body. These blockages in the sustaining electromagnetic and energy fields of the body must be released, and replaced with

positive energy.

- f. We can alter our individual and unique thought process.
 - (1) Balancing the energies of the brain.
 - (2) Changing the way we speak and think.
 - (3) Using techniques to constantly alter our thoughts and heal our emotions.
 - (a) Affirmations.
 - (b) Eliminate negatives.
 - (c) Freedom from limitation.
 - i) To be able to think of the very best that you can ever attain or better.
 - a) Example - a new Rolls Royce instead of a “bomb” that just works.
 - g. Eventually, knowing our bodies so well, we will know what issues need to be handled before we cause ourselves the dis-eases and traumas that we all suffer.
 - h. Being responsible for ourselves and taking credit for all that we have achieved.
 - (1) Know your strengths, before you try to conquer your weaknesses.
 - (2) Always ask for help when you need it.
 - (3) Learn to love yourself as you are.
 - i. Being responsible for ourselves and taking credit for all the learning lessons that we have brought to ourselves.
 - (1) Those “negative experiences” are there to teach us where we need to work, even if it is not obvious to us at the time.
- D. This can be accomplished through Holistic Synergy or other forms of alternative healing methods, in conjunction with those methods that you already trust. Expand your ways of thinking and allow new options to be plausible.

II. Introduction to Mental Healing - Level I

A. We are what we think

1. We bring to ourselves the people, situations, and experiences that reflect what we think and believe - consciously or subconsciously.
 - a. You may question - Why the sweetest person in the world has nothing but trouble in her life? Many times these people have deep rooted belief systems that make them believe that they don't deserve to succeed or have the love that they so easily give.
 - b. What we think on a conscious level may not be what we believe on a subconscious or spiritual level.
 - c. This may be a very hard thought to comprehend. When you are in a place and something seems "unfair", examine carefully the deep rooted belief systems that go along with that situation.
 - d. Find out if the issue you are dealing with is truly something that you want or if it is something that you were brought up to believe and think you "should" have.
2. Although we have changed our thought process or life style, at first the change is too new to be rooted in our thought/behavior process. Under great pressure we continue with and hold onto that old process.

B. Mental short circuiting:

1. There are ways to mentally short circuit all of the good intentions that you may have.
 - a. The way we speak.
 - (1) Not, should, could, would, if only, try, never, always, yeah...but, etc.
 - (2) Any negative words, thoughts, or energies in your energy field or those close to you.
 - (3) Holding on to past experiences and situations that no longer pertain to your life and thought process.
 - (4) Favorite phrases or words.
 - (a) It's killing me.
 - (b) Pain in the butt.

- (c) It's eating me up.
- (d) Pain in the neck.
- (5) Exercise ***
 - (a) Small pieces of paper and pen.
 - (b) Pause for a moment and think back to this past week. Think about some of the negative words that you have frequently used this week. Now, take the little sheets of paper and write one word or phrase on each sheet. Crumble it up. Throw them away.

- b. The way we think.
 - (1) Being unworthy.
 - (2) Being the victim
 - (3) Thinking "I don't deserve it."
 - (4) Being the martyr.

- c. The way we present ourselves.
 - (1) Lack of self confidence.
 - (2) Not knowing what we want.
 - (3) Not expressing ourselves clearly.
 - (4) Not being at peace with oneself.
 - (5) Not loving oneself.
 - (6) Being scattered.
 - (7) Apologizing for oneself.

C. Awareness.

- 1. This is the first step. Once you are aware of what is blocking you from having what you want (or even just that you are blocked), you can do something about it.
- 2. There are ways to neutralize negative thought and speech patterns, and allow you to have all that you want in life.
 - a. We all make "negative" statements or have negative thought processes. Change them after they happen. Catch yourself.
 - (1) Cancel, cancel.
 - (2) Yet, so far, up to this point, until now.
 - (3) Repeat what you have said in a positive way.

