

HOLISTIC SYNERGY™
LEVEL ONE
Physical Energy Work

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1. The world of healing through the experience of the life forces that energy healing is not unique to this age or even to an individual healing modality, country or nationality.
 - a. The “energy” that you experience when doing energy healing is not even limited to the conscious process of doing healing.
 - b. The energy experience in healing energywork is as simple as the experience of walking into a crowded room where the energy is uplifting and happy, OR maybe it could be chaotic and anxious.
 - c. The energy of emotions and the mind does emanate from each living being.
 - i. Yes, that does include your pets and other “living things”.
 - d. Do you find a room filled with plants and flowers more uplifting than a sterile plain room?
 - e. How about a room that has happy content pets – how does that affect you?
 - f. Now let’s take it one step further – consider the colors of a room or the clothing that you wear, do they affect your mood and your energy?
 - g. In the broader expansion of being conscious about energies, it is important to think about how everything around you affects your energies.
 - i. If you choose to use crystals to enhance the energy of your home....
 - ii. If you choose to add aromatherapy scents to a room.....
 - iii. How about smudging a room with an herbal smudge stick?
 - h. These choices would be made in a conscious manner BUT how about...
 - i. The possibility of the energy of family photos?
 - ii. Antiques and the energy of their previous owner?
 - iii. The energy of the previous owner or residents of your living space?
 - iv. Is there a possibility that even the style of furniture and decorations that you have chosen affects you?
 - v. This process could expand on and on even to the land that the house is built on.
 - vi. What is important to realize is that all things around us are filled with energy!
 - vii. Everything around you has an effect on you, your emotions, mental state and even how your belief systems are making you feel.
 - viii. Now knowing or at least having been introduced to these concepts, you can understand how the energy of two individuals can affect each other.
 - ix. When doing energywork, the individual doing the energywork is also having a conscious effect on the person that they are working on.

- x. BUT there are a few important concepts that must be presented.
- xi. When you are working on a person, it is important to realize that you, as a practitioner, can either use your personal energy or you can choose to utilize the energy from a “Higher Source”.
- xii. It is important for you to make the conscious choice to utilize the energy from your “Higher Source” and not expend all of your energy.
- xiii.

2. Introduction to Holistic Synergy™ EnergyWork:

- a. Holistic Synergy is the interpretation, balance and the creation of flow in the energy fields of the body, emotions, mind and spirit.
- b. The majority of Holistic Synergy work deals with the subtle energies of the body through hands-on work or distance healing.
- c. 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.
- d. Specific areas of the body, such as the heart, solar plexus, and brain are given greater attention.
- e. Using a prescribed manner, the Synergist works with the energies to bring balance and harmony to the physical, emotional, mental, and spiritual energy fields.
- f. Guided participation by the client is encouraged.
- g. All negative energies are released out of the body and replaced with positive, healthy energies and thought forms.
- h. The energy fields that we work with are as follows:
 - i. Physical - contact to one inch from body.
 - ii. Emotional - 2 to 3 inches from the body.
 - iii. Mental - 4 to 5 inches from the body.
 - iv. Spiritual - 6 inches from the body.
 - v. These are just approximation of the levels of expansion of an individual’s energy field.

3. Where does one begin in understanding what energy fields are about?

- a. Have you ever noticed that when you are angry or fearful that you FEEL awful?
- b. This is how the mind and emotions affect the body.
- c. You can change the way you feel by approaching events in a different way.
- d. You just need to be willing!

- e. Realize that the mind is a computer.
 - i. Ever since you were born, on up to the present, you have fears, hurts, and angers that are stored in your body, layer by layer.
 - 1. They can become ingrained in our being or “belief systems”.
 - 2. You respond in the same way that you reacted (hurt, fearful etc.) that you did the first time.
 - 3. They then calcify or anchor into your so called present day belief systems.
 - 4. When the emotions get to that stage they can cause dis-ease.
 - f. How does this work?
 - i. Here is the story of “Little Johnny.”

LITTLE JOHNNY

Little Johnny was in fifth grade. Today was a special day. The teacher had decided that all the students would give their first oral book report. Three other students had already gone. Mary had done a report on horses. Everyone was interested and Mary got a big round of applause. Next was Mikey. His report was on Rock 'N' Roll music. He brought in some samples of the music. You can be sure everyone really loved his report. Tommy did his report on a fiendish ghost story. He got lots of applause. It was now Johnny's turn. He was doing a report on skate boarding. He was positive everything was going to go just great. Johnny got up in front of the class. He started to read his report and everyone started laughing. The girls giggled and giggled. The boys laughed uproariously. Johnny was horrified. How could his report have been so bad? The bell rang and the day ended. Johnny grabbed his books and ran home. He kept thinking about what a fool he had made of himself. Well, let me tell you that inside of Johnny's head was this scale of his self image that was getting heavier and heavier for a poor self image. On his way home he knew that his mom was going to ask how everything went in school that day. He was going to have to tell her. His mom always knew when things were wrong. So on this scale went another big weight for poor self image. Johnny managed to tell his mom. She was very consoling, but Johnny still felt rotten. He thought about going to school the next day. Each time he thought about it, another weight was dropped on the scale. If Johnny had been your normal fifth grader, he would have been too sick to go to school the next day. But Johnny was an exceptional student and he made it to school. Every time he thought about facing the rest of the kids or the teacher, another weight was dropped. By the time Johnny got to school his self image was near to zero. But Johnny made it through the day. Evidently the kids had forgotten and all was quiet.

Johnny is now 35 years old. He has just become Vice President of his prestigious firm. The President of the company comes to him and asks him a big favor (that he can't refuse). Would John give the sales presentation? His former boss was suddenly taken ill and had to be rushed to the hospital. John knew all the material and the President was sure John could handle it. John panicked. All he could think of was that day in fifth grade. Tom, his buddy from fifth grade was in the company with him. John confided in Tom. Tom laughed. Tom said, "Didn't you know why everyone laughed at you that day." John said "No, I thought it was because my book report was horrible." Tom contained his laughter at this point. With as much control as he can muster, Tom says, "Everybody laughed because your fly was down." John had spent all those years with a horrible self image about speaking in public all because his fly was open!!!!!! A simple matter of

perception!

4. How many of you remember when you were a child, being told how something you did was bad?
 - a. BUT, the thing that you don't remember, (whether or not you were told it) was 'if you were bad' or 'if the thing that you did was bad.'
 - i. Is there a difference?
 1. Yes.
 2. The child, who was told that she was bad, will have that impression left in her mind's computer for the rest of her life.
 3. If the same circumstance present itself, the child will get upset emotionally as little Johnny did.
 4. If it really became ingrained in her mind's computer, she will get physically sick, as many children do when they don't want to face something in school.
 - ii. As a person assisting in the healing of others or even yourself, perception is the MAIN concept to work with when doing healing!
 - iii. Perception is what limits us, makes us uncomfortable in all of life's experiences and then makes us ill.
 - iv. When we can set our perception aside, all healing can happen on all levels – physical, emotional, mental or spiritual!
 - v. Your perception is what influences you to make all of the decisions you make each day of your life.
 - vi. For those of you who are trained in herbal studies, you know that the “weed” on the last slide is the herb DANDELION!
 - vii. For those of you who are gardeners with meticulous lawn keepers, it is an annoying weed!!!!!!
 - viii. PERCEPTION!!!!!!
 - ix. Your perceptions are what will influence your healing work for yourself or others.
 - x. When you start a healing session with your perception of what the disease is or about the person in any way, you are altering the potential for healing of that person.
 - xi. It is essential in the healing process to put all “filters” or “belief systems” aside.
 - xii. This is also true in all relationships, activities, choices or anything that you are involved in.
 - xiii. When doing healing work or in all of life, it is best to put your personal perceptions aside, IF you really want to make the best choice, for the highest good of all involved.

