

**HANNA KROEGER'S HANDS ON HEALING PROCEDURES, PRODUCTS AND
THEORIES PRESENTED IN A CLASSROOM SETTING: AN EXPERIMENTAL
APPROACH TO REDUCTION OF ANXIETY, DEPRESSION AND TOTAL
SYMPTOMS**

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DEDICATION

to

HANNA KROEGER

October 5, 1913 - May 7, 1998

My Beloved Teacher

*With Love,
Ginger*

The work in this dissertation is an original reporting of Hanna Kroeger's work and the research done for it, which was carried out by me solely, except for the acknowledged assistance and guidance gratefully received from colleagues and mentors.

GINGER BOWLER

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Abstract

This study looked at the efficacy of Hanna Kroeger's teachings as examined by measuring changes in levels of symptoms, anxiety and depression. The test participants attended a six-hour seminar on Hanna Kroeger's basic teachings. Each participant received (from a fellow student) and administered, one simple "hands on healing" procedure to balance the "Electromagnetic Body," all participated in setting their own hips (making sure the basis of their skeletal system the hips/ pelvis were set) by participating in a "do it yourself procedure," and all were dowsed for and offered seven Hands on Healing/ Body Alignment Procedures. At the end of the seminar each participant was dowsed for and given free of charge (with no obligation on their part to ingest) herbal and vibropathic™ remedies from Hanna Kroeger's line of products. At the Introductory Appointment Study participants were allowed to choose which group they wanted to participate in but were not told which ones were test or control groups. 57 participants finished the study participating in one of three groups, all of which were tested multiple times using the STAI, ZUNG and a SYMPTOM INDEX TEST. After 4 weeks, the time period during which the participants had the opportunity to imbibe what they had learned, making changes in their lives, as well as taking the herbal and Vibropathic™ remedies, there was dramatic improvements, significant at $p=.01$, in 3 out of 4 measures: the levels of State Anxiety, Depression and Symptoms. Marginally significant improvement, $p=.06$, was demonstrated in Trait Anxiety. In conclusion, further research on the potential impact of Hanna Kroeger's seminars and products is needed and warranted. This research seemed to demonstrate relief from overall symptoms, anxiety and depression for test subject participating in a 6 hour seminar/ intervention and taking supplements.

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CHAPTER 1
INTRODUCTION

Statement of the Problem and Review of Literature

The efficacy of Hanna Kroeger's work has not been scientifically documented. This is an attempt to examine whether her teachings, procedures and products positively impact the student who is educated in her work and methods.¹ Specifically, this is an evaluation as to whether the basic teachings and the opportunity to have some of the "hands on healing techniques" that Hanna Kroeger taught, as well as being provided some of her products or remedies, will result in changes in dimensions of health as measured by the STAI (State Trait Anxiety Inventory), ZUNG (Self-rating Depression Scale) and SYMPTOM INDEX (total symptoms).

But just what is it about Hanna Kroeger's work that was, and continues to be, effective? And, what is being affected within the life of the human being? Are there simply changes in the physiology? Or, is it in the state of "being?" Perhaps it is in the perception of the individual once they are exposed to a whole new realm of possibilities that Hanna Kroeger's work seems to open up for a seeker of health, healing and the

experience of wholeness? Does the effect of opening to a new realm of possibilities, being pro-active in managing one's own health and well-being, so empower the individual that their experience of their lives is altered? And if so, can we measure those changes with the four tests that were selected for collecting data? Were these the appropriate tools?

The initial search of literature for information, articles, research projects and other documentations of Hanna's life and work, revealed only a couple of articles which seemed to be used repeatedly. Upon further investigation, their origin was traceable to Kroeger Herb Products website and to a few informational pieces her company had printed about her life and work. Yet, the initial internet search of her name brought up over 4000 hits most of which referenced the fact that the person or business listed was selling her books or that they considered themselves to be a student or practitioner of Hanna's work which is, of course, a validation of her work and outreach.

In the past this author had been in the same position as many of her fellow Hanna Kroeger students and practitioners. For years her (former) company, wholesale distributors of Hanna Kroeger's products, fielded many inquires from callers and customers questioning whether there was anyone documenting all of the testimonials that they were receiving on Hanna's work. Generally, the reply was "...we don't know, we're too busy trying to help the next person, too busy running the business (which is actively engaged in helping others on a day to day basis), to stop and document or *prove*

something works that we already know works.” (That was prior to this author entering Graduate School and realizing the importance of gathering such information).

This review of literature evolved into looking at the question “*Who was Hanna Kroeger beyond the person we knew her to be? What made Hanna, Hanna? Was she just a phenomenon rarely seen, a miracle healer who ‘just happened?’ Or, were there particular areas of education and training which she had received and then integrated which consequently evolved into the powerhouse of ‘Intuitive, Healer, Minister, Teacher and Saint’ that we know of today?’*”

While searching for information on Hanna Kroeger’s background, this author was lead to Leslie Stevens. Leslie has done extensive investigative research on Hanna, her life, and her herbal formulas. She was able to document much of Hanna’s background, a background which is now obvious, as Leslie so skillfully points out, but was shared by Hanna only in pieces throughout her lifetime.

Leslie Stevens worked for the Herb Research Foundation (HRF), an internationally known educational nonprofit promoting herbal medicine and research as a writer, researcher and technical analyst on alternative medicine as well as nutritional protocols, energy healing, the major world spiritual traditions and metaphysics. Having worked as a consultant to the Kroeger companies as an herbalist and writer, she researched and wrote educational pieces explaining the formulation rationales for all of Hanna’s formulas in depth,² a huge feat considering the scope of Hanna’s line of herbal

combinations. One such effort in examining and explaining the formula rationale is a book titled *Traditional Herbals for Modern Living*.³

But before we get into Leslie's revealing search and work, what did the world know of Hanna Kroeger?

Hanna Kroeger the Person --Hanna Kroeger the Healer

“Hanna Kroeger was a Healer, Master Herbalist, Minister, Author and Renowned Speaker... She passed on May 7, 1998 at the age of 84. Though her teachings live on through her books, video, products and educational programs, they are destined to be carried on for all time by her many students.

Hanna was a tiny German woman with a thick accent and a fiery spirit. She taught her many students the gracious art of self- help in the area of natural and spiritual healing which empowered us to help ourselves and help each other. She made disease and sickness easier for us to understand and taught us effective ways to take action to keep our bodies well.

She taught “hands on healing” methods, home remedies, short cleaning fasts, as well as “cause” for sickness and disease. Her theories were often considered radical and even outlandish. She was one...to insist that parasites are the cause of most disease. And that our bodies were hosting parasites due to being heavily chemical-ized from our food, drink and environment, especially the environment within our own homes... She told what herbs or cleanses to do to eradicate them from our bodies.

She was perhaps best known for her dowsing and her teaching of dowsing methods. She found this measurement of the bodies energy fields to be a helpful tool to determine the weakness in the body's energy field and thereby giving a clue as to the causative nature of the weakness in the body's field. In her work she developed many herbal combinations and homeopathic remedies to enhance or correct the weakened field and thereby supporting the healing of the physical body.

Hanna impressed upon us that we had to keep the spirit well, also. That this was as important a part of healing as helping the physical body, although she said that most people would be looking for help with their physical body as they usually had no clue that there were issues to deal with in the spiritual. She maintained that once a person's physical body began to heal the people seemed to begin to open up spiritually and want to work on that aspect of their lives as well...

Hanna put the spiritual and the mystical within my reach. By her example, I learned that the true teachings and understanding of the work of health and healing of the physical body was only really accessible through service and could not be separated from the spiritual.”⁴

“With vigilance she pierced through the veil of ignorance determined to deliver the message she carried in her heart. Her message was that we had a duty and an obligation to learn to help ourselves and then turn around and help our fellow human being. Her work was based on the 7 physical causes and corresponding 7 spiritual causes of all illnesses.”⁵

This next section is what her Company’s website www.kroegerherbproducts.com has to say about their founder. It was written by Rick Cummings of Kroeger Herb Products Co.:

“Hanna was born in Turkey in 1913, the daughter of German Christian missionaries. As a young woman, she attended nursing school at the University of Freiburg in Germany. Later she assisted Professor Brauchle at a large hospital in Dresden, which primarily used natural healing methods...

When Hanna arrived in America in 1952, she was disappointed by the lack of nutritious foods and started buying bulk whole grains for her family and friends. This grew into one of the first health food stores in the country. Hanna would bake wonderful breads, which brought many people to her store. The more adventurous folks would try some fresh carrot juice, which in 1958 was unheard of. By the 1960’s Hanna’s store was bustling.

There are many laughter filled stories of those early years in the store. She recalled how customers reacted when she began selling wheat germ. They asked why she would sell "germs" and whether these "wheat germs" would make them sick. Hanna couldn’t resist giving healthful suggestions to her customers. Soon people would come to see her for their health questions and Hanna’s reputation as a healer flourished. She became popular with both natural healers as well as medical professionals...