- (4) Monitor your words and thought processes as you would a child for obscenities.
 - (a) At this point in your life, negative thoughts are more destructive and offensive than obscenities.
- b. Negative visualizations - for those of you who are more visual are just as destructive.
 - (1) Once you see the negative visualization in your mind, alter it into a cartoon and make the situation into a funny scene. Next, turn it into a positive scene.
 - (a) If cartoons are not for you, dress the person in a ridiculous outfit. Anything that will make you see the situation in a new light.

D. Self Awareness.

- 1. How aware are you of your own thought process and speech patterns?
 - a. Play! *#*
 - (1) Paper and crayons.
 - b. Using the words I give you draw a picture describing your reaction to each word on a separate piece of paper.
 - (1) You will be allowed five minutes for each word.
 - (2) It is your reaction to the word. Draw what you want. It has to make sense only to you. When done drawing, turn over the paper and avoid discussing it with anyone.
 - (a) Work.
 - (b) Problems.
 - (c) Conflict.
 - (d) Responsibility.
 - (e) Death.
 - (3) Now, take a good look at the perspective from which you drew them. What colors did you use? Did you see them from the normal negative perspective? Did you find that the drawings are very disturbing to you?
 - (4) Now, how do you change the perception of the word to a positive situation or challenge? Draw them.

- (5) What does it take to change a previously negative thought or word into a positive, helpful situation? Can you do this in all situations? What is the negative situation in your life that now needs to be changed into a positive viewpoint? Draw a picture of the situation. Turn over the paper. How can you change it now? Draw the picture in the new light.

E. Responsibility.

1. NEW DEFINITION FRO 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 accept responsibility and say, “I had the power to make this go wrong, HOWEVER, 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 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 ourselves. 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, we can see how and why we brought it to ourselves.
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 exactly the way it is.
10. This is a quote from the Gerald G. Jampolsky's book "Love Is Letting Go Of Fear.":

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.

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 lifetime.

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 then determine why I brought them to me at this time.

(1) I also realize that if I choose not to work with these learning experiences, I do so of my own free will. However, at some point I will acknowledge the 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. Mental approaches to healing:

A. By finding trigger points in the body, a mental release can be brought about. Trigger points are very much a part of our emotional and mental make up and need to be worked with on both levels. A constant awareness of how things make us react, makes us more in control of where we want to be and responsible for ourselves.

1. Through physical patterns or movements, a mental trigger point can be set off reenacting a past trauma.
 2. By finding trigger points in word patterns, emotional traumas can be accessed.
 3. By meeting and experiencing a person from a past life, you can re-experience a spiritual trigger point.
 4. By re-experiencing a facial expression, physical touch, etc., a person will relive an experience of trauma from the past.
 5. 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 which have left reactions in an energy level and elicit some type of behavior.
 1. Trigger points can be of a positive nature, HOWEVER we are less aware of them and we often refuse to use 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 have no way of knowing why we do these things.
 3. Trigger points in the mental energy field are words and thoughts that we react to in everyday circumstances.
- 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 naval (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.
- 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 to work with the “Callahan Method” for switching.
- s. At this point have them put three fingers over the naval and ask the question - “Is this the source of my fears?”
 - (1) If the answer is “yes”, proceed with the “Callahan Method” for switching.
 - (a) If the answer is “no”, other meridians have to be checked.
 - (2) Next, ask “I want to let go of my fear.”
 - (3) Then ask, “I am going to hold onto my fear no matter what anybody does or says.”
- t. The body will tell you which statement is true.
- u. Testing is 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 feet flat on the floor.
- c. Put your hand, palms down, flat on your lap.
- d. Take a deep breath and relax. Allow all of the tension to flow out of your body.
- e. 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”.
- f. Now, follow the same procedure for the word “no”.
- g. Next, follow the same procedure for the phrase “I don’t know”.
- h. Finally, follow the same procedure for the phrase “Not enough information”.
- i. You now can access the knowledge of your subconscious mind.
- j. 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.
- k. 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.