- xiv. This can be a big challenge when your past experiences have taught you otherwise!
5. Did you ever consider how you repeat relationships over and over again?
- a. Dating the same type of man or woman for instance.
 - b. How they so closely resemble your mother or father.
 - c. Does your present girlfriend or boyfriend or spouse have a lot of the same traits that you left your ex for?
 - i. Why?
 - ii. Because you are holding on to the same emotional and mental issues.
 - d. O.K. great but what can you do about it?
 - i. You're over 21 and you have all of these not so nice computer programs running in your head.
 - ii. Remember that it is about perception and you CAN change your perception about anything IF you chose to alter the way that you look at ----- possibly everything!
 - iii. At this point you may be asking yourself – why are we talking about the emotional and mental aspects of an issue?
 - iv. It is very important to remember at ALL stages of healing the process happens on the PHYSICAL, from the EMOTIONAL, from the MENTAL, and finally from the SPIRITUAL level.
 - v. SO, we look at the emotional/mental!
 - vi.
6. A famous doctor and author, Bernie Siegel, found that you could do something about it.
- a. He upset the medical profession by approaching life and dis-ease in a different way.
 - b. He developed ways of dealing with cancer without surgery.
 - c. He sought out an alternative means of healing.
 - d. Based on the premise that the body reacts to the mind, he sought a new way of dealing with the mind to alter the effects that the mind and emotions have on the body.
 - e. His statement is that "Unconditional love is the most powerful stimulant to the immune system."
 - i. The truth is: love heals.
 - ii. Miracles happen every day, people who have the courage to work with a specialist for their healing and participate in and influence their own recovery" can create healthy minds and bodies.

- f. Dr. Siegel's desire is to make everyone aware of his or her own healing potential.
 - g. This field in medicine is called psychoneuroimmunology.
 - h. He also states that our state of consciousness and dis-ease are inseparable.
7. Great! You can say this but how does it affect the individual?
- a. I'm going to give you another example of a famous author who is very knowledgeable in the field of how your mind and emotions affect your body and what you can do about it.
 - b. How many of you have some sort of back problem and use the alternative form of healing - the chiropractor?
 - c. Here are some quotes from Louise Hay's book "Heal Your Body."
 - i. *Back - represents the support of life.*
 - ii. *Lower back - fear of money or lack of financial support.*
 - iii. *Middle back - guilt or stuck in the stuff back there or "get off my back".*
 - iv. *Upper back - lack of emotional support or feeling unloved or holding back love.*
 - d. Can you identify with any of these statements from Hay's book and how they effect your back, or perhaps, with any of your friends?
 - e. One of the ways to alter this is through what is called positive affirmations.
 - i. Louise Hay gives you an affirmation for many different dis-eases to alter the thought pattern.
 - ii. They can help you to reprogram the mind's computer.
 - 1. This will start you on your way to a possibly healthier, happier mind, emotions and body.
 - iii. Let's take it one step further.
 - 1. Create a process to develop a healthy mind, emotions, body and spirit.
 - 2. It is important to identifying the problems within ourselves.
 - a. Become aware of what is happening to you when you feel a certain way.
 - b. When you get "agita" are you aware of what is eating you?
 - i. It is necessary to access the pattern that has developed over years that needs to be eliminated.
 - ii. Breaking up blocks or calcification caused by years of negative thoughts, words and experiences.
 - iii. Eliminating them from your body.
 - iv. Replacing them with something new, positive and healthy.

3. The PEMS (physical/emotional/mental/spiritual) stores the knowledge of all that has happened to you in your lifetime.
 - a. Every positive or negative happening in your life is stored in your PEMS and affects you on all levels.
 - b. Reactions to food or chemicals are often based on upsetting reactions that one has in one's life.
 - c. Stored memories of forgotten traumas.
 - i. Abortions have caused tumors in the female organs- which is easily understandable.
 - ii. But, they can also cause tumors in the brain because the "thought" process is setting up a block.
 - iii. Sexual abuse (which seems rampant at this time) manifests as extreme lower back pain, sexual dysfunctions, immobility in the hip and groin area, and sexual diseases, as well as having dissatisfying male/female relationships.
 - iv. Emotional abuse often translates into an inability to communicate ones own feelings or an inability to relate well to other people.
 - d. Stored positive memories.
 - i. The smell of coffee in the morning.
 - ii. The way it feels when you are told you just received a big raise at work.
 - iii. The smell of fresh cut grass.
 - e. Stored memories that make us react in destructive ways.
 - i. Example: Being sick is being loved. (Caroline's story) As a baby I learned that to be sick was to be loved - I saw my mother very ill and getting a lot of attention. In my child's mind I interpreted - to be sick was to get a lot of love and attention. A LEARNED BEHAVIOR.
4. Good is bad. Bad is bad - how can someone do anything good or right?
 - a. As mentioned before, as a child how often we are told that the things that we do are bad.

- b. If someone hears it often enough the childhood concept is that there is nothing that they can do that is good.
 - c. Some adults come up with the philosophy that they should do nothing because all that they do will be considered bad.
 - d. As an adult some people will not attempt anything as they feel that what they do is not worthwhile.
 - e. Some individuals actually cause themselves to suffer physical pain when they get close to accomplishing something very healthy or positive in their lives.
 - f. This is because on some level they believe that they are evil or unworthy.
5. The body and emotions, being a function of the mind, also records all positive and negative experiences within it.
- a. Genetic predispositions will first bring up weak spots in the body.
 - i. If you are to get a dis-ease or weakness, it will show up in a genetically weak spot.
 - b. Accidents or illnesses will leave a weak spot in a part of the body.
 - i. Broken bones and debilitating diseases.
 - ii. Arthritis often sets in where a bone was broken, badly damaged, or misused.
6. Learned behavior patterns will encourage predispositions to certain illnesses.
- a. Learning to hold in all your feelings and emotions.
 - i. Heart disease and stroke.
7. Depending on your belief system spiritual karma will attract certain diseases or traumas to a person.
- a. Being born with deformities and disease.
8. Depending on your belief system, ancestral karma and traumas can influence your physical illnesses.
- a. Inability to express tears and show emotions causing "water related diseases".
 - i. Asthma.
 - ii. High blood pressure.
 - iii. Sexual related diseases.

- f. Knowing all this information, what if it were possible to alter and correct these "computer programs"?
- i. By reprogramming the mind, body, emotions and spirit, you can start the process to a new belief system and way of life.
 - ii. Altering the energy that sustains the belief system in the mind, body, emotions and spirit.
 1. In Holistic Synergy, we work to alter the energy blocks or calcifications within the body.
 2. These blocks in the sustaining electromagnetic and energy fields of the body, must be released and replaced with positive energy.
 - iii. Altering the thought process that causes us to accomplish all that we do in a way that is exclusively our own.
 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.
 4. Eliminating negatives and expanding to the infinite.
 - iv. Eventually, knowing our bodies so well that we will know what issues need to be dealt with before we cause ourselves the disease and traumas that we all experience.
 1. If I run into resistance, I always question within my thought process.
 2. Is there something that I need to learn from this person or situation to grow from?
 - a. The answer always seems to be yes eventually.
 3. Being responsible for ourselves and taking credit for all that we have achieved.
 - a. Know your strengths, before you try to conquer your weaknesses.
 - b. Always ask for help when you need it.
 - c. Learn to love yourself as you are in the moment.
 4. Being responsible for ourselves and taking credit for all the learning lessons that we have brought to ourselves.
 - a. Those "negative experiences" are there to teach us where we need to work, even if we are having difficulty "seeing" them.
 - b. The "positive experiences" are those that assist us to get through the "rough" times develop self confidence.

c. There is a way to accomplish this - through Holistic Synergy or other forms of alternative health methods in conjunction with those methods that you already trust. Expand your ways of thinking and allow new options to be plausible.

8. After having heard my explanation of healing, I would like to know what is physical healing to you?

9. What are your expectations of this course? _____

10. Do you understand what it means to commit to your physical healing? _____

11. Discussion.

12. Introduction to Physical Healing- Level I

a. Personal Healing:

i. Physician HEAL thyself.