The desire to help people has always guided Hanna, giving her inspired momentum to learn more and more about natural health... Hanna's work has spread mostly by word of mouth and through her books. She is well respected and referred to by popular luminaries in different healing circles. Her work and reputation has reached thousands of people all over the world...

During the early years Hanna made her own herbal combinations a few at a time. She gave her formulas away to anyone who needed help. She soon became known as a master of using subtle and unique combinations of two or more herbs to improve the whole system of the body. The herbal combinations were to be a start of something she never imagined. In 1978 Hanna started Kroeger Herb Products to keep up with the growing demand for her formulas. Over the years, Kroeger Herb Products has grown far beyond Hanna's original vision and distributes Hanna's products internationally.

Teaching was a big part of Hanna's devotion to helping people help themselves. She wrote twenty books and revised them whenever necessary to keep them up-to-date. Her books are a wonderful array of ideas, techniques, experiences and references for health. They deal with many sides of Hanna's work, maintaining her character and heartfelt devotion to helping people. Hanna's books range from general home remedies to books on special diets, herbal and vitamin references, cookbooks and more. Hanna also lectured extensively throughout the country and held intensive learning retreats at her home in Boulder during the summer...her spirit will encourage us to continue her service to mankind...

As we honor her work and continue her efforts, we should remember her wishes for everyone, the most important being to **"help each other."**⁶

Since her work and her passion was to reach and teach the masses to "Help one another" as Christ commanded us, has it, can it, reach and teach the masses to help themselves and to turn to "help each other?" Since Hanna Kroeger's passing in 1998 the question now is, "Can her work be taught *by others* with measurable results that demonstrate its power to affect positive changes?"

The power of her work seems to be that she integrated many modalities and was able to then teach these to the lay person, the mother, father, sister, brother, neighbor and friend, people from all walks of life were touched by her and her work. This author has met many of Hanna's former students from a wide variety of backgrounds, both professionally and personally. Many were from the medical field, many were not. Whether the student was from a medical background or not, this author heard countless stories of Hanna's teachings opening a new level of understanding about the body, health, wellness and spirituality. Hanna evoked from her students a passion to learn, a duty to learn to help themselves and others. In fact, her book *God Helps Those Who Help Themselves*⁷ is considered her "handbook," a must for a student of her work.

But how did Hanna the person evolve into "Hanna the healer?" What were her roots? Now, to answer this question I refer to the research of Leslie Stevens and a transcript of a symposia talk that she presented in 2001:

"I'm here to speak about Hanna's legacy today, which we could talk about for days at great length..."

A legacy is both how one will be remembered publicly as well as the riches that are passed on to heirs. Many of us are already aware of Hanna's stature as a healer internationally. Many of you are familiar with Hanna's life history. But what is even more important are the riches of resources she gave us during her lifetime, and passes on to us as practitioners and health oriented lay people. In particular, I am speaking of the lineages she drew upon to create her work, which are available to all of us to mine more deeply in our own lives.

Hanna was a classic model of a type of practitioner we don't see much of anymore. It is part of my personal mission in life to mentor others in following this kind of model, whether they are practitioners or laymen. So often Hanna's work and methods have been misunderstood and attached to in a partial way. For instance, we hear people say that everything Hanna did was because she was listening to God or channeling. While that aspect was always present in the mix for her, this is an overstatement of the derivation of her method, and does not give

credit to the OTHER sources she was drawing on. We also hear modern herbalists saying they don't know where she got her formulating rationales. This is not because they are badly trained herbalists, or that Hanna was an anomaly in the world of herbalists, but rather that Hanna was working out of lineages that were predominantly older ones, often European, and thus less known in the US today. So my purpose today is to try to paint as complete a picture of Hanna the healer as I can...

...Today I'll be speaking of the many traditions Hanna drew on, giving you resources and also a taste energetically of those lineages through words and presence...

She did NOT want to be put on a pedestal as a healer, to be seen as an anomaly or icon. This is very important thing to GET, because she innovated based on the knowledge wisdom and ENERGY of a number of traditions BESIDES her direct connection to the divine energy and the guides. And there were times the divine spoke to her in specific terms of these other traditions. So it's very important that we become more familiar with these lineages, so that her lineage holders and guides, whom I am asking to be present today in this room to become connected with all of you, can speak to you in those terms if they need to. Her desire was to be seen as an example of very human potential not an icon. This provides a valuable model and commentary on balancing ego as a practitioner. There is also a warning inherent in it about how we can block our own development as practitioners. If we see Hanna as an icon--no matter how much we also respect how powerful she was--we block our own access within to those same sources, and thereby do not develop the skills and energies she wished for all of our lives.

It is also good to let this view of her context emerge without a lot of our own projections from our personal experience with her dominating the stage at the moment. Our notions of her can "move over" a bit to share the stage with these other threads that are about to make an entrance energetically. Hanna's core message was about empowerment, giving individuals a starting point to not only care for themselves, but to also learn how to CREATE for themselves the solutions they need by asking within and listening deeply for answers and direction.

For example, dowsing is an excellent diagnostic tool that most people can use. It also is an excellent tool for strengthening our connection to our inner and spirit guides, exercising this intuitive faculty while also having a cross-check on it, making it an excellent apprenticeship tool. I would suggest that she held a wish for the practitioners she trained to go further down this intuitive road, however it calls them. This is just one example

...Hanna worked on what's become known as the renaissance person model, a multi-faceted multi-disciplinary approach to vocation and life in general...

So let's survey the traditions she drew on innovated from and contributed to:

1. Naturopathy: a mixed and eclectic practice of herbalism, medications, physical manipulations, and body work, homeopathy, etc. that became a formal medical credential over 100 years ago, bringing together these much old disciplines under one umbrella of healing work.

- Hanna was schooled as a naturopathic doctor after nursing school in Germany by Dr. Brauchle, a very well-known naturopathic doctor at the time (This type of educational progression was also not an anomaly in that era.)*
- Specifically in the German naturopathic tradition, especially of the "nature cure" spa variety, as exemplified by Hildegard von Bingen and Dr. Rudolf Weiss. Not the variety of naturopathy taught in the US today. Rudolf Steiner, Dr. Hauschka and Dr. Vogel all share this same lineage.*
- Her era of naturopathy used various types of remedies: chiropractic, osteopathy, hydrotherapy, herbs, minerals or drugs, vitamins, homeopathy.*
- Food-based kitchen remedies are found in all naturopathy, but especially in the German/Swiss/Austrian spa-style "nature cure" naturopathy and many traditions of herbalism.*
- Naturopathy puts a great emphasis on detox and parasite regimens, but especially in the German and English speaking countries.*
- There are references to diagnostics from other systems sprinkled throughout her work, showing her contact with them at least in small quantities: Chinese Medicine, Ayurvedic/Yogic system, Flower Essences, Reiki and modern nutritional & medicinal plant research.*

2. European style homeopathy and radionics:

The notion of miasms is stronger in European homeopathy than in American, and much of what the Europeans use theoretically was developed by homeopaths in India. (See Ballantine, Radionics

reading list and “Seven Herbs Seven Healers”.) She is in some ways better known in Europe than here, especially for her innovations in homeopathy, and rubbed shoulders with many of the most important homeopaths of her generation.

3. Hanna’s Style of Herbalism

Predominantly based on old-school Northern European herbalism, which is very different than either modern European phytotherapy or modern American herbalism that is easily learned today in schools or books. Both modern streams use any given plant for fewer indications than the more old school type Hanna used. Her herbalism has the flavor of particularly the Germanic & Anglo lineages, as well as the European Eclectics. (See especially Grieve, Weiss, Hager’s, Steiner, Hoffmann.)

These lineages use many of the same plants as traditional North American herbalism, many for broader applications, and thus uses that many modern herbalists are not familiar with; some different plants used as well. For this reason, many lay people in Europe can pick up a bottle of one other formulas and easily know why it works. You can’t say the same here in the US, even with many well trained and even well-known herbalists! Also these systems have more emphasis on detox and parasite therapeutics, as a COUNTERBALANCE to the heavy Germanic diet and the “EXCESS” or “HOLDING” types of constitutions that many Germans have, particularly of older generations While she adapted this aspect for Americans somewhat, it is not as appropriate an approach for many constitutional types we encounter here in North America, especially “DEFICIENCY” types, and must be scaled back. So remember to dowse dosage and treatment length repeatedly when recommending these therapies!

Hanna also was drawing on the American Eclectic herbal tradition, a hybrid of European Eclecticism and herbalism plus Native American usage (see esp. Brinker), as well as having been taught directly by Native American herbalists. (See also Alma Hutchens, Moerman, Tierra’s Way of Herbs or Planetary Herbology.)