6. Mental anchors.

- a. Within the mechanism of trigger points is a positive way to assist yourself in the mental healing work. You can put a physical trigger point in the body with a key phrase to elicit a growth process.
- b. To make a mental anchor.
 - (1) Use a positive experience in your life. Either at the time that the experience is happening or later when you can recall it vividly. Put together the thumb and little finger of either hand, repeat the key phrase that triggered a positive, healthy experience. Take a deep breath. Say to yourself and experience the following concepts.

- (a) I SEE all that I saw.
 - (b) I FEEL all that I felt.
 - (c) I HEAR all that I heard.
 - (d) Repeat these three times.
- (2) Then repeat the key phrase over in your mind. Take a deep breath and re-experience the same positive feeling.

E. Affirmations

1. Affirmations have been mentioned in various ways to this point.
 - a. How do you formulate an effective affirmation?
 - b. When do you need to use an affirmation?
2. Writing your own affirmations.
 - a. Keep it short.
 - b. Keep it very positive.
 - (1) Eliminate all ifs, shoulds, coulds, wills.
 - c. Keep it in the present tense.
 - (1) As though you are in the process of accomplishing it already.
 - d. Think mindfully of the intent and purpose for which you are using it.
 - e. Use affirmations whenever you want, however:
 - (1) Write the affirmation.
 - (2) Use them for 30 days.
 - (a) If you miss a day, you must start all over again with the 30 day cycle.
 - (3) Repeat the affirmation 20 times at the time that you do it.
 - (a) Repeat it as many times as you want to after that.
 - f. It is easier to do them at a set time in the day.
 - (1) Bedtime, wake up, lunch, etc.
 - g. You can use as many different affirmations as you wish, **HOWEVER**
 - (1) If you change too many behaviors at one time, you can have emotional challenges as a result.
 - (2) You can change your thinking so radically that you are disoriented and confused.

- 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 without 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 the bottom of the feet and out into the floor.
4. Brain energy:
- a. Feel the physical, emotional, and mental energy levels then check against the seven areas of the brain to compare energy levels at ALL SEVEN areas to determine the “dis-ease”.
 - b. Remember that mind directly affects the brain energy, as well as the fact that the brain has a direct effect on the way you think - your mental process.
 - (1) Procedures for balancing brain energy:
 - (2) 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 differences in what seems to be correct will effect all three levels of work although we are now concentrating on the mental.)
- (3) Place index finger and finger of each hand on the temples.
- (4) Bring the energy of the two hemispheres of the brain into balance.
- (5) This is the place to balance those people who use their brains a lot (thinkers) or also people who tend to be “spacey”.
- (6) Place index finger and middle finger of each hand in the indentation behind the fleshy part of the earlobes.
- (7) Bring the energy of the two hemispheres of the brain into balance.
- (8) This is the place to balance those people who are deeply into their feelings or are emotional.
- (9) From this point, follow the brain chart for balancing the energies of one side of the brain to the other.*** (Next page.)
- (10) Lastly, put one hand on the forehead and the other at the base of the skull and bring these two areas into balance.
- (11) 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.
- (12) Remember that the imbalances in the brain will develop as you work on the client and you can and will go back and correct them at the end of the session.
- (13) Realize that major blocks in the brain are cause of mental imbalances.
- (14) Pay special attention to visualizing the flow of energy out the feet.
- (15) 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.
- (16) Remember that you must adjust your body position often to make sure that you are comfortable.
- (17) 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. Mental/emotional/physical energy balancing:
 - a. Using the information from the brain work-up focus on the physical level and use the appropriate affirmation(s).
 - b. Follow previous procedure of 100% in - 80% out as done with balancing brain energy.
 - c. Energy usually drains down and out bottom of the feet.
 - d. 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.
 - e. When working with the back part of the body, realize that this is the receiving part of the body. The front part of the body is the giving part of the body.
 - (1) For example: if there is a blockage in the back heart chakra, there is a blockage with the ability to receive.
 - (2) If there is a blockage in the front of the heart chakra, it deals with the ability to give love.
 - f. Put energy into the body in the following order of organs and glands.
 - (1) Solar Plexus-Gut reactions. Intuitive power. -Louise Hay- "I trust my inner voice. I am strong, wise and powerful."
 - (2) Heart-Hate and impatience. This is also the place that a lot of healing will come from. It is the generator of the Healing Love. -