1. On all four levels.
2. Consider your own nutrition, exercise, meditation, speech and thought process.
3. Consider beliefs of traditional medicine vs. new age approach- know what you believe.

b. Personal processing:

i. Make sure that you have your own healer.

- ii. Realize that you too need to be cared for and aided in your growth process.
- iii. Allow yourself to receive.

iv. Simple alternative approaches:

1. Yoga, t'ai chi, exercises to release stress.
2. Diet.
3. Use of Herbs, aroma, crystals.
4. Pain control/ bleeding control. (Hypnotic Conditioning)

Conditioning: Pain Control/Bleeding Control.

Do a Progressive Relaxation.....

You are going to experience a technique that can be practiced to develop control of physiological pain and in many cases control bleeding. You are going to develop a sensation of a feeling other than normal in your hand. It could be a sensation of cold, tingling, vibration or any thing other than the normal feeling in your hands.

In a moment, I am going to count from 1 to 3, then cause a sound with my fingers. At that moment you will place your stronger hand into an imaginary container of hot water standing by your side. The water is so hot that you can hardly stand the temperature. 1 (pause): 2 (pause): 3 snap fingers. Place your hand into the imaginary container of hot water by your side. Bring back a memory of when you had your hand in hot water before. It was anytime that you can recall vividly. (Pause). Feel the steaming hot water between your fingers. (Pause). Feel your hand pulsing with the heat. Now lift your hand out of the hot water and let it rest on your lap.

When I now count from 1 to 3, You will place the least stronger of the two hands into a container of ice water and cracked ice that is standing by your side. 1 (Pause): 2 (Pause): 3 Snap fingers. Place your hand in the icy water. Recall a time when you had your hand in ice water. Feel the ice water and cracked ice between your fingers. (Pause). Feel your hand icy cold. (Pause). Feel your hand becoming colder and colder. It is almost becoming numb. Now, without opening your eyes, lift your hand behind your head. Keep your hand away from your head. Let your hand dry and get colder in this position. I will tell you when to bring it down. Continue to keep your eyes closed.

As soon as you learn this method of pain control/ anesthesia, and are satisfied with the results, you can transfer the anesthesia to other parts of the body. Practice and become satisfied with the results before

you move to other parts of the body. First practice by transferring the anesthesia from one hand to another by placing the anesthetized hand over the other for a few seconds. Test the other for anesthesia.

When this becomes effective, practice transferring the anesthesia from the hand to another part of the body. This is done by placing the hand over that part of the body and holding in this position for a few seconds. Finally you can learn, by practicing, to program yourself to concentrate on any discomfort and mentally say the word "gone". The discomfort will be gone.

Now bring your hand down. Place it on your lap. Test it for coldness and insensibility. Now remove all abnormal feeling by rubbing it three times with your other hand. This will bring back all feeling to your hand. Your hand now feels as normal as it did before the exercise.

You may reinforce the effects of this conditioning by repeated practice. Each time that you do it, it will become more and more effective. For example: for headache control, you will put yourself into a relaxed state through a progressive relaxation technique. When you are in this relaxed state you will slowly count from 3 to 1. Once at level 1, mentally tell yourself. I have a headache. I feel a headache. I want to be free of the headache. I want to be free of the feeling of the headache. I am going to count from 1 to 5 and at the count of 5 I will open my eyes. I will be wide awake, feeling fine and in perfect health. I will then be free of any discomfort in my head.

You will then count slowly 1, 2 Pause, 3 (remind yourself mentally that at the count of 5 I will open my eyes, be wide awake, feeling fine and in perfect health. I will be free of any discomfort in my head.) You will then count 4 and 5. At the count of 5, your eyes will open. You will say to yourself mentally, I am wide awake, feeling fine, and in perfect health. I am free of discomfort in my head. And this is so.

For migraine headaches, repeat the technique three times, at 5 minute intervals. Each time you do the technique the discomfort will lessen. By the third time, it will be completely gone. From that point on when the symptoms appear, one application will take care of the migraine problem. As you continue to take care of this problem in this manner, the symptoms will appear less frequently. Eventually the body will forget how to cause them. This will bring an end to the migraine problem without medication. And this is so. At the count of 5.... you will be wide awakeetc.

v. Awareness:

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

vi. Self Awareness:

1. Meditation - "Feeling Your Own Body.

Meditation: Feeling Your Own Body.

Imagine, sense or feel your heart beating in your body. Focus on the rhythmic beating. Sense the blood flowing through the heart. Feel this in a very relaxed, enjoyable manner. You have a curious fascination with it, yet it is a most natural and pleasant feeling to you. Now sense the flow of blood out of the heart, extending into the veins. Feel it spreading throughout your body. With curious fascination feel it as it flows all the way to your fingertips and toes. Feel it flowing up your chest, into your head and filling your brain. Feel the flow as it moves down your arms, to your fingertips. Feel the blood moving through all of your organs. You do not need to know which organ is where, since you can just feel the wonderful warm feeling flowing through your organs and into your glands. Feel the blood as it flows down through to your

legs. It feels so natural, yet you are in awe that you can actually feel its flow in your body. As the flow reaches the furthest extremities of your body, you feel alive and comfortably warm. You are aware of every part of your body as the blood flows through it. Enjoy it. Be attuned to the flow of your body. Relax and enjoy it. Go deeper into a relaxed state. Go deeper into the feeling of your own body.

You now have an awareness of your skin, and what it feels like covering your body. Feel it, as it surrounds and contains all that is within your body. Be aware of your nails. How do they compare to the feeling of skin from inside your body? Can you sense or feel what the hair feels like as it fits into the layers of the skin? Do you feel anything that is out of balance with your skin, hair or nails? If so, can you make the necessary adjustments to make sure that everything is functioning normally? Do so.

Now focus on your lungs. Feel the rhythmic breathing of the air flowing in and out. Are your lungs clear and filling full of air? If there is any problem, send an extra flow of all cleansing air to those spots, and breathe away all of the problems. Be aware of the air as it mixes with the blood and oxygenates the blood. Make sure that the mix of blood and air feels just right. Feel the newly oxygenated blood flowing and reaching into your body, invigorating you. Feel it, as this nice clean blood goes up to your brain and clears your mind, making it easier to think and remember. While you are in the brain area, in the middle of the brain are the pituitary and pineal glands, give them an extra flow of that rich fresh blood. These are the seat of your third eye and crown chakras. Open up your inner vision. In front of the brain are your eyes, check them out. Are they functioning as well as possible? If they need some help, give it to them. Your body is aware of how to adjust the problem. While you are in this state of awareness, give your body the chance to do its work properly. Surrounding your eyes are your sinus cavities. Are they clear and functioning well? How about some of that extra rich cleansing blood to clear up any imbalances? Do it. Closely associated to the sinuses are the nose, and ears. Give an extra burst of that blood into them. What does it feel like? Next, is your mouth and the ability to taste and swallow. Feel it. Sense it. Make sure that it is working to the best of its ability.

Now feel yourself swallow. As you do be aware of the thyroid and parathyroid that surrounds the vocal cords and goes down to the base of the neck. See if it feels as though they are working correctly. If they need some help, ask the body to bring them to the correct functioning ability.

Now, just under the lungs, in the back of the body, close to the spine are your kidneys. How are they functioning? Do they need help? Be aware if they are working properly. Give them help if they need it. In the front of your body just under the lungs, on the right is your liver and slightly to the rear your gall bladder. How are they functioning? Are you going to give them an extra flow of that cleansing blood? Do it. Coming across in the front of the body is the pancreas. Get a good sense of whether it is functioning properly. Does it need help? If so, help it. On the left side of your body is your stomach and spleen. How do they feel? Help them if they need it. Below that are your large and small intestines. How are they functioning? Give them a good burst of that blood to help them function properly. In the middle are your sexual organs. How are they working? Do they need any extra attention? Help them if they need it. Down at the bottom of your torso is your bladder. Help it if it needs it.