Her “period” of herbalism and her contemporaries use an herb for many more indications or symptoms than modern herbalism. This was because commerce was not as international as it is now, so herbalists learned to use herbs also for their second, third, fourth most powerful actions, etc. as well. This was also a hallmark of a well-trained herbalist

in her era and the generations before her. This kept their pharmacy requirements for ingredients succinct. I recommend spending some time with the Holmes, Tierra, Grieve and Weiss books analyzing her formulas to see what I am taking about in action. Also when you use an herb for its secondary or tertiary qualities to treat a complaint, they are often less strong than an herb whose primary use is for that same complaint. (Give an example of secondary and tertiary uses). In formulating, one is always concerned with how to curb the strength and side effects of the primary herb with the choice of other herbs—as well as getting the benefits of those other herbs on the main complaint--or to get those herbs to help other organs that support the primary organ showing the complaint. The gentleness of Hanna’s formulas is not just due to the amount of each herb in the formula, or the relatively moderate dosage per capsule. It is often also due to choosing the main herb or herbs in the formula for treating that complaint because it is their secondary or third method of action, not the primary one, and thus creating a gentle effect.

Her era of herbalism still retained some remnants of earlier herbal lineages that thought energetically, i.e. the temperature or moisturizing effect of an herb, the organs it affects, etc. Most herbalists are unaware that Western herbalism had this type of system at one time—they may only be familiar with these concepts from Chinese or Ayurvedic herbalism or Macrobiotics. (See Holmes & Tierra's Planetary Herbology for more)

Her era of herbalism, and particularly the German folk & spa lineages, tend towards a “less-is-more” dosage style: gentler, less drug-like types of formulations than are popular today here and in European phytotherapy, just one stream of herbalism marketed there today.

Her use of dowsing for final balancing is also not an anomaly for old-school herbalists and healers: while traditional formulating rules might have been adhered to early in the mixing process, many metaphysical techniques have been used over the centuries for checking the final balance of a formula, even with every subsequent batch.

4. Hanna’s spiritual lineages:

The “New Age” actually began with the Utopian movements of the 1800s, really gaining momentum in the last decades of that century and on a steady crescendo since that time. Hanna’s work also drew heavily on many of these spiritual and metaphysical traditions, often from Western sources who were instrumental in the popularizing of these philosophies.

Her metaphysics are predominantly Western metaphysics, esp. Judeo-Christian metaphysics, including Theosophy, Greek, Hermetic, Egyptian, and Alchemical lineages, as well as Atlantean reconstructions (mostly from the Theosophists and White Brotherhood.) (See HP Blavatsky, Alice Bailey, Annie Besant, Rudolf Steiner, Mary Baker Eddy/Christian Science, the Alchemy tradition, Gurdjieff, Ouspensky, etc., all of whom were part of the world she inhabited-- especially while still in Europe--and with whom her father may have been acquainted.) Prosperity Tradition mention: Emmett Fox, Katherine Ponder.) Examples: Hanna's numerology mentions, Rachma/Rokma = breath of God/spirit from Aramaic.

White Brotherhood/White Lodge (see Alice Bailey): There's been lots of debate for generations in the metaphysical world as to whether the White Brotherhood, to which Hanna belonged and was well renowned in, is actually a continuation of the older White Lodge of metaphysicians. I'm not qualified to comment on that argument, so let's say for the sake of argument this is the case. This is one of the main lineages of the alchemists, part of what we call Western metaphysics. In alchemical terms, it is important to understand that the references to the White and Black Lodges in the literature about them, as well their frequent use of terms like light and dark, etc. in this type of metaphysics is NOT an encouragement to us to exercise our dualistic thinking of good vs. bad etc. Rather they are simplified terms describing different kinds energies that need to be mixed in particular proportions in order to elicit a transmutation or transcendence, whether that's desired on the physical, emotional, or spiritual plane.

...Her gifts as an intuitive were very strong: this is really important to GET. In addition, it is important to know that the use of dowsing in group settings is common in the world of psychics, because it is less tiring and may be faster than reading directly (i.e. when you have a bunch of people lined up to see you, as she often did after lectures and sermons) depending on the individual psychic. Her diagnostics in these situations were a combination of psychically derived (by flash reading) and dowsing, plus her lightning-quick use of her traditional diagnostic skills from naturopathy and other healing systems. (By the way, a good naturopath of her generation would have been expected to have that lightning quick skill with traditional diagnosis, it was not an anomaly.)

Her place as a medical intuitive:

This term has become popular in the last 10 years to describe a certain type of

psychic work that is now being integrated into our healthcare system, giving some legitimacy to these practitioners and their work. Now we also speak of it as a subset of “Energy Medicine”. Without Hanna and others of her generation doing this work for decades, the current highly visible proponents of medical intuition would have much harder time gaining acceptance for this type of psychic work, i.e. Carolyn Myss, Judith Orloff, Donna Eden, etc. So both the public and the community of professional psychics have a debt to Hanna for putting herself out there in the public eye and helping to make this work more accepted.

Her Role in the US in Evolving the Natural Healing Movement

- . One of first health food store owners in US, along with Paul Bragg & Bernard Jensen in California*
- . One of first internationally well-known healers, writers and teachers in healing and natural health care, along with Bernard Jensen, Paul Bragg, Hazel Parcells, Dr. John Bastyr, Dr. John Christopher, Dr. Rudolf Weiss, Edgar Cayce, Dr. Vogel, Dr. Hauschka, all of whom are of roughly the same generation professionally.*
- . One of first formulators making European style formulas in the US, making them easily accessible for purchase here and tailored to the health needs of the American population. Only in recent decades have we started to see this type of herbalism and homeopathy trickle into the American market.*

She was perhaps better known in Europe, Australia and Canada than in the US, especially in the German speaking countries and England. However, there are practitioners using her methods and products in Japan, Southeast Asia, India, Africa, Iceland, Scandinavia and South America, including doctors, naturopaths, nurses, acupuncturists, herbalists, bodyworkers, counselors, and energy healers. When she passed away, Kroeger Herb Products received a fax from Japan within 24 hrs. of her death expressing condolences! So this is a large and varied network we are all part of, a pool of energy we can draw upon for inspiration and endurance, and can contribute to.

So these are the major threads of Hanna's legacy...⁸

Hanna wanted to see a time when “holistic health” practitioners and the medical field would work together in this country. A few years ago, this author was walking through a hospital thinking about how far we have come with this particular wish of

Hanna's (to have the two sides work as one). She was thinking of the fact that her mother's anesthesiologist prayed for her mother prior to surgery and that her mother's nurse told her mother that all healing starts "*up here*" as the nurse pointed to her head. She also remembered that her brother-in-laws Oncologist said that she approved of him taking herbs since, in her words, "*a number of my patients have been cured of cancer with herbs*" she admitted.

This is the trend. More and more people are seeking ways to help themselves outside of mainstream allopathic medicine. "Americans are choosing to look outside of their conventional medical practitioners to more alternative and complementary. David Eisenberg's 1993 landmark study on this topic..."⁹ is one study regarding such a trend.

Hanna and her peers have assisted and directed the consciousness of our world to a place where there is agreement that lay people have the intelligence to understand health and healing. She and her peers, as well as many others, have given tools for a healthier life by encouraging each person to take responsibility and take an active role in managing their own health. A common thread of the great teachers of "holistic health" is that they insist that "All healing comes from God"¹⁰ and that "God helps those who help themselves."¹¹

Purpose of the Research Project/ Statement of Goals

The Purpose of this research project is to start the process of examining Hanna Kroeger's teaching. Another part of the goal is to examine whether positive changes occur in the population of the seminar participants at large when they attend a seminar on Hanna Kroeger's work which includes certain aspects of her work.

This particular project is not an attempt to examine and elucidate the mechanisms by which Hanna's procedures and products work but rather an attempt to evaluate whether changes do occur from participants being educated in and worked on with Hanna Kroeger's procedures, products and teachings.

Hypothesis

Research subjects will experience a significant reduction in their measured levels of anxiety, depression and overall health symptoms as determined by the STAI, ZUNG (SDS) and SYPMTOM INDEX.

Null Hypothesis

Research subjects will not experience a significant reduction in the measured levels of anxiety, depression and overall health symptoms as determined by the STAI, ZUNG (SDS) and SYMPTOM INDEX.

CHAPTER 2

OVERVIEW OF HANNA KROEGER'S TEACHINGS

A. **The Pendulum**

Hanna Kroeger relied heavily upon the use of “dowsing,” the measurement of the vibratory frequencies or energies. Dowsing is done with a hand-held tool. There are many types of dowsing or “divining rods” all operating from the same principles of detecting information from a higher source of knowledge. The one on which Hanna relied most was an instrument called a pendulum. A pendulum is generally an object which is hung from a string or chain. The way the pendulum swings is an indication of a yes, no, or neutral answer. She taught that,

“We live in 3 worlds of vibrations. The first manifestation of vibration is *physical*...The speed of transmission through this media is 1100 feet per second (fps) in air... The second manifestation of vibration is *electromagnetic* in nature...The speed of transmission through this medium is...approximately 185,000 miles per second...The third manifestation of vibration is *astral-etheric* in nature. It is called *Higher Dimensional Energies*...and expresses in

- Aura emanation
- Eloptic emanation
- Meditation
- Prayer
- ESP
- Emotion
- Thought

The medium through which these vibrations are transmitted is: *Akasha* or *Nieonic*. The speed of transmission through this medium is...instantaneous.