- L.H.- “My heart beats to the rhythm of 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. Control center. -L.H.- “My mind and body are in perfect balance. I control my thoughts.”
 - (4) Eyes-Anger. Not liking what you see. -L.H.- “I see with love and joy.”
 - (5) Nose-Sadness. Self recognition. -L.H.- “I recognize my own intuitive ability.”
 - (6) Ears-Fear and stress. Ability to hear. -L.H.- “I hear with love.”
 - (7) Mouth-Worry. Opening to new ideas. -L.H.- “I nourish myself with love.”
 - (8) Lungs-Sadness and depression. Ability to take in life. -L.H.- “I take in life in perfect balance.”
 - (9) Kidneys-Fear and stress. Criticism, disappointment, failure. -L.H.- “Divine right action is always taking place in my life.”
 - (10) Spleen-Worry and anxiety. Obsessions. -L.H.- “I love and approve of myself. I trust the process of life to be there for me.”
 - (11) Stomach-Worry and anxiety. Digests ideas. -L.H.- “I digest life with ease.”
 - (12) Pancreas-Worry and anxiety. Sweetness of life. -L.H.- “My life is sweet.”
 - (13) Liver-Anger. -L.H.- “Love, peace and joy are what I know.”
 - (14) Gall Bladder-Anger. Bitterness. -L.H.- “There is a joyous release of the past.”
 - (15) Large Intestines-Sadness and depression. Elimination with ease. -L.H.- “I easily assimilate and absorb all that I need to know and release the past with joy.”
 - (16) Small Intestines-Hate and impatience. Use same affirmation as large intestines.
 - (17) Bladder-Fear and stress. Being pissed off. -L.H.- “I comfortably and easily release the old and welcome the new in my life. I am safe.”

- g. Put one hand on top of the organ or gland, about 4 to 5 inches above the body. The other will be positioned exactly opposite on the bottom of the body.
 - h. Send energy flow through blockage meeting in the middle and visualize draining out of the feet.
 - i. Continue in this manner until all blockages are released.
 - j. 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.
 - k. Watch carefully for any rigidity setting in the arms, legs, or neck. When dealing with mental issues some people actually refuse to come in contact with their mental, 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.
 - l. Exercise. Break into groups of four and practice energy work.*@*
 - m. 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 releases 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 in 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 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 is 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.

IV. Meditation ***

A. Changing My World.

V. Discussion.

CHANGING MY WORLD

Imagine, sense, or feel that you are standing in front of a very large mirror. Take a careful look at the edge of the mirror. Is there a frame around it. Notice every detail about the edge of the mirror.

(Pause.....) Now look at the mirror itself. Can you see yourself clearly in it? Is the image bright or dull? Are the images well defined or fuzzy? Are you seeing in black and white or color? Do you just see

yourself or do you see the background behind you? Take in every detail of the picture in the mirror. If you need to make any adjustments to the image, take time now and do so. Remember this is your mind and your mirror: you can make it as you wish. (Pause.....)

Now, imagine yourself in the mirror as you are now. See yourself in the situation that you want to change. Notice every detail of the situation. Notice yourself and how you are behaving. If appropriate, how you are interacting in the situation? How do you feel about the situation? Do you like what you see? Do you like what you hear going on around you? Does this situation disturb you in any way? Get in touch with every uncomfortable possibility about the situation. See it. Sense it. Feel it. Hear it. Become one with it. Become a part of the scene that you are witnessing in the mirror. (Pause.....)