You have now checked out and felt most of the major organs and glands in your body. You now have some sense of how they are functioning today. Take a few moments and bring them all into perfect balance and harmony. (PAUSE.) Be totally aware of your body. Sense it. Feel it. Know it. You will now be working with it as a frame of reference for everyone else that you work on. Thank it for the knowledge it has just given to you, and ask it to guide you in the healing process.

13. Responsibility.

14. NEW DEFINITION FOR RESPONSIBILITY

- a. Your "ability" to "respond" easily and effortlessly.

15. Responsibility means power.

- a. If you give up responsibility, you give up your power.
- b. If you blame others, you give away your power.
- c. 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.
- d. If you are responsible, you have the power and the "ability" to respond to anything that you want and accomplish it.
 - i. When you were a child, you learned that responsibility meant blame.
 - ii. If you were responsible, you were at fault, guilty, or the cause of the problem.
 - iii. This is why you learned to give others "responsibility".
 - iv. In doing so you "gave them your power" and "gave them control over you."
- e. If you can then accept responsibility and say, "In the past, I had the power to make this go wrong BUT, I also have the power to fix it".
 - i. Now you are in charge of your own life.
- f. Taking responsibility for yourself also entails taking responsibility for your own thoughts, words and actions.
 - i. You must realize that your words often activate the reactions that you find so annoying in other people.
- g. Taking responsibility for yourself also entails taking responsibility for your thoughts.
 - i. Your thought process is what shapes your words, feelings and actions.
 - ii. If you are thinking and experiencing negative and destructive thoughts, you will find that your actions reflect this way of thinking.
- h. One thing that we often forget is that we bring our learning lessons into our lives.
 - i. 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.
 - ii. We must take responsibility for them!
- i. 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 ourselves.

- j. In following the above acceptance of responsibilities, we must also accept the ability to respond and change them.
- k. If you choose NOT to take responsibility for the above, you then accept the responsibility for having your life the exact way it is.
- l. This is a quote from 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 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 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 _____

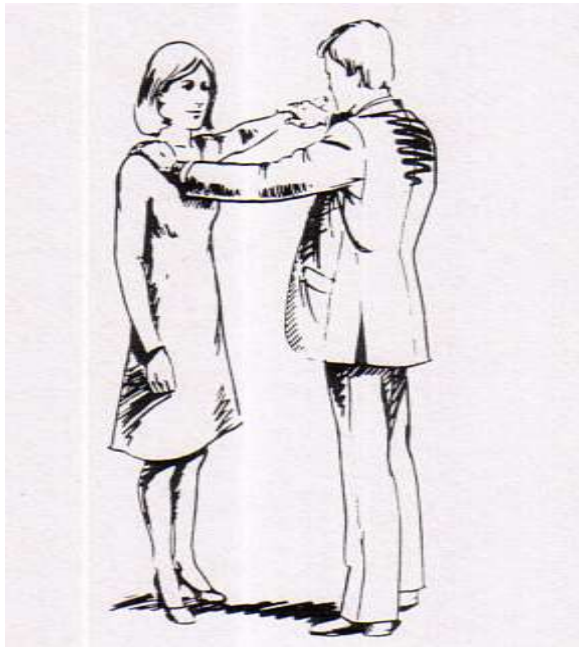
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16. Physical approaches to healing.

- a. Most modalities that deal with physical work use the physical body to produce an emotional release.
 - i. By finding trigger points in the body, an emotional release can be brought about.
 - ii. Through physical patterns or movements, an emotional trigger point can be set off reenacting a past trauma, either physical or emotional.
 - iii. By finding trigger points in word patterns, emotional and physical traumas can be accessed.
 - iv. By meeting and experiencing a person from a past life, you can re-experience a spiritual trigger point.
 - v. By re-experiencing a facial expression, physical touch, smells etc., a person will relive an experience of trauma from the past.
 - vi. Through 'déjà 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.
 - i. Trigger points can be of a positive nature, BUT we are less aware of them and we do not use them to our own benefit.
 - ii. 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.
 - iii. Trigger points are also known as fears, phobias and blocks.
- c. Ability to correct trigger points or other negative behavior can be severely impaired by a problem known as switching - psychological reversal.
 - i. Switching is a result of an emotional or intellectual belief system that is reversed.
 - ii. Testing for switching is done through a technique known as kinesiology.
 - iii. Switching can occur at any time but when dealing with negative behavior patterns, it is always best to check subject first.

17. Switching - Client testing.

- a. Kinesiology check for switching.
 - i. Client is standing- facing you.



1. Have them put their weaker hand over their navel (or solar plexus).
2. Have them outstretch their stronger arm with the hand forming a fist.
3. Ask them to resist as you push down on the arm just above the wrist.
4. Ask them to say "yes" and resist.
 - a. See if the arm goes down or remains in the air.
 - i. (This will tell you where "yes" is.)
5. Ask them to say "no" and resist.
 - a. This will tell you where "no" is.
6. Ask them to say their name.
 - a. (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.)
 - b. 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.
7. Ask them to repeat out loud-"I want to have a happy life."
 - a. Check the response.
 - b. If you get a "no" answer, then you know that the person is switched.
 - i. You will then use the "Callahan Method" to correct the switching.
 - c. If the answer is "yes", the person is okay.
 - i. Then ask them to say- "I want to have a miserable life."
 1. If the response is "no" they are really okay.

2. If the response is "yes" they need work with the "Callahan Method" for switching.
 - d. At this point have them put three fingers over the navel and ask the question- "Is this the source of my fears?"
 - i. If the answer is "yes" proceed with the "Callahan Method" for switching.
 - ii. If the answer is "no" other meridians have to be checked.
 8. Next ask "I want to let go of my fear."
 9. Then ask "I am going to hold onto my fear no matter what anybody does or says."
 10. The body will tell you which statement is true.
 - b. Testing in groups of two. *%*
18. 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.
 - i. Put your hand, palms down, flat on your lap.
 - ii. Take a deep breath and relax.
 - iii. Allow all of the tension to flow out of your body.
 - iv. Close your eyes and focus on the word "yes".
 1. Allow your body to choose one of your fingers to signify the word "yes".
 2. You will notice that one of your fingers either pops up or there is a need for movement in one of the fingers.
 3. This is the finger that for you signifies "Yes".
 - v. Now, follow the same procedure for the word "no".
 1. Next, follow the same procedure for the phrase "I don't know."
 - vi. Finally follow the same procedure for the phrase "Not enough information."
 - vii. You now can access the knowledge of your subconscious mind.
 1. Be sure that you check the position of yes, no, etc.
 2. 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.
 - viii. Then ask the same questions as with "client questioning."
 - ix. Another form of self testing:

Treating Yourself

1) (Assuming test spot 1, since testing cannot be done by yourself.) Think of phobia and tap 25 times under each eye. Supplement this by tapping second toes 25 times.

2) If fear persists, treat for test spot 2 by tapping 25 times on both sides of the body on the fifth rib up from lowest rib. Supplement by tapping 25 times on outside of each big toe.

3) If the fear persists, continue with additional conditions and treatments. Perform the following one at a time. After each treatment, if the fear persists, move on to the next treatment.

— Keep your eyes closed and tap the back of each hand (between pinky and ring finger) 35 times. (See Fig. K pg. 139.)

— Keep your eyes open and tap the back of each hand 35 times.

— Hum a simple tune (Yankee Doodle Dandy) and tap the back of each hand 35 times.

— Recite multiplication tables and tap the back of each hand 35 times.

— Look down and to the left and tap the back of each hand 35 times.

— Look down and to the right and tap the back of each hand 35 times.

— Roll your eyes to the left (counter-clockwise) and tap the back of each hand 35 times.

— Roll your eyes to the right (clockwise) and tap the back of each hand 35 times.

2) With the tips of the index finger and the middle finger, tap the edge of the bone of the eye socket just beneath and centered on the bone under the eye for about 30 seconds. This should be done on both sides of the face. Note: This tapping should be gentler than in # 1, in order to avoid injury.



Figure J
Treatment Point for
Test Point #1

2) Same as treatment for test spot 1, only tap both sides of the body on the fifth rib up from the lowest rib.