Intuition comes from a higher realm. Intuition is the language of the soul. If you could find an instrument with which you could ask your soul directly, would that not be a fantastic invention? Such an instrument exists. It is the pendulum with which you can converse with your all knowing soul. (Your soul is always in connection with higher intelligence –with God.) You ask your soul with your pendulum and you will receive the answer through your pendulum.”¹²

Hanna was not the originator of dowsing; the science goes back through time.

In her book, *The Pendulum The Bible and Your Survival* Hanna said,

“The rod, the reed and the staff are mentioned many times in the Bible. It was used extensively in those days to guide and measure, to bring water (Moses) and to lead the nations. The Pharaohs used it (Exodus 7:8-25). Maybe Moses learned the use of the rod from them. Among the Pharaohs this secret was very much guarded. The oldest known picture of dowsing was found in the ruins of Mesopotamia (1300 B.C.) where a priest is pictured using a forked divining rod. During the Dark Ages the use of the rod or pendulum fell in disrespect because the churches and their leaders had the funny idea to suppress their subjects and members rather than to help them. The use of the pendulum and the rod has its resurrection now. We have to turn back to the days of old to survive.

We cannot send every apple into the laboratories to find out if it is DDT drenched or arsenic sprayed or both but we can apply the art of using the pendulum the right way to find out if the apple is poisoned or fit to eat. We cannot send every piece of meat to an inspector to find out whether or not it has trichinae or hormone residue. But we can use our pendulum to find out if the meat is good for us or not...”¹³

Learning How to Use a Pendulum

Learning to use a pendulum is fairly easy by following the following instructions to determine which is your positive (yes), which is your negative (no) and what your neutral (either way) answers are.



Figure 1. **Determining the Positive Pattern.**

Hold pendulum in the dominant hand over the middle finger of the non-dominant hand. This middle finger has a “positive charge, electrically” (meaning “yes”). Ask: “Show me my positive pattern” (yes pattern). Mine is clockwise. So, my “yes” answer is always a clockwise swing of the pendulum.



Figure 2. **Determining the Negative Pattern.**

Hold the pendulum over your pointer finger (see Figure 2). The pointer has a “negative charge” (meaning “no”). Ask: “Show me my negative pattern” (no pattern). Mine is counter-clockwise.



Figure 3. **Determining the Neutral Pattern.**

Hold Pendulum over your thumb (See Figure 3). The thumb has a “neutral charge.” A neutral answer means neither “yes” nor “no” --either way.

Holding the Pendulum

Hanna taught her students to use their dominate hand for holding the pendulum (Left handed people dowse holding the pendulum in their left hand, Right handed people in their right hands) holding the chain of the pendulum between the forefinger, middle finger and thumb (Trinity) about 2 to 3 inches above the pendulum head. She instructed her students to get well established in the positive pattern before moving on to the other patterns. This is in order to keep the learning process simple and to not confuse a beginning dowser.

She said,

“Keep your question in mind about the positive pattern and this day practice only this one aspect of movement and many times until you establish firmly in your subconscious mind the pattern of your positive pendulum swing. Do not be influenced by others saying the pendulum has to swing clockwise or so. You are you, and you have your personal lifestyle and your individual pendulum swing.

The next day try your negative pattern. Hold the pendulum over your left forefinger and ask 'Which is my negative pattern?' Again it will start to move, this time in a different direction, indicating your negative vibrational pattern. This is your 'no' pattern. When food is poisonous to you or you are allergic to some parts of it, it will swing the no pattern and it is up to you to eat it or leave it alone. Please do not be in such a rush. Take your time. You have to establish in your make up your negative indicator. Work on it one full day, asking, working, and praying, and don't forget thanking. Do it until you are ready for your last swing.

Hold the pendulum over your thumb and wait for your neutral pattern to come. The pendulum may stand still or swing back and forth. At any rate it is your neutral pattern. Food which checks neutral does not hurt you nor adds energies to your system. Truly you are of spiritual nature."¹⁴

Once the dowser had established his or her positive, negative, and neutral patterns it is time to start using this instrument.

B. Dowsing Methods Used to Detect and Correct Weaknesses in the Body's Energy Field.

There were five methods that Hanna used, all of which employed the use of a pendulum to measure energy. In other words, she measured the expression of the aura, the energetic output or lack of output of the body's "energy field."

Based on these measurements and their interpretation, she offered the client various remedies. Many of them were her own herbal formulas or homeopathic remedies, as well as cell salts, nutrients, foods, juices, hands on healing procedures or whatever she could find to shift the weakened energy field from a state of "no or low energy" to that of a higher or stronger expression.

1. The first method was with the person present where she "dowsed the energy field of the physical body."
2. The second method was doing these measurements without the client present "long distance." Without having the physical body she worked with a sample of the person's energy, most often, their saliva, which was sent to her via the mail on a cotton ball enclosed in a baggie. This is a technique she called doing "Saliva Work" or more formally called a "Psychometric Aura Reading."
3. The third way, and perhaps my favorite, was that she worked over the telephone with her pendulum and her third eye!
4. The fourth way was using her pendulum and dowsing from words in print. Words carry the energetic form of the thing that they represent and so they are a fairly reliable representation of an "energy field."
5. The fifth was it that she simply held her pendulum over bottles of remedies while touching the middle of the person's left hand with her middle finger on her left hand. When the pendulum's swing indicated her positive pattern, she considered that this was a possible solution to their

issue. This was the method I chose to use in this Research Project as it is the easiest and fastest way to dowse multiple people in a short period of time.

Method #1

Dowsing the Energy Field of the Physical Body

Determine Which Pathogen Groups are Problematic

With the person was present, Hanna simply stood in front of them. She would start by determining which group of pathogens, if any, was involved in the person's condition. Instead of using her normal routine of checking for the absence or presence of energy by the "positive" or "negative" swings of the pendulum, she would determine the presence of Virus, Bacteria or Fungi using a completely different routine.

Standing in front of the person, she would face them and bend down so that she was holding her pendulum in front of the right lower leg of the patient. From there she

would lift
her
swinging
pendulum
up to the
groin area.



Figure 4.1. Step 1 Checking for pathogen groups by dowsing right leg.

Dowse right leg first starting from the ankle area continuing
To the top of the leg. Explanation below.

Repeat this motion on the left leg, starting at the ankle area and continuing to top
of leg.



Figure 4.2. **Step 2 checking for pathogens**

Figure 4.3. **Step 3 checking for pathogens**

Start on the Right leg and dowse from bottom to top then do the same thing on the
right leg.

Hanna interpreted the information received from the various “swings of the pendulum” in this way:

BACTERIA

- A circular swing on the right leg means no major bacterial issue detected. If the pendulum went “to and fro” on the right leg (towards the leg and away from the leg), this is an indication of a bacterial infection.

VIRUS

- A circular swing on the left leg, this she took to indicate that there is no major Viral issue present. If the pendulum went “to and fro” on the left leg, this is an indication of a Virus present.

FUNGUS

- A “back and forth” motion (repeated swings left to right—across the leg) on either leg, indicates the presence of Fungus infection.

Should she get erratic swings on both legs, this was an indication of Carbon Monoxide poisoning.

Many times, she would detect the presence of all pathogen groups and would work accordingly. However, she was asking the question of the body to show the main causative issue(s).

Hanna was quite gifted in her “visual sight,” as she was able to see the aura and the distortions in the energy fields but relied on her ability to read the body’s energy field with dowsing.

After she had quickly determined which problematic pathogen group was presenting, she then dowsed the body to find the problematic areas. To watch Hanna, there seemed to be no particular order in which she scanned the body, but this was not so.

After many years of observing her, it finally occurred to the author that she was scanning very quickly from the top of the head to the feet (in the front of the body) and then (from the back of the body) the base of the spine up to the top of the head. From there she would then scan the kidneys and adrenals and skeletal system.

Whenever she could connect directly with a particular organ, she did so by either touching the place of the organ or by putting her hand a few inches away from the body in the area of the organ. When she was determining the health of a complete system, such as the skeletal system, she would contact the entrance point, or what she called “the key position” which she said was the entrance point for that entire system. In the case of the skeletal system, the key position is at C7 (cervical vertebra #7).

Based on many years of observing Hanna dowse people, this author a handout for students called: *A logical order to approach and read the body's energy fields with dowsing* (photos below -handout in Appendix F1).¹⁵ This is simply a logical order to read the body although any order that works for the dowser should work just fine. Included is a text box of “possible corrections” with each photo and description. This allows the student/ dowser to begin his/ her search for possible energetic corrections by dowsing right from the list of suggestions without having to flip around from section to section in this text.