Now, step back from the mirror and let it become a picture. A photograph in the mirror of what was. Slowly see the photograph beginning to change into a moving picture. If the picture was black and white, change it to a vivid color moving picture, precise in every detail. As the picture continues to move, you will begin to see the things happen that make what you want to change become real. Now begin to recreate the picture to what you want it to be. Begin to see the changes in great detail. Feel the happiness as little scenes become more and more the way that you want it to become. Notice how you look. How are you reacting to the new and positive situation? How do you feel about the change to the new ways? Is there something else that you want to add to make yourself even happier? See all that you are seeing as it changes. Experience every detail. Feel all that you are feeling as things change. Hear the reactions of those around you who are happy to see you change in this new way. Allow yourself the time necessary to have this happen. (Pause.....)

Focus in very clearly on the picture now. What you want is now accomplished. See it exactly as you want it to be. Notice every detail of the picture. See the people reacting positively to you accomplishment. Hear what they are saying to you. Hear everything that is going on around you. Feel the feelings that you are experiencing. Now put your thumb and little finger of either hand together and take a deep breath. As you exhale once again, see all that you are seeing. Hear all that you are hearing. Feel all that you are feeling. Whenever there is any doubt in your mind, put your thumb and little finger together and you will re-experience the accomplishment of having achieved your goal. To help you to keep a strong focus on this accomplishment, once a day, every day, until the goal is attained, put the thumb and finger together and re-experience the success. The change is yours. You have attained it. You

have changed your world.

At the count of 5.....

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Deciphering Pictures:

< **Go with your first feeling about the picture.** Pay attention to what catches your eye first, note what your first impression is.

- This is one of the most important steps.
- The expression "the first impression is the most important", definitely applies here.
- When we give ourselves time to think and analyze, we tend to shut down our intuitive "gut" reaction.
 1. Be free of judgement, just notice what part of the drawing stands out first and foremost.
 2. Give yourself permission to just trust whatever comes up. Allow yourself to put aside analyzing for now. It'll get easier with practice.

< **What is the placement on the paper?**

- This is where we relate the physical, emotional, mental and spiritual aspects of art to the past, present and future.
- We are looking at where exactly the picture is drawn on the paper.
 1. Past, present, future. Here we have the paper divided vertically three ways. The past (left), present (center), future (right).
 - A. How far the picture leans into one of these areas can determine where the person's thought processes come from.
 - (1) If a person draws exclusively in one area, it can indicate where their challenge is coming from, for instance, a picture all done on the right side of the paper may indicate some fear of the future, of moving ahead, of "growing up".
 2. Physical, emotional, mental, spiritual. Here we have the paper divided horizontally four ways. Physical (bottom), emotional (next to bottom), emotional (next to top) and spiritual (top portion).
 - A. How far the picture is centered in one of these areas can determine what level the person's issue lies at.
 - B. If a picture tends to be done only on the bottom part of the paper, it may indicate that the person is dealing with physical and emotional issues, such

as an illness, a trauma or emotional upset (such as a loss).

- C. Horizontal drawings tend to tell a story, vertical drawings tend to make a statement, according to the Secret World of Drawings, by ???.

- (1) Also note if any area of the paper is NOT drawn on. This can indicate the level where there is resistance in their life. Also note if the drawing goes off the paper in any particular area.

< **Are there confinements/barriers placed around anything?**

- These may be circles, squares or any kind of barrier placed around or between objects in the drawing.

1. Barriers may indicate self limitation.

- A. The person may place barriers in the picture in order to protect themselves from something either real or imagined.

- B. It may represent a blockage of communication, or an unconscious signaling that there is something there to surmount/resolve.

- (1) Barriers very often signify something that unconsciously may seem "unsurmountable".

- (2) Drawings often very clearly demonstrate exactly what the problem or obstruction is in this person's growth and healing process.

2. Subtle barriers may be walls, people, furniture, landscaping etc and may represent a total lack of involvement with the scenario.

- A. Sometimes the barrier isn't obvious in the picture. Notice how objects, or even other people, may be between the real true subjects of the picture.

This is where the true limitation lies.

< **What is the tone inherent in the picture?**

- What feeling or emotion does it seem to be conveying?

1. In other words, can the drawing be summed up in one word? Choose one word to describe the picture, such as, happy, sad, intense.

2. Is there a conflict between emotions or objects?

- A. For instance, is everyone smiling and happy looking, but have their backs turned to one another?