Figure I.a
Treatment Point for
Test Point #2

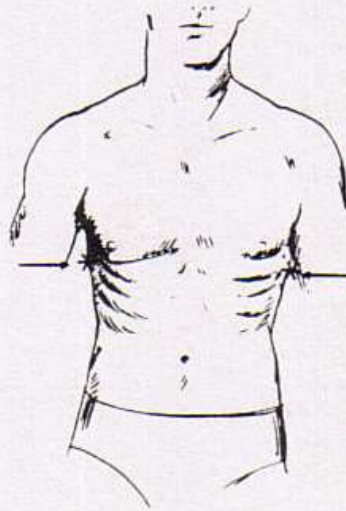


Figure H
Treatment Points for
Test Point #2

1) Test while having subject hum a simple tune (Yankee Doodle Dandy) while you tap the back of both hands vigorously 35 times. (See Figure K.)

2) Repeat hand tapping as above, except have subject recite multiplication tables aloud instead of humming test.

3) Have subject put eyes in a down left position and tap back of both hands as above test. Repeat with eyes in a down right position.



Figure L
Eye Position — down left



Figure M
Eye Position — down right

4) Have subject roll eyes to the left (counter-clockwise) illustrated below and tap back of hands as above. Test. Repeat with subject rolling eyes to the right (clockwise). Test, if weak, then treat.



Figure N
Eye Roll — to the left
(counter-clockwise)



Figure O
Eye Roll — to the right
(clockwise)

19. Callahan Method to correct switching.

2) The subject vigorously taps the outside of either hand with the fingers of the other hand 35 times. (See Figure D.).

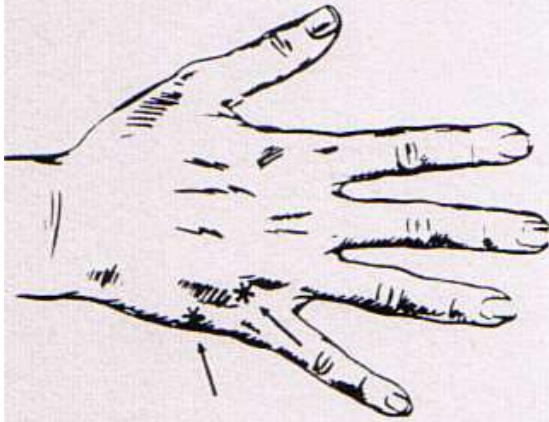


Figure D
Reversal Treatment Spot



Figure E
Reversal Treatment

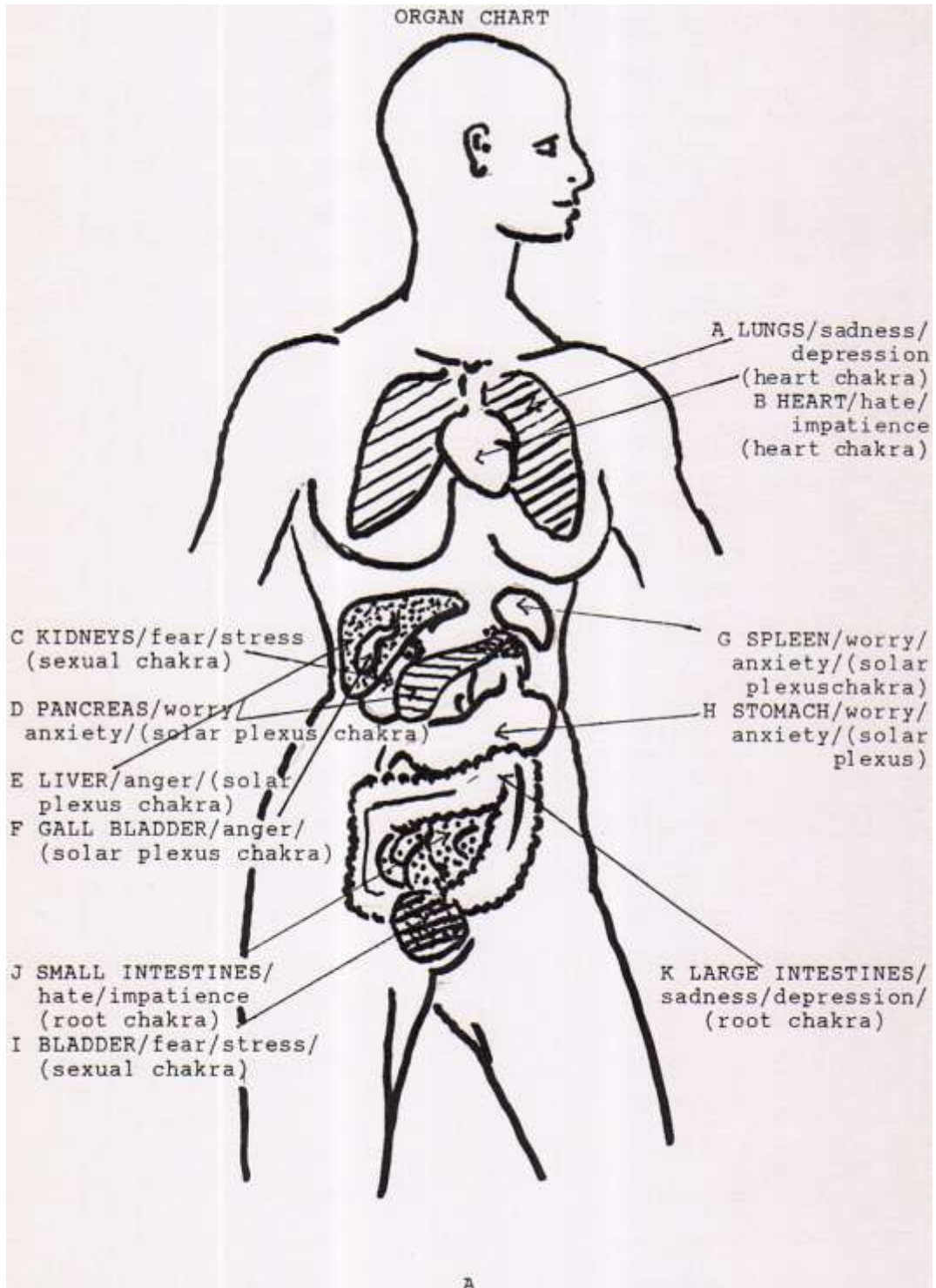
- a. Tap on the outside of the hand, directly above the little finger knuckle.
 - i. 35 times on each hand.
- b. Recheck that you have corrected the problem.
 - i. If not, redo the above method.