Dowsing the Organs and Systems of the Body

Assuming that the practitioner is a right handed dowser – this means that he/ she will be using his/ her left hand or finger(s) to make contact with the energy field either by touching a point on the body or holding the hand close to the body in that area (we do not touch in the pelvic/ sexual organ area) and will be holding the pendulum in the right hand. Begin at the Top and Front of the body working down the front and continue on the backside as shown below:

Head and neck:

Possible corrections



Pineal:

- Pineal Vibropathic
- Crystal Laser light procedure
- Hands on / spoken word procedure to Open the Pineal Gland

Figure 5. **Pineal** (Check the energy output in the center of crown).

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.

Possible corrections



Figure 6. **Pituitary** (Check the energy output in the center of the forehead between the brows).

**Pituitary:
(Master Gland)**

- (Hands on Procedure) Middle finger on the forehead & Middle finger on the Breast- bone. Hold for 1 min.)
- Wild Cherry bark tincture



Figure 7. **Parotids** (Check the energy output by touching the jaw close to the ear—do this on each side).

Parotids:

- Mumps
- Anger
- Strep-Staph
- 60-92
- 60-24
- Black Walnut Hull tincture
- Zinc picolinate
- Goldenseal

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.



Thyroid:

- Metabolizer
- Thyroid
- Kelp
- (Fluoride tea) (FRD)
- Kantita+FoonGoos#2
- Clavicle needs to be set?

Figure 8. **Thyroid** (Dowse directly above the “cup” of the neck/ throat).
What is the energetic expression of the thyroid?



Para-thyroids:

- Protozoa Kit
- Metabolizer
- Check need for minerals (esp. Calcium & Magnesium)

Figure 9. **Para thyroids** (Dowse both sides of thyroid).

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.

This completes reading the “head” and neck from the front of the body. The next step is generally to “read” the upper torso from left to right. After which the middle of the body is read in the same way.

UPPER TORSO

Reading the energetic expression of the organs in the upper torso, start at the right side of the body and move towards the middle and then to the left as follows,

Possible corrections



- Thymus:** (Seat of immune system)
- X-40 kit
 - FRD tea
 - Metabolizer
 - Quaw Bark
 - Olive Leaf
 - Rosemary Plus
 - Vyren
 - Goldenseal
 - Echinacea
 - Clear heavy metal toxins
 - Clear chemical toxins

Figure 10. **Thymus** (Dowse high on the sternum).

What is the energetic expression of the thymus?

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.



Figure 11. **Lungs** (Dowse Lungs)

Both lungs are checked by dowsing only at the entrance to this system –the “key position”-- under the right clavicle in the middle of the right clavicle bone.

Lungs:

- Sound Breath
- Sound Breath+ Foon Goos
- Blood Toner
- Lung Flukes
- Wormwood
- Protozoa Kit
- Other parasites
- Vit. A
- Pneumonia hold procedure



Figure 12. **Bronchi** (Dowse the Bronchi by moving to the center of the upper chest, dowser spreads fingers of the left hand touching below the “cup” of the throat to check the energetic expression of the bronchi).

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.

Heart System



Figure 13. **Left Carotid Artery** (Check the energy down the left side of the neck below the ear lobe).

Possible corrections

Possible corrections

Carotid Arteries:

- Nit
- Circuflow
- Blood Flukes
- Vein Worms

First chamber:

- Check all heart products

Heart System General

- Circuflow
- Kolester
- Heartwarmer
- Hawthorne Tea
- NIT
- Cadmium
- Arsenicum
- Dog heartworm
- Strep-Staph
- Salmonella
- Shigella
- Graphites
- Other Parasites+
- Nutrients
- Grief
- Other

Heart Valve issues are note either by putting the hand over the heart and asking for the energetic expression of the valves or indicated by a lengthwise crease on the tip of the nose (photo not included).

Possible corrections

Heart Valves:

- Blm tea (Blue Malva)
- Check bacterial infections
- Check other heart remedies



Heart system:

- Circuflow
- Kolester
- Heartwarmer
- Hawthorne Tea
- NIT
- Cadmium
- Arsenicum
- Dog heartworm
- Strep-Staph
- Salmonella
- Shigella
- Graphites
- Other Parasites

Figure 14. **Heart Muscle** (Check the energetic expression of the heart muscle with dowsing by touching the area over the heart high on the sternum slightly to the left side).

← Possible corrections

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.



Figure 15. **First Chamber of the Heart** (Check the energetic expression of the first chamber of the heart by dowsing while touching under left breast).

MIDDLE TORSO (Reading the body from left to right)

Possible corrections



Liver:

- Livah
- Liver flukes
- Chem x
- Protozoa kit
- Intestinal Flukes
- Other parasites
- Kolester
- X-40 Kit
- Stay Sober herbal combination
- Liver-gall cleanse
- Lime water
-

Figure 16. **Liver** (Dowser's open hand touches the body on the right side below the right breast over the liver while checking the energetic expression of the liver).



Gallbladder:

- Gall
- Livah
- Hulda Clark's Liver-Gall bladder cleanse
- Hanna's Gall Bladder cleanse
- Protozoa kit
- Giardia
- Amoeba
- Other

Figure 17. **Gallbladder** (Moving slightly to the center from the location where the liver is checked, dowse the energetic expression of the gallbladder).

The "possible corrections" in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger's teachings or product lines.

MIDDLE TORSO Continued (Reading the body from left to right)



Figure 18. **Stomach** (Check the energetic expression of the stomach by touching the body under the sternum slightly to the left in the center of the body at the solar plexus).

Possible corrections

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.

Stomach:

- Salmonella
- Apple cider vinegar in water
- Fennel
- 60-33 (Shigella)
- Turmeric
- Curry
- STM tea (Stomach tea)
- Check all parasites
- Lemon water
- Chamomilla
- Peppermint
- Aluminae



Figure 19. **Spleen and Pancreas** (Dowse to the left side of the body, say the name of each organ then check the energetic expression, one at a time).

Possible corrections

Spleen:

- B.E. kit
- Set the tailbone
- Beets and okra
- Okra Vites
- Check spiritual possession
- Uplift
- Blood Toner +Foon Goos
- Check for blood clots
- Other

Possible corrections

Pancreas:

- Chicken pox + Coxsackie
- Pancreatic Flukes
- Pancreatic Flukes + D-Bets
- Enz
- D.E.
- Chicken pox
- Rascal + D-Bets
- Ezzeac or Vitalea Tea
- Protozoa Kit + D-Bets
- Dioxin
- X-40 Kit
- Rascal + D-Bets
(hyperglycemia)
- *Oil of Sassafras + Uplift*
(hypoglycemia)
- Other

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.

LOWER TORSO (Reading the body from left to right)

Touching the body is not necessary. Holding contact hand 3”-4” away from the body is sufficient.

Intestines

Possible corrections



- Small intestine:**
- Taurindopholis
 - Kantita + Foon
Goos # 2
 - Aminos +
 - Check all
parasites
 - D.E.
 - Limit yeast
products
 - Other

Figure 20. **Small Intestine** (Place hand palm down over the lower part of the abdomen in the center below navel to dowse).

Large Intestine



- Large intestine:**
- 60-33 (Shigella)
 - The Mover
 - Mover+Enz
 - Plumb Perfect kit (H.C.
Bowel Cleanse)
 - Check all parasites
 - Circuflow
 - Other

Figure 21.1. **Ascending Colon** (Place hand palm towards body on the lower right side of abdominal cavity to dowse).

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.



Figure 21.2 **Transverse Colon** (Place hand at center of mid section of the abdominal cavity, navel area).



Figure 21.3 **Descending Colon** (Place hand palm towards body lower left side of abdominal cavity to dowse).

SYSTEMS



Figure 22. **Lymphatic System** (Key position is under the left armpit).

Possible corrections

Lymphatic system:

- LYM tea (lymph)
- Circuflow
- Lymph flukes
- Exercise
- B.E. Kit
- Set the tailbone
- Okra vites
- Water Revitalizer
- Lemon water
- Lymph flush-hands on
- Check all chem. & metal toxins
- Metabolizer



Figure 23. **Central Nervous System (CNS)** (Behind either ear)

Central Nervous System:

- Emu-mu Oil
- Emu Rub
- Rosemary Plus
- X-40 Kit
- St.John's Wort
- NRV tea (nerve)

The "possible corrections" in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger's teachings or product lines.

Possible corrections



Muscular System:

- Arsenicum
- Trich Kit
- Asbestos
- Graphites
- Dog heartworm
- Chem-X
- Environm. Cleanse
- Trichinosis
- Serenity
- Other

Figure 24. **Muscular System** (Grab any large muscle, example: the bicep, to dowse muscular system).



Blood:

- Blood flukes
- Blood Toner + Foon Goos
- Circuflow
- Check all parasites
- Kantita + Foon Goos#2
- BE and PA Kits
- Check all Chemical & Metal Toxins

Figure 25. **Blood** (Center of the Right hand, palm side is the Key Position for dowsing the energetic expression of the blood).

Reproductive organs

Female Reproductive Organs



Figure 26. **Right Ovary** (Key Position to dowse is below knee on the right side high on the inside of the calf muscle, not around the sexual organs).