- B. Do all the emotions and objects match? Note where there might be

conflict, as this is where one of the roots of the issue lie.

- C. Be sure to be able to identify all of the key objects in the picture and what they represent to the artist, in order to understand what the conflict might be.

< **Is there a central object? Are objects repeated?**

- The central object or the one that stands out the most, is often the most important thing in the picture.

1. This object is often the core of the issue or something extremely important to the artist.

- A. Objects that are repeated can be reiterating the issue.

(1) The more they are repeated, the more important they may be. They are often repeated so that they cannot be overlooked.

- B. If you count them, they may relate to a period of time.

(1) For example, a tree may contain 10 pieces of fruit. It may represent fertility and growth to the pregnant woman who drew it, but unconsciously she included 10 pieces of fruit when she was just 10 weeks away from giving birth.

(2) Art journals kept by "terminally" ill children have very frequently predicted how long they had to go before transition. Counting the objects counted the weeks, although the number of objects were drawn unconsciously.

2. Even knowing this information makes it challenging to control the outcome of the drawing, if in fact you are into the flow of creating, and are creating for joy or healing.

< **Is there anything out of the ordinary about the drawing?**

- Observe if everything appears to be drawn typically, recognizing the artists skills.

1. Are objects represented 'abnormally'?

- A. Something drawn in a bizarre fashion may indicate something that is askew in the artist's life that needs more attention.

2. Is something missing?

- A. What the missing object represents could be of significance and be missing from the artist's life.

- a. A mother without arms or hands could have been drawn by a child longing for nurturing and holding.

- b. A birthday cake with too few candles can represent denial of the passage of time.
- 3. Are there too many objects?
 - A. Too many objects can represent a wish for something/someone that isn't there, or that is being ignored or forgotten.
- a. An extra setting at a table may represent a wish for a departed loved one to return, or a refusal to release the person.
- b. This needs to be brought to the artist's attention as it represents something important that is unconscious.
- c. True healing can take place here. This is often what one is crying out for, without knowing what they are crying out for!
- 4. Is everything in season?
 - A. Something that is out of season also needs to be reviewed.
 - B. A picnic table alongside a decorated Christmas tree may represent a wish for 2 typically happy childhood times, summer, and the holidays.

< **Is everything in proportion to one another?**

- Or is one object noticeably larger or smaller than the others?
 - 1. An object that is smaller or larger than another may indicate where there is a power struggle.
 - A. It can reveal inconsistencies in the artist's life.
 - (1) One who believes they view everyone as an equal may discover that they feel superior in the presence of another object.
 - (2) It may represent where someone doesn't stand up for themselves when they say they do.
 - B. It may reflect where one feels small (insignificant or inferior) to another object, or where one feels big (strong, superior or dominating) to another.
 - 2. Is an object distorted in its shape?
 - A. This may represent areas that need more evaluation to resolve the problem/distortion.
 - B. A distorted body may indicate where one feels out of control with their illness.
 - C. Sometimes the distortion is presented in drawings prior to the diagnosis of

an illness, and generally is precise in its location and severity.

< **Are words included in the picture?**

Words can be used to emphasize a point that the artist needs to get across, and is afraid may get lost within the picture.

1. It adds definition to the statement of the drawing and needs extra attention.

2. The artist may not trust non-verbal communications.

< **What are the colors involved?**

Are they dark, faint, transparent, intense?

1. How do the colors make you feel? Dark colors tend to convey an intensity of emotions, while faint, transparent colors indicate a lack of connection to emotions, or where one hopes they won't be noticed.

2. Are colors used out of context/place?

A. A red sky at noon time may indicate where one feels surrounded by anger.
A red sky at sunset would be more appropriate.

3. The color can convey the emotional and mental thought processes going on with the artist.

A. Muddy colors can indicate muddy thoughts, transparent colors can indicate a need to hide or not to be seen.

< **In cases of drawing self as a child, how is the past viewed?**

The tone of the picture may indicate how the past is remembered and how it is influencing the present.