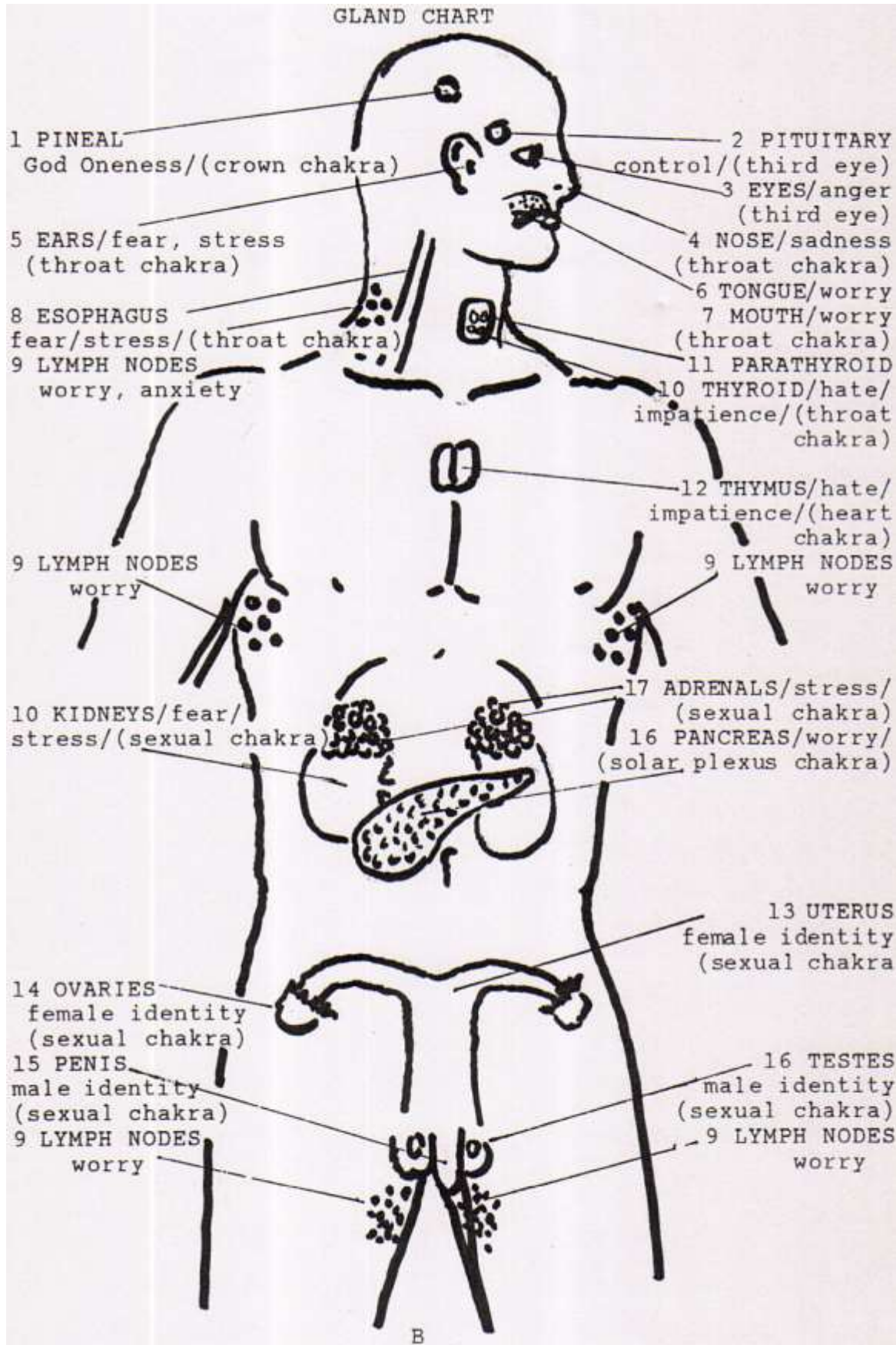
20. Holistic Synergy work specifically related to fears and emotions, and how they affect the body.

a. Body chart.

i. Discuss with reference to emotions and body organs.

1. Each organ and gland has a related emotions, mental thought process (to be discussed in the mental HS1 class), or spiritual (chakra) aspect.





- b. Aura reading: (To be used for individuals who need to learn to feel energy and blocks in the body - If the class participants can feel energies pass over this section.
 - i. Scan one inch from the body.
 - 1. Look for obvious changes in the energy field:
 - a. Hot spots.
 - b. Cold spots.
 - c. Tingling sensations.
 - d. Pressure or drawing sensation.
 - e. Anything that is obviously different from the rest of the body.
 - 2. The intensity of the energy difference will help you to identify which imbalance should be taken care of first.
 - ii. Look at body and organ chart.
 - 1. Demonstrate on volunteer.
 - iii. Exercise. Using body /gland check sheet scan a partner and note imbalances to be worked on eventually: (if necessary).
 - 1. Front of body- middle- top to bottom.
 - 2. Front- left- top to bottom.
 - 3. Front- right- top to bottom.
 - 4. Back- middle- top to bottom.
 - 5. Back- left- top to bottom.
 - 6. Back- right- top to bottom.
 - iv. Fill in check sheet.
 - v. Switch person being scanned.

21. PROTECTING 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.
 - i. Imagine, sense or feel an energy field of golden white light is surrounding your entire body.
 - ii. 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).
 - iii. 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 navel.

- iv. This will reflect all negative energy attacks or attempts to access your own energy.
- v. 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.
- vi. Make sure that you ask the Universal Energy to remove all of your own problems or discomforts before you start working on anyone else.
- vii. 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.)
- viii. You will continue to work on them yourself after you have finished the healing session.
- ix. At this time the Universe will return them to you to do your own work.
- x. Be constantly aware to adjust your body position so that you know when your body is in any sort of distress.

22. Energy Balancing.

- a. Client then sits or lies down.
 - i. The synergist then stands behind the head of the client and the healing of the energy blocks begins.
 - ii. 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.
 - iii. Allow the ball to become brilliant and vibrating with this healing Force. Focus on it for a few moments.
 - iv. Imagine, sense or feel a stream of white light flowing into your head at the top (the crown chakra).
 - v. Imagine the energy coming down into your heart and energizing your heart and body.
 - vi. 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.
 - vii. The other 80% flows down your arms through your hands into the spots that need healing.
 - viii. Imagine the energy meeting at the organ or gland and bringing it into balance.
 - ix. You then imagine or visualize the energy flowing out of the body.
 - x. Visualize it flowing through to the bottom of the feet and out into the floor.

BRAIN ENERGY CHART

Balance right and left brain energies in the following order:

- 1 Temples - strongest energies to detect a person who thinks a lot.
- 2 Behind the earlobes - strongest energies to detect a feeling person
- 3 Forehead - Intellectual Center -the thinking energies are strongest.
- 4 Hindbrain - Instinctual Center - childlike behavior.
- 5 Midbrain - Emotional Center - feeling and gut reaction.
- 6 Above Hindbrain - combining of intellectual and emotional energies.
- 7 Top of head/hair line - combining of intellectual and emotional

ENERGY LEVELS:

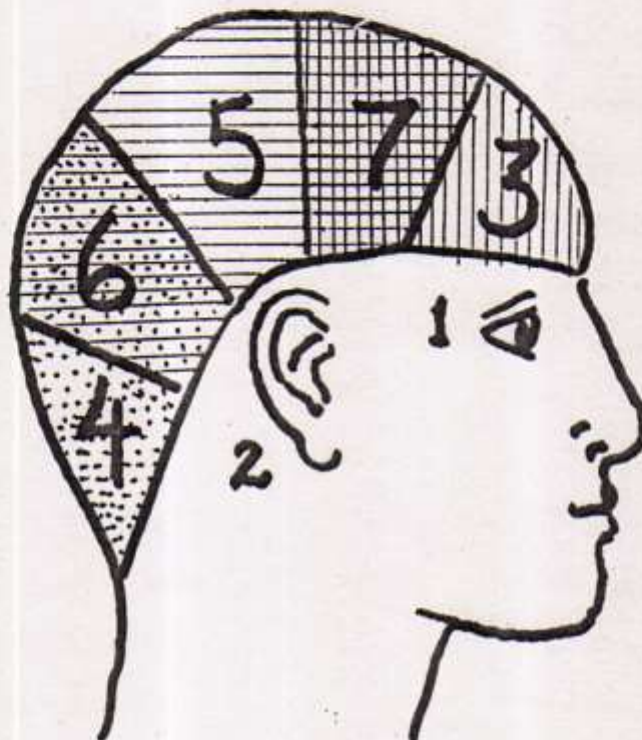
PHYSICAL _____ INCHES

MENTAL _____ INCHES

EMOTIONAL _____ INCHES

SPIRITUAL _____ INCHES

	1	2	3	4	5	6	7
P							
E							
M							
S							



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- 7 Top of head/hair line - combining of intellectual and emotional.