Possible corrections

Ovaries:

- FML Tea
- Female Balance
- Manganese
- Black Cohosh Tincture
- Other

The “possible corrections” in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger’s teachings or product lines.



Figure 27. **Left Ovary** (Key Position to dowse is below the knee on the left leg high on the inside of the calf muscle).

General --Female

- Cyst ease
- Parasite Cleanse
- Women's Gold
- Other

Possible corrections



Figure 28. **Uterus** (Key Position to dowse is the Center of the Left Palm).

Uterus:

- Women's Gold
- Women's Gold +
Wormwood
(Endometriosis)
- Kantita +Foon Goos #2
- Trichomonas
- Herp X
- P.A. Kit
- P.A. + B.E. Kit

The "possible corrections" in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger's teachings or product lines.

Possible corrections

Male Reproductive



Figure 29. **Prostate** (Dowse while holding the little finger of the left hand, the Key Position for checking the energetic expression of the prostate).

Male Reproductive:

- Men's Special
- Men's Spec + Zinc
- Kantita +Foon Goos #2
- P.A. Kit
- P.A. + B.E. Kit
- Blood Toner + Foon Goos + Men's Special
- Saw Palmetto Tincture
- H.C. Kidney Cleanse (Water Works Kit)
- Herp X
- Cyst ease
- Metaline
- Circuflow

The energetic expression of other parts of the reproductive organs can be checked by the dowser simply asking questions of the body about those respective parts/ organs. Still, there is no contact made in the sexual areas of the body out of respect for the person and practitioner.

The "possible corrections" in the text box are names of hands on procedures, herbal, homeopathic or vibropathic™ supplements from Hanna Kroeger's teachings or product lines.

HIPS



Figure 30.1 Checking the Energy of the Left Hip

Without touching any point on the body, practitioner holds the pendulum by each hip, (at the crest of the ileum) looking for a positive swing of the pendulum at one hip and a negative swing at the other. This indicates that the hips are in balance structurally as well as nutritionally (minerals).



Figure 30.2 Checking the Energy of the Right Hip

BACK OF THE BODY

Kidneys



Figure 31.1. **Left Kidney** (Dowse the back above the waist on the left side, palm towards the body).

Possible corrections

Kidneys (general):

- H.C. Kidney Cleanse
- KDY tea
- KST tea
- Hydrangea Root Tincture
- Neptune
- Cranberry Juice
- Parsley water
- Water Revitalizer
Needed for water
- “Water Revitalizer Work” needed for the body.
- “Bio-energy disk work” needed over the kidneys.
- “Soma Board work” needed over the kidneys.
- Other

Left Kidney:

- Black Radish & Parsley
- Other Bacterial remedies
- Other



Figure 31.2. **Right Kidney** (Dowse above the waist on the right side palm towards the body).

Right Kidney:

- Metaline
- Metabolizer
- FRD tea
- Other Metal detoxifiers
- Other

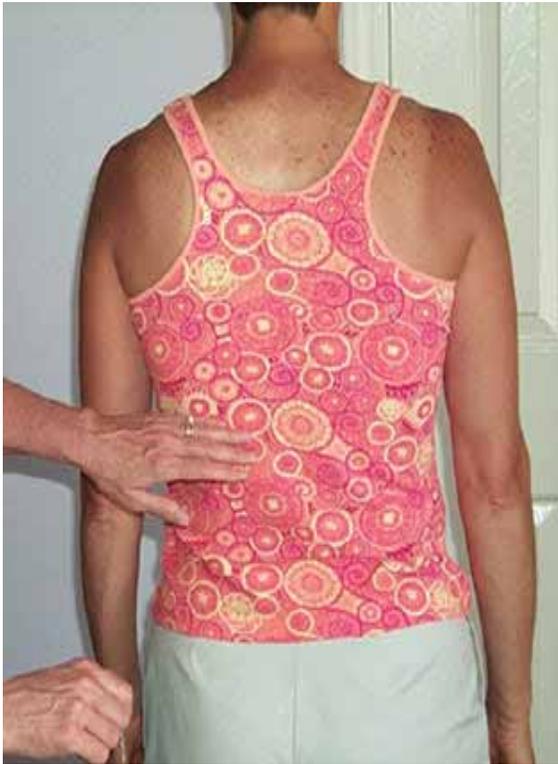


Figure 32.1 Left Adrenal



Figure 32.2 Right Adrenal

The Adrenal glands are like little caps which sit directly over each kidney. Hold palm towards the body above each kidney to check the energy output of each adrenal.

Possible corrections

Adrenals:

- Anti-fatigue
- Licorice Root tincture
- Cadmium
- H.C. Kidney Cleanse
- KDY tea
- KST tea

- **Skeletal System (at C7):** If low or no energy, check all Minerals especially Calcium and Magnesium; look for other possible bone issues.

Possible corrections



Skeletal System:

- Need minerals
- Pol-X
- Trace Mineral # 1000
- Coxsackie
- Needs Spiritual Clearing
- Adjustment needed
- T.B. residue
- Check viruses
- Check viroids
- Check nerves
- Emu oil rub
- Other

Figure 33. Skeletal System
(Check the health of the bones
by dowsing C7).

- **Spinal Fluid and Brain Fluid**

Start at the base of the spine and dowse up the body to the crown.



Figure 34.1. Spinal Fluid (Dowse from the bottom of spine to the top in one continuous motion from sacral area to occipital ridge).



Figure 34.2 Spinal Fluid

Continuing all the way up the back and up the back of the head completes reading the Spinal Fluid and the Brain Fluid.



Figure 35. Brain Fluid (Dowse up the back of the head).

Finish by holding the pendulum above the head to get the reading of the brain. If the brain needs to be checked farther, touch each of the four quadrants of the brain to see if all quadrants are synchronized with each other. This would be done by counting the rotations of the pendulum. Each quadrant should measure between 80 and 100. If not, the synchronization of the brain procedure is done.



Figure 36. The Anatomical Brain (Dowse over the crown).

This completes the standard scan. If there are other parts of the body not included in this general scan, simply hold the contact/ testing hand in that area of the body and ask the body for the energy output of the organ in question.

Once the body has been scanned, either at a distance or in person, the task of finding viable solutions for helping to bring these organs or systems back into balance begins.

Method # 2

Psychometric Aura Reading Dowsing Saliva / “Saliva Work”

The second method of detecting weakness in the body’s energy field is the one for which Hanna is best known, the “Saliva Sample” or “Psychometric Aura Reading.” Hanna did this work for people across the globe. Throughout the course of her life, Hanna did tens of thousands of these “Saliva Sample Readings.”

Daily, she would receive saliva samples in the mail. In the last few decades of her life it was a common occurrence for “Chapel of Miracles,” Hanna’s Healing Church, to receive 30-60 samples per day. She did the majority of the readings herself but did allow support with this from two of her granddaughters and from the occasional apprenticing student. Regardless of who helped her and how proficient she thought them to be, she still rechecked everyone’s work and often re-did samples when she deemed necessary.¹⁶

Her prices were affordable and her work helped many. Over the course of about twenty years she raised her price from ten dollars to twelve dollars and fifty cents to fifteen dollars and then to twenty dollars... still affordable to the masses by any standard.

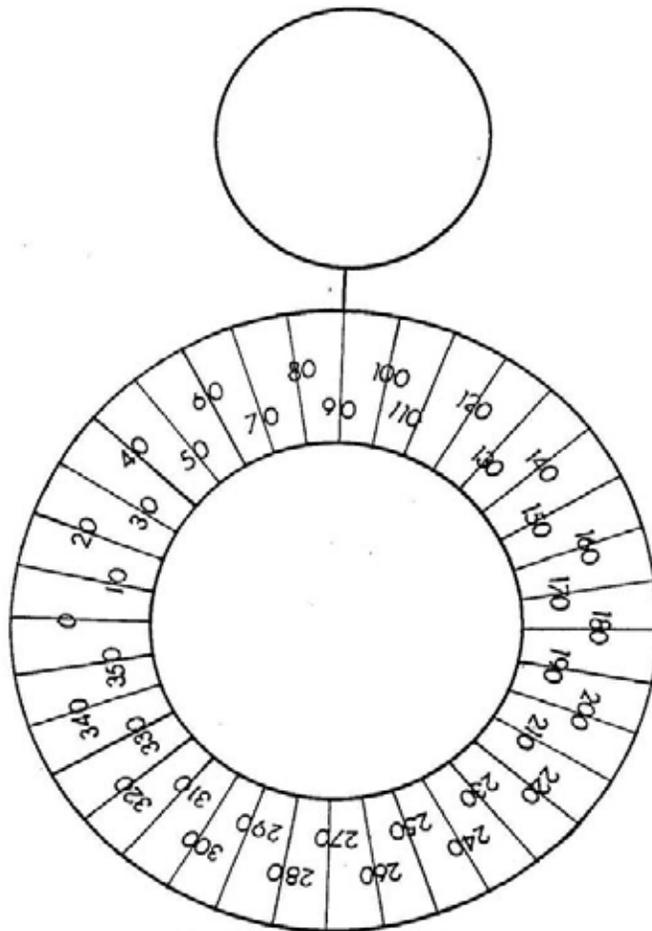
With the Saliva work, Hanna used a simple form, which listed the main organs and systems along with her pendulum and a dowsing chart or board.