1. This can give indications of where past events have been misinterpreted, mis-remembered and needs assistance to be healed.

2. Realize that it is the adult mind remembering the child's perceptions. It may or may not be accurate, but it is the child's **perception** is coming out.

A. Acknowledging what the child perceived, and putting it into context in the adult mind, allows for healing and releasing of the past.

B. Acknowledge that a child's mind does not contain the reasoning ability of an adult, and a lack of understanding of what is going on as a child can significantly influence how the adult perceives things.

COLOR

Color can represent a lot of things in a drawing. The key is to go with your first impression.

DARK COLORS with **blackish or brownish tones** can represent brooding thoughts, strong emotions.

LIGHTER COLORS with white tones (i.e. pastels) can represent lightheartedness or less strong emotions, carefreeness.

Color that is so **faint** it is nearly translucent can represent denial of the issue, not wanting it to be seen.

Lack of use of color (i.e. monochromatic pictures) can represent an attachment to the issue, or the inability to fully express oneself.

Out of context use of color can indicate where the real issue lies. (i.e. black sun, purple grass).

RED can be physical, survival, a sign of life, warmth, it has the power to transform or destroy (as in fire). Color of universal power, passion, strength, vitality and libido, it is aggressive, and initiates action. Helps to confront problems, defend principles. Red may signify an issue of special significance.

LITTLE OR NO RED in drawing (especially in a series of drawings) can indicate lack of self-assertion or a passive nature. **DARK REDS** can indicate anger, suffering, or rage.

ORANGE often symbolizes power, and is communication, energy, vitality. A mix of yellow and red, it holds some of the characteristics of those colors. It is social energy, friendly, approachable, irresistible. It can foster well being, self confidence, helps in overcoming bad habits and brings hope. A color of sunsets and autumn, it often symbolizes a cycle coming to an end. It can represent self assertion, ambition, strong sense of identity, and often implies an attachment to father. It may represent a need for rescue or decreasing energy.

YELLOW represents mental thought processes, it boosts self esteem, self expression, brings happiness, optimism, creativity, and often symbolizes a zest for life. It is also the color of wisdom and intellect. The color of the sun, yellow is warming and its association with light helps us to see and can show that you are ready to begin something anew. It may indicate the development of consciousness and individuality.

DARK YELLOWS can indicate a negative attachment to father, problems with authority or deadlines, or with men.

GREEN is love, life, prosperity, compassion, balance, abundance, can stabilize the emotions, and

stimulates physical healing and growth. A mix of blue and yellow, green holds some of the characteristics of those colors. Green clarifies our purpose and is the color of new life and natural healthy growth. (color of nature).

BLUE is emotions, and aids in emotional healing. It is the color of faith and integrity, truth and sincerity, and can assist one in dealing with grief and loss. Like a clear sky, or a pool of water, blue is the color of calmness, contemplation, and peace. Blue is the color of the feminine, the mother and is often the color of the unconscious. Jungian psychologists often link it with thinking. Luscher says it suggests a desire to perpetuate the past. **LIGHT BLUE** suggests unconditional love, nurturing, compassion, and may denote distance, while **DARK BLUE** may suggest mothering that is impersonal or devouring, and can indicate deep rooted conflicts with mother. **INDIGO** may reveal the awakening of intuition, a meaningful view of life, and introspection. It is the color of self discipline and memory, and eases sufferings. It the color of timeless reality.

PURPLE is spiritual healing and inspiration, promotes calmness, self esteem, and helps one overcome self pity and other self imposed obstacles. The color of dignity, purple raises consciousness and generates excitement. It the color of royalty, a designation of authority and represents identification. A mix of blue and red, purple embodies the characteristics of each of those colors. It can indicate personal growth or a need for emotional support and may represent something burdensome.

PINK speaks of universal love and healing, compassion and affection. It is gentler than red, and symbolizes self-love, forgiveness, sharing and romance. It is spiritually revitalizing and aids in being supportive. It suggests the flesh, innocence, sensuality, youth. It is associated with the physical body, and may reveal pleasure and pain in life. Can indicate vulnerability, and a need for caring, or attuning to your health. It can relate to the acceptance of the human being, or enjoyment of the physical body, or to a preoccupation with the body. It can represent the resolution of a problem.