ENERGY LEVELS: ^R

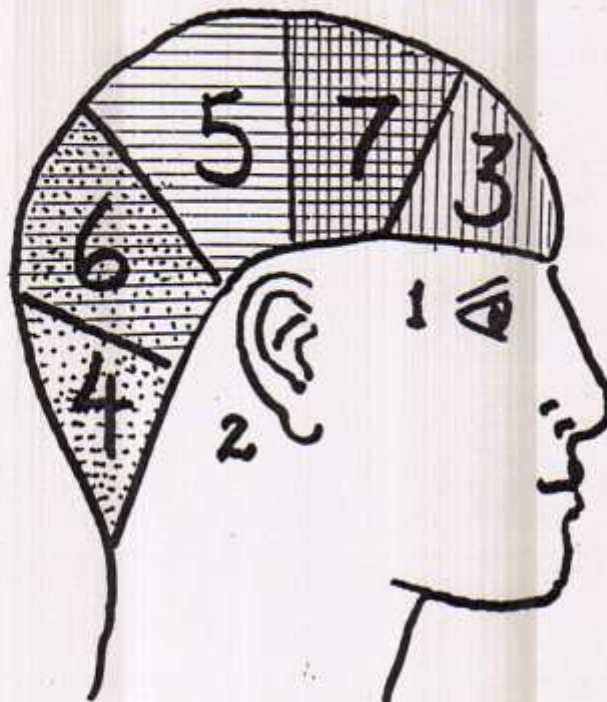
PHYSICAL 1 inches

EMOTIONAL 2 1/2 inches

MENTAL 3 inches

SPIRITUAL 6 inches

	1	2	3	4	5	6	7
P	^R 1	^R 1/2	^R 1/2	^R 1 1/2	^R 2	^R 1 1/2	^R 1 1/2
E							
M							
S							



- b. Brain energy:
- i. Remember that emotions directly affect the brain energy, as well as the fact that the brain has a direct effect on the emotions.
 - ii. 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.
 2. Be very aware of these conditions and the physical sex of the client (large differences in what seems to be correct will affect all three other levels of work although we are now concentrating on the physical).
 3. Place index finger and middle finger of each hand on the temples.
 - a. Bring the energy of the two hemispheres of the brain into balance.
 - b. is the place to balance those people who use their brains a lot (thinkers) or also people who tend to be "spacey".
 4. Place index finger and middle finger of each hand in the indentation behind the fleshy part of the earlobes.
 - a. Bring the energy of the two hemispheres of the brain into balance.
 - b. This is the place to balance those people who are deeply into their feelings or are emotional.
 5. From this point, follow the brain chart for balancing the energies of one side of the brain to the other.
 6. Lastly, put one hand on the forehead and the other at the base of the skull and bring these two areas into balance.
 7. 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.
 - b. 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.
 - c. Realize that major blocks in the brain are the cause of physical imbalances.
 - d. Pay special attention to visualizing the flow of energy out the feet.
 - e. Encourage the client to communicate any discomfort, visualizations, thoughts or messages.
 - i. They are all of great importance. Your rapport with the client is very important.
 - f. Remember that you must adjust your body position often to make sure that you are comfortable.
 - g. 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.

23. 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.
 - i. Feet.
 - ii. Fingertips.
 - iii. Shoulders and above out fingers.
 - iv. Make sure you also work on kidneys.
 - v. Above the waist drain at kidneys then down to coccyx and out bottom of feet.
 - vi. In case of lung congestion, asthma, etc., DO NOT WORK ON LUNGS.
 1. In the above situations, drain from kidneys then do bottom of the feet.
 - vii. Above legs, drain at coccyx or sacrum then bottom of the feet.
 - viii. At the end of the session, you should always drain flow to the feet.
 - ix. Be aware that energy blocks going from the back of the body can be as a result of an inability to receive.
 - x. Be aware that energy blocks from the front of the body can be as a result of an inability to give.
 - xi. Be aware that energy blocks on the left side of the body are as a result of creative, female energy imbalances.
 - xii. Be aware that energy blocks on the right side of the body are as a result of logic, male energy imbalances.
 - xiii. 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.
 - a. This is also the place that a lot of healing will come from.
 - b. It is the generator of the Healing Love.
 - c. Also the thymus that sits on top of the heart.
 3. Pituitary and Pineal to assist in spiritual growth and processing.
 - a. Also to assist in any emotional blocks that originate from the spiritual level.
 - b. Eyes - Anger.
 - c. Nose - Sadness.
 - d. Ears - Fear and stress.
 - e. Mouth - Worry.

- f. Eustachian Tube and Lymph System in neck.
 - g. Neck - where spine and skull meet.
 - h. Neck - thyroid and parathyroid.
 - i. Shoulders - Especially back side.
 - j. Elbow.
 - k. Wrist.
 - l. Hand.
 - m. Lymph glands - under the arms.
 - n. Lungs - Sadness and depression.
 - o. Kidneys - Fear and stress.
 - i. Also adrenals that sit on top of the kidneys.
 - p. Spleen, stomach, pancreas - Worry and anxiety.
 - q. Liver and gall bladder - Anger.
 - r. Large Intestines - Sadness and depression.
 - s. Small Intestines - Hate and impatience.
 - t. Hips - upper and lower area. Each area represents a different issue.
 - i. Make sure you do both sides.
 - u. Sexual organs - If you feel uncomfortable in this area apply the energy from an inch above the body.
 - v. Bladder - Fear and stress.
 - w. Lymph glands in the groin area.
 - x. Lower spine.
 - y. Knees.
 - z. Ankles.
 - aa. Feet.
4. Put one hand on top of the organ or gland and the other hand exactly opposite on the bottom of the body.
 5. Send energy flow through blockage meeting in the middle and visualize draining out of the feet.
 6. Continue in this manner until all blockages are released.
 7. Ask the Universal Healing Energy to assist you to know when the blocks are broken up.
 8. 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.
 9. Watch carefully for any rigidity setting in the arms, legs, or neck.

- a. When dealing with emotional issues some people actually refuse to come in contact with their emotional or physical needs and will become very rigid.
- b. STOP ALL ENERGY WORK!
- c. Encourage deep breathing.
- d. Make them sit up and talk to you.
- e. Help them to process through traumas.
 - i. Through visualizations.
 - ii. Through making sounds.
 - iii. Through breathing exercises.
 - iv. By talking or yelling.
 1. Ask question: What is your feeling (trauma) like?
 2. Be constantly aware to change your body position often so that you are physically comfortable.

xiv. Exercise.

1. Break into groups of four and practice energy work.*%*
2. Discussion.

24. 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.
 - i. 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.
 1. Remember that you have a Universal Energy guiding you so that it is possible.
 - a. 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.
 - b. Rethink your protection.
 - c. Draw energy through the client's crown chakra to the feet.
 - d. 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.
 - e. 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.

- f. 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.
 - g. When you sense or feel that a good flow is produced-stop!
 - i. 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.
 - 2. Exercise.
 - a. Break into groups of four and work specifically on releasing of energy and energy flow. *%*
 - 3. Discussion.
25. There are other modalities that we eventually use with advanced clients and in advanced seminars.
- a. To distract the client:
 - i. From nervousness.
 - ii. From thinking and analyzing too much.
 - iii. To assist you and be a part of the healing on a conscious level.
 - iv. To release blockages in a way that the client might find more comfortable.
 - v. To fill a need to be physically nurtured.
 - vi. To express themselves on a channel that they are comfortable with.
 - vii. Breathing:(Demonstrations during lecture if time allows.)
 - 1. This can be used to focus the client's energy and mind to assist you in breaking a block.
 - 2. If the client is very aware of their own body energies.
 - 3. If the client's mind is wandering on stressful situations and this is interfering with your energywork.
 - 4. A form of mental focusing.
 - 5. To relax client.
 - 6. To use the breath to circulate the life force through yogic breathing.
 - viii. Soundings:(Demonstrations during lecture if time allows.)
 - 1. To alter the focus on the client's part, when they are too involved in their own thinking.
 - 2. To vibrate the air, body and all that is around the client at a different vibrational rate to aid healing.
 - ix. Visualizations:(Demonstrations during lecture if time allows.)
 - 1. Be in constant contact with your client, asking if they see or feel anything.
 - 2. They will give you clues as to what they are in tune with in their body, mind, emotion or spirit.
 - 3. Present life traumas.