PSYCHO-METRIC READING of Aura Energies		Explanation of Aura Reading	
NAME _____	AGE _____	The aura is energy emanating from each organ. The strength of each organ is expressed in the brightness and vibration of the Aura. That means if the Aura reads 90 or 100, this specific organ is working fine.	
ADDRESS _____		If an organ is weakened, it will be expressed in the Aura by a reading of over 150. If an organ cannot function, the Aura reading can drop as low as 10.	
CITY _____	STATE _____ ZIP _____	If the vibration of the Aura has been balanced sufficiently, God can heal you.	
Nerves _____	Stomach _____	In many cases an Aura reading has to be repeated. The first layer of trouble has to be removed, before a deeper layer of trouble can be found.	
Energy _____	Diaphragm _____	Also remember: A rebuilding program should be followed and is necessary so you will not fall back.	
Blood Sugar _____	Liver _____	An Aura reading is a spiritual reading. It is widely used in Europe and taught in special schools.	
Red Blood Cells _____	Gall Bladder _____	Disclaimer: An Aura reading will not replace your physician or his medications.	
White Blood Cells _____	Gall Bl. Duct _____		
Prostate _____	Pancreas _____		
Proctid _____	Pancreas Duct _____		
Lymph _____	Small Intestine _____		
Thyroid _____	Large Intestine _____		
P. Thyroid _____	Arterial System _____		
Thymus _____	Venous System _____		
Spleen _____	Heart Muscle _____		
Adrenal _____	Heart Valves _____		
Right Lung _____	Bones _____		
Left Lung _____	Spinal Fluid _____		
Right Kidney _____	Brain Fluid _____		
Left Kidney _____	Immune System _____		
Brain _____	Muscles _____		
Notes: _____			

Figure 37. Form Used for Saliva Sample Readings

The chart was simply a board or a sheet of paper with a circle on it for the sample to be placed into and a semi circle (or full circle) with the degrees marked on it, such as with a protractor. The Practitioner holds his/ her pendulum above numbers and points to the words representing the organ or system being tested and then records the number value of the energetic output.

AURA ENERGY ANALYZER ©



Chapel of Miracles ©
7075 Valmont Drive, Boulder, Colorado

Figure 38. **Chart Used to Place Saliva for Reading the Energy.**

The range used was usually from 0-100 with 100 being perfect/ balanced and 0 meaning not functioning (no detectable energetic output). In cases where the reading was over 120, this is an indication of an overly stressed organ, energetically.

The challenge of the Saliva Sample work for both student and teacher was in the interpretation of the results. Hanna could easily look at the numbers on a test and see the relationship of one organ or system to another and what the many possible causes might be; however, teaching this understanding to students proved to be quite the challenge and most of the students never learned to do this work in this way.

Method # 3

Dowsing at a Distance—Over the Telephone

She would receive phone calls from people seeking help for themselves or a loved one and since she did not have the benefit of having the physical body present, nor the benefit of a saliva sample, she would simply tell the person to put their left hand on the receiver of the phone (or, if it the caller was inquiring about someone whose hand could not be placed on the receiver, she would ask that a photo of that person be placed on the receiver).

If none of these “witnesses” were available, she would ask the caller to simply “think about” the person and then she would hold the receiver of the phone to her forehead (Third Eye Center), connecting to the person via the phone lines and her Third Eye. She would, simultaneously, hold her pendulum in her right hand, she would ask questions of God regarding the person’s condition and then would come back to speak on the phone and announce what she detected the problem and the solution to be.

Method # 4

Hanna's Workshop Book: Dowsing Templates

Hanna noticed that only a select number of avid students would ever learn to master the ability to do Saliva Sample work, the method she counted on to help people in far away places, (the one she used the most once she was no longer allowed to see the lines of people lined up at her store). Because of this, Hanna published a simple book which she said, "Anyone can learn to use, *Hanna's Workshop Book*.¹⁷ She was convinced that anyone who had the desire could learn to help themselves and their families by dowsing over the templates.

Part I was a list of the Seven Physical Causes of Illness:

1. Neglect
2. Trauma
3. Congestion
4. Chemical and Metal Toxins
5. Worms and Parasites
6. Infectious Diseases
7. Miasms

The practitioner or student would simply dowse straight from that list to see which categories deserved further investigation and then would flip to that section that gave an expanded list of possibilities in that category.

Part II was a list of the Seven Spiritual Causes of Illness

1. Neglect
2. Trauma
3. Congestion
4. Karma
5. Entities and Dark Forces
6. Emotions
7. Faith

Her intention for designing this book was to further simplify the work. The book started with instructions for learning basic dowsing and /or basic muscle testing. With very little experience a student could use the book and “dowse out” their problem and it’s solutions.

Method #5

Dowsing over Products or Remedies

As mentioned previously, this method was the fastest way to dowse groups of people and the way which enabled Hanna Kroeger or a practitioner to move quickly through a group of people wanting to be dowsed and offer energetic solutions. This is the method that Hanna used in all of her seminars and this is the one used for this research project as well.



Figure 39. **Dowsing over products while the client sits.**

This method of dowsing over the products is easy and fast. The Practitioner simply holds the pendulum over the products to be dowsed for while touching the center of the left palm of the client. When the swing of the pendulum is positive, this is an indication that the product may be beneficial, as in correcting an energetic weakness, for the person being dowsed.



Figure 40. **Dowsing the client over products while both parties are standing.**

When a number of people are being dowsed for products consecutively, it is easiest and fastest for both dowser and client to stand during the process.

Discussion about the Reliability of these Dowsing Methods

Although Hanna gave us five different ways to read the body's field with dowsing, it was never the focus of her work to prove that dowsing was a verifiable scientific tool. It was a tool in which she had complete proficiency and faith and she considered dowsing more accurate than many other diagnostic tools and encouraged her students to become proficient dowsers; however, she never claimed that dowsing was perfect or without error. She considered it a tool to train the intuition, to tap into higher knowledge and access information from the realms of the unseen.

Hanna felt that God would answer any question asked with proper intent and that the pendulum was simply a kind of "telephone" which relayed the message from the Divine to humankind. The ability to receive the messages is more a function of the purity and stillness of mind and heart of the dowser and asking the right questions than it is about getting a strong swing. If a dowser is asking questions about the human body, it also helps to know the human body.

Respecting that each dowser accesses information from the body on many different levels and since there is a vast array of energetic corrections possible, what seems to matter most is that both practitioner and client feel comfortable with the route chosen for addressing any energetic weaknesses detected by the dowser. Sometimes the dowser does not know or does not understand the answers that they receive. As an example, once there was a person who when dowsed checked for needing *Circuflow*.

The client had no signs or symptoms of heart or arterial issues. Later the woman reported that after taking the *Circuflow*, her lifetime asthmatic condition cleared up and had not come back (one year later). At the time, this researcher would not have known to suggest *Circuflow* for asthma. Many practitioners around the world share similar stories of successes with their own clients as well as stories of Hanna's unusual suggestions and amazing intuitive and dowsing skills.¹⁸

C. The Model for Understanding Illness: The Seven Physical and Spiritual Causes of Illness.

The Seven Physical Causes of Illness

Hanna categorized the 2700 diseases known to science into seven categories.¹⁹ These seven categories made it easier for lay people to understand sickness and disease of the physical body:

1. Neglect
2. Trauma
3. Congestion
4. Environmental toxins (chemical and metal poisons)
5. Worms and parasite infections
6. Infectious diseases/ conditions (Bacteria, Virus, Fungi, Viroid)
7. Miasms (carry over issues from our ancestors/ vaccinations/ and now petro-chemical issues)

By making the picture of any sickness resemble that of a chain with links, the object of regaining wellness is to dismantle the links, one by one, of the chain of disease and then to rebuild the body to it's natural state of wholeness. She also taught that there were seven spiritual causes, as well, and they corresponded with those of the physical in this way:

Correlation between the Seven Physical and Seven Spiritual Causes of all Illness

<u>Physical Causes</u>		<u>Spiritual Causes</u>
1. Neglect ----->	←-----	1. Neglect
2. Trauma----->	←-----	2. Trauma
3. Congestion ----->	←-----	3. Congestion
4. Chemical, Metal Toxins --->	←-----	4. Karma
5. Parasites----->	←-----	5. Entities, Dark Forces
6. Infection----->	←-----	6. Emotion
7. Miasms----->	←-----	7. Faith

It is often necessary to address both the Spiritual and the Physical cause. In her book, “God helps those who help themselves,” Hanna said:

There are seven fundamental causes of illness in the spiritual and emotional realm and seven causes in the physical realm. Usually they are not clear-cut. They are interwoven and one has to diligently undo the many knots one by one to bring back balance. Balance is the key word of nature, balance is the key word of health.²⁰

In her classes, Hanna explained that the body is the most sophisticated computer ever designed. When it is in proper working order, it can do its own work to throw off invaders and restore balance to its environment. She explained how natural remedies, the spoken word, and prayer, among other things, could positively affect the energetic system

of the human body and thereby impact the health and healing of the body. She also explained how the reverse was true.