BROWN is the color of the earth, of accomplishment & stamina. It can indicate a reduction of personal vitality, and is the color of being a victim. Can indicate being stuck, need for emotional security, a low self esteem, worthlessness and feeling dirty. It can indicate blocked energy and being stuck in the mire/garbage.

BLACK represents the unknown, is shielding and protecting, yet symbolizes the absence of life. It often brings out the worst in people and is the color of darkness and evil. It may symbolize the beginnings of a

process, or the loss of consciousness. All life begins and ends in darkness. It can represent the attraction of the unknown.

WHITE contains the aspects of all the colors. It symbolizes purity, and is used for highest healing and divine protection. It is the color of honesty, cleansing, fidelity and sincerity. It helps achieve enlightenment, dissipate fear and ignorance, and aid in overcoming temptation. It symbolizes light itself. It is a symbol for human consciousness yet may reveal a loss of energy or hidden areas of extreme energy. It may reveal a hesitation to embrace life.

When the **CONTRASTING COLOR** appears in relation to the main color, it may indicate conflict between the two. This is what may need to be resolved, or is being resolving. Contrasting colors are blue/orange, red/green, yellow/purple, black/white.

SHAPES

Since artwork is the unconscious speaking, and we are all connected on this unconscious level, there are many symbols that are universal in their meaning, and can often be interpreted in the same way from culture to culture.

The **CIRCLE** surrounds a space. Whatever is inside the circle is holed off from the world, and is safe and secure. The circle is an accepted symbol for eternity for it is a line with no beginning and no end. Circles represent the flow of life.

A **SQUARE** represents balance, stability, firmness. It is four different elements working in balance. It often represents enhanced self esteem and the beginnings of consciousness.

A **TRIANGLE** pointing downward is a symbol of the feminine, and of the physical. It often indicates ideas that are becoming conscious, reflect an ending or time of change. An upward pointing triangle represents the spiritual, the masculine, a burst of creativity or something new. Triangles also indicate direction in a drawing, and can indicate change.

A **RAINBOW** may indicate the appearance of having come from out of the dark into the light.

LIGHTNING often represents a flash of insight, a bolt of intuition, and may suggest activation of energies that have been dormant. It can be a spiritual awakening.

HANDS take hold, create, reach out, heal, embrace. An outstretched hand indicates a request, a closed hand indicates rebellion, refusal. Clasped hands signify a union. The right hand represents rational logical qualities, the left hand emotional, intuitive qualities.

A **BUTTERFLY** is a symbol of transformation, or the announcement of a new way of being. It reflects beauty, self renewal and spirituality.

A **BIRD** represent the process of transformation and are often considered symbols of the human soul. They symbolize the spiritual as opposed to the material, and can suggest the activation of the intellectual

capacities.

An **ANIMAL** usually symbolizes the instinctual, nonrational or unconscious aspects of being. The more primitive the animal, the deeper the unconscious it represents. The animal's natural behavior needs to be considered to as it can depict the behavior that is represented in the drawing.

A **TREE** is a symbol of life. A tree is self-renewing, and often represents the connection between different levels of reality. A tree is a representation of yourself, and a symbol of your inner being. Broken branches or holes in the tree trunk can indicate forgotten injuries. An expanse of tree branches may indicate the ability to interact well with others. A leafless tree may indicate a dormant phase of life. Fruit or flowers may indicate a mother, or maternal instinct. Exposed roots may represent insecurity, vulnerability, or feeling "uprooted". If the tree goes off the paper it can mean an urge to go beyond the familiar boundaries. A tree, according to Jung, can represent "growth from below upwards and from above downwards, the maternal aspect (protection, shade, shelter, nourishing fruits, the source of life, solidity, permanence, firm rootedness...old age, personality, and finally death and rebirth." (according to *Creating Mandalas*).