4. Past life visions or traumas.
5. Some of your clients will be able to aid you through their own visualizations of their body parts and the dysfunctions.
 - a. How do they see the "dis-ease"?
 - b. Using the information they have given you, can you give them visual ways to make the affected area healthy?
- x. Color therapy: (Demonstrations during lecture if time allows.)
 1. Utilize the different colors to raise the vibrational rate of the affected area.
 2. Use the colors along with breathing techniques.
- xi. Reflexology.
 1. The manipulation of the feet to produce a release of toxins in the body.
 2. Reflexology charts will give you the position on the foot that coordinates with a specific area, organ, gland or part of the body.
 3. Calcification, tenderness or swelling in the feet, is often a sign of problems in the respective parts of the body.
- xii. Meridian work.
 1. This relates to the electromagnetic currents in the body.
 2. Electromagnetic currents run through the entire body and affect certain organs and functions of the body.
 3. Any blockage in the fields may cause dis-ease.
- xiii. Body Movement.
 1. Minor body movements, when someone is being worked on in the energy fields, can often signify a deeper more complex trauma stored in the muscles and body parts.
 2. Exaggeration of these movements in the proper way can help to release these traumas.
- xiv. Massage.
 1. Many people respond very well to touch to release traumas.
 2. Always send the healing energy into the spot that you are massaging.
 3. When any other modalities of healing are being done, the Holistic Synergy philosophy of healing energy is also utilized.
 - a. This is to accomplish what was originally projected for, in the healing process, with the effects that the Synergist wants to produce.

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File No. _____ Date: _____
Practitioner: _____
Length of Session _____
Name: _____
Reason for requesting session: _____

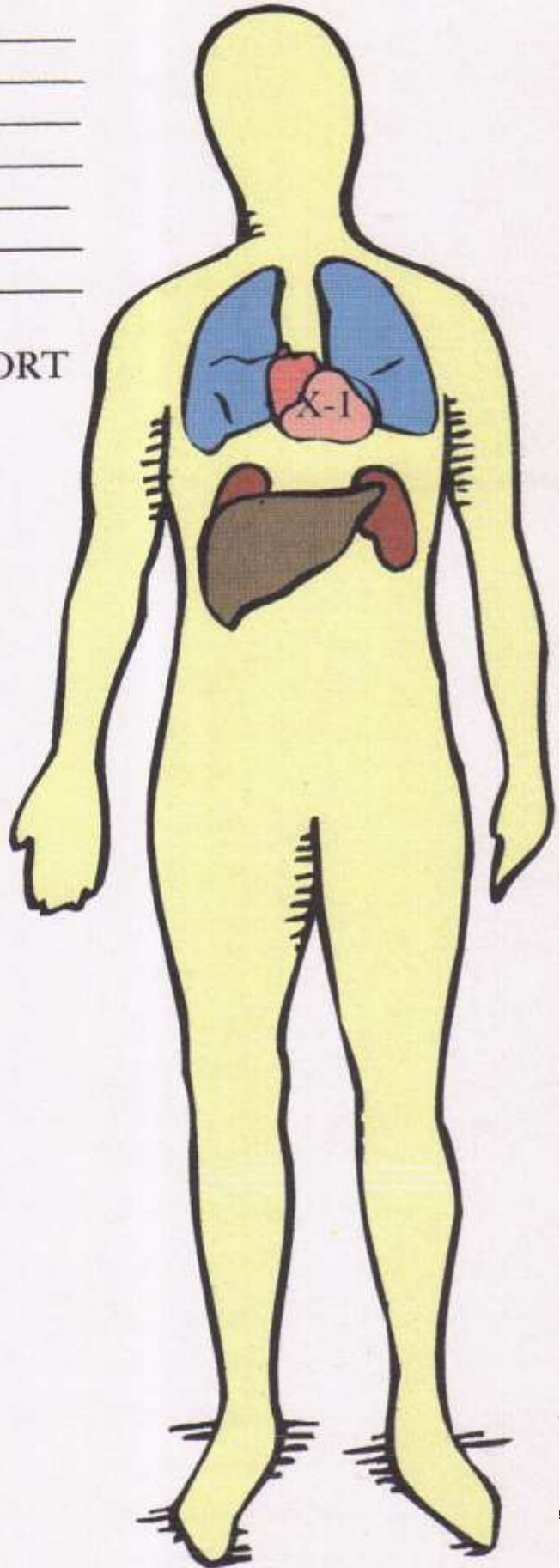
PRACTITIONER SESSION REPORT

- *Mark ALL energy blocks with an "X".
- *Assign a number for identification purposes.
- *In this section of the worksheet mark the number and the following information.
- *Mark "P"-physical, "E"-emotional, "M"-mental, "S"-spiritual when you determine the energy level of greatest intensity of the energy block.
- *When the session is completed: number, identify, and list below and on the back of the report page, the exact gland, organ, or area that is involved in numerical order.
- *Specify if there was too much or too little energy in the area.
- *Specify if the blockage reduced in intensity "-" or increased in intensity "+" as you are working on it.
- *After draining the energy at the end of the session, go back and recheck blocked areas and evaluate.

Example:

1. P - heart - "+" after "-"

REMEMBER: No diagnosing or prescribing.



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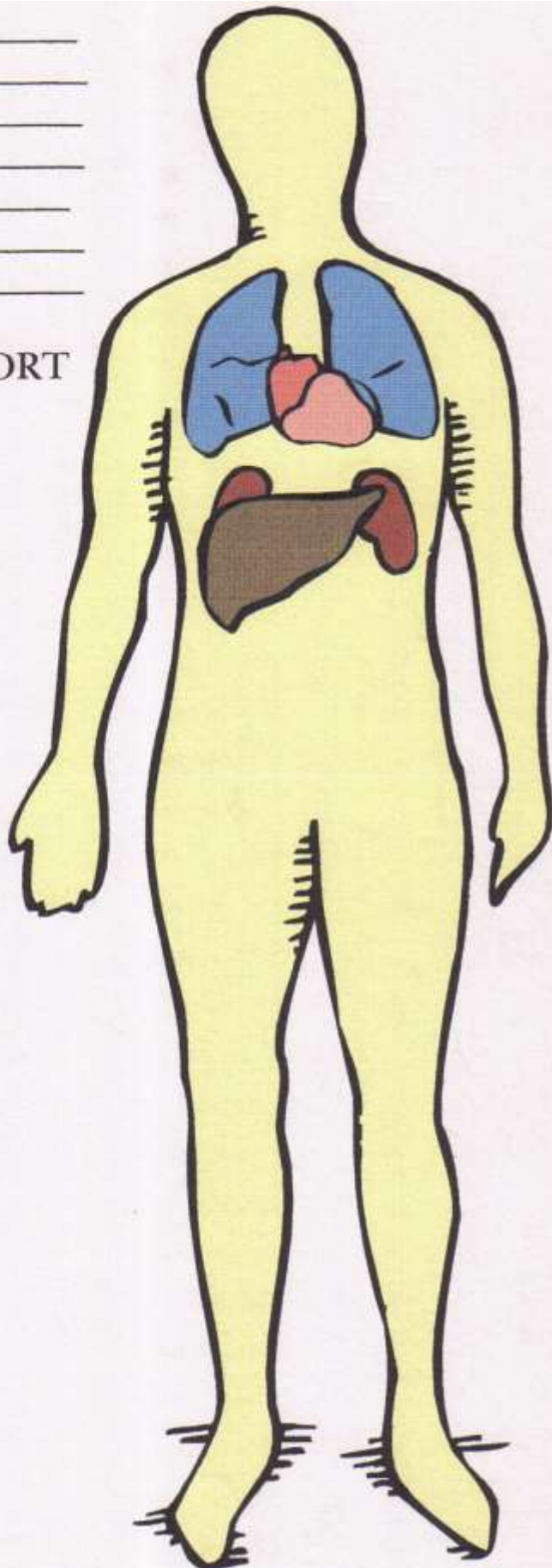
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PRACTITIONER SESSION REPORT



MONTHLY SUBJECT LOG

Date Time Name Month of _____ 200_____
Phone Number Fee Type

Date	Time	Name	Month of	200	Fee	Type