“If the spoken word [is] to have power, it has to have enthusiasm. The sound of the spoken word affects the thyroid gland, then the thymus gland and the spleen. The thyroid, thymus and spleen are the center of the immune system. Therefore, the spoken word is a constructive rebuildier.

The wave of the spoken word goes on in the pineal gland, stimulating it, then to the pituitary gland, balancing it, then on to the saliva glands, the solar plexus and the adrenal glands. Every center in our body is affected by our speech. It intensifies or dissipates our aura.

The power of the spoken word is not only for yourself, it also is for others. Every time we speak, we send out sounds through our etheric, astral and mental centers. This is the mechanical way a spoken word goes. On its way to the aura, it stimulates or depresses all glands. The spoken word uplifts or destroys.”²¹

This is the case with the seven physical and seven spiritual causes of illness, one cause set up the next result. Neglect in the physical could be a set up for a congested organ. Congestion, which is often caused by neglect, trauma, or chemical and metal (environmental) toxins, invites pathogens (bacteria, virus, fungi, and viroids). Pathogens are involved in “disease.”

Hanna impressed upon us that we had to keep the spirit well, also. That this was as important a part of healing as helping the physical body, although she said that most people would first be looking for help with their physical body as they usually had no clue that there were issues to deal with in the spiritual. She maintained that once a person’s physical body began to heal the people seemed to begin to open up spiritually and want to work on that aspect of their lives as well. ²²

Once a student became aware of the difficulties in their spiritual, emotional and mental bodies and how these difficulties were contributing to making them sick, they could use any number of Hanna's protocols to assist in clearing these difficulties.

Working with Hanna's Teachings

Hanna said,

*"It is important to remember that no illness ever resulted from a single cause. There are always several causes present. It stands to reason that there is not a single method of healing therapy. Best results in healing come from the combination of therapies."*²³

Many of Hanna's students had no formal training in health or the human body. Once they learned Hanna's Seven Physical and Seven Spiritual causes of Illness and what the issues were in each category, they had already learned a great deal about health, the human body and how to figure out what was involved in a particular disease or condition. They simply were instructed by Hanna to "dismantle" the disease, look at each of the seven categories and see what was involved with that person's condition. Which chemicals or metals were lodged in the body, did they have worms and parasites, if so, which ones? What traumas had they had? Were they emotional, spiritual or physical trauma?

If they were emotional or spiritual traumas, Hanna suggested a few different varieties of "candle work" to release the negative energies or dark forces involved. One such candle ceremony was for removing earthbound entities. She said, "Many diseases are accompanied by earthbound entities."²⁴

The Cinnamon Candle Ceremony for Clearing Negative Energies and Entities

It has been this researcher's personal experience that many conditions clear up when this type of spiritual release work is done for a person. Another powerful factor regarding this particular procedure is that it can be done for many different people at once. Simply put their name, a saliva sample or other representation of that person(s) in a bowl, line up six cinnamon candles, three in each row with a large white candle at one end of the row. In the middle of the candles are two bowls, one with the names, photos, or saliva samples of those you are attempting to help and another bowl, which sits in front of the white candle is filled with tap water. All candles are lit.



Figure 41. **Setting Up the Cinnamon Candle Ceremony**

Pray for Divine assistance and then start the procedure. Command the entities and dark forces or dark energies to leave and release the people and “go to the light” while making a sweeping motion from over the “witness” bowl towards the bowl with water.



Figure 42. **Beginning the Cinnamon Candle Ceremony.**

Command the negative entities and energies to release and go towards the Light.

A statement such as, “In the Holy Name of Jesus (or God or whatever name of God the Person doing the ceremony prefers), I Command all Negative Energies and Entities to Release Us! Release! Let Go! Go to the Light. Go with Jesus, He can help you, we cannot. Go! You must go! Go through the Indian Wheel and into the water. Follow Jesus to the Light! He will help you. Get out of here, get out of here, in Jesus’ Name, get out!”



Figure 43. Make sweeping motions towards the White Candle while Commanding the Release of Negative Energies and Entities.

This is a very powerful and important part of Hanna's work for releasing negative energies from suffering people, businesses, groups etc.

This is also the procedure that was used in both seminars (test group) to clear the participants and staff of possible negative energies prior to being dowsed over products for remedies.

Once a practitioner begins using this powerful tool and witnesses the unending list of results, he or she can never again dismiss the importance of "clearing" energies from a person's life, home, relationship etc. It is an easy tool, which anyone can learn.

The Seven Candle Ceremony (Releasing unwanted Attachments)

Another of the candle ceremonies is called the Seven Candle Ceremony²⁵ and is one anyone can do themselves to let go of something that is bothering them. The candles are placed on the floor in a wide circle. A representation of the problem or issue from which the student is trying to free his/ herself is placed in the center of the circle. With the candles lit, the student walked backwards around the circle, seven times, looking at the object in the center (such as, cigarettes, photo of an old boyfriend etc.) and each time they arrive at the starting candle, they make a repeated cutting motion—as though they are severing a cord between the object in the center and their own body, and verbally speak the words, *“I cut myself free. I cut myself free. I cut myself free from.... (My addiction to cigarettes or whatever the issue was), I cut myself free!”*²⁶

This procedure was not used in the seminar for the study. However, this is yet an example of how a simple ritual can be used effectively and once a student or practitioner sees how effective these things can be, they are often eager to explore other techniques.

The Power of the Spoken Word

These are only a few of many, many techniques that Hanna shared so willingly with her students. She introduced her students, not only to herbs and homeopathic remedies, but also to a wide variety of useful and powerful tools for healing which were not “ingestible.” She taught the “power of the spoken word” and she taught specific

words for healing such as, “*Shin, Shin, Shin*” used powerfully to heal someone of a severe illness, like cancer. Shin is an Aramaic word, which supposedly means, “be open to healing.” Spoken forcefully and directed towards a specific person who desires to be healed, the vibration of that word commanded with authority by a focused healer or group has the power to heal immediately as was the case of K.C. Nyland, a gentleman whom Hanna healed in this way in a seminar in New Orleans, Louisiana.²⁷

Hanna shared numerous powerful words, phrases and passages from the bible and pointed out the specific conditions for which these words or Psalms could be used to heal.²⁸ This introduced the student to the understanding of the power of the spoken word.

In his work, the Japanese researcher Masaru Emoto documented through his use of photography and the crystalline shapes of thawing water how words such as, “You Fool” “You make me sick I will kill you” actually form distorted shapes in the crystalline patterns of ice whereas, uplifting, positive words such as “Thank You” and “Love” form beautiful whole patterns in the crystalline forms.²⁹ The far reaching implications of this research are extraordinary given the percentage of water on this planet and comprising each and every human body.

Hanna stressed the power of the mind to heal or destroy and the power of words to do the same thing. By her example, her students were able to see how positively affirming statements often began the healing process instantly and visibly. She was well

known for telling a person with cancer or any other dread disease from which they were dying, “You will be well! Of course you will be well!”

Hope is a Virtue and a Tool for Healing

Sometimes people did not think that Hanna should tell others they were going to be well because she couldn't “guarantee it” or because some believe there is such a thing as “false hope.” Bobbi Brooks, who witnessed the following, told the story of this scene unfolding,

One Sunday after chapel, the congregation was leaving the church service and was headed, as was the typical routine, downstairs to be “checked” by Hanna for their health needs. The place was really crowded and was buzzing, like usual. People were always enthusiastic to get the chance to line up to be seen by Hanna and they came from all over the world to do so. This day was no exception. In fact, it was exceptionally crowded.

As the congregation was pouring into the room a furious man coming down the stairs yelled out in an angry and accusing voice to Hanna, “You give people hope!”

The man was a Medical Doctor. His wife had cancer from which she was not recovering. He was upset and frustrated and making Hanna wrong. This was not the first time Hanna had angered someone. Hanna was not put off by a person's anger as she thought that it often took them getting angry to move them into action.

The next Sunday the Doctor brought his wife to church for Hanna to check. She subsequently cured the wife of her cancer.³⁰

Hanna Introduced Many Students to the Unseen Realms

Hanna introduced many to the understanding of chakras, auras, karma, entities and dark forces as well as the reality and availability of the angelic realm. She often taught by telling stories of nature spirits, fairies, little people, astral travel, angelic visitations, divine intervention, as well as inspirational and sometimes hilarious stories or healings. She even had a few photos of the “little people.” Many students who were first introduced to the reality of Nature Spirits through Hanna’s work went on to learn Michele Small Wright’s work, which teaches a co-creative relationship with nature and how to contact the nature spirits etc. Others used the information to develop a more respectful, loving attitude towards nature. Regardless of how each used the information, the exposure to these things impacted the student in many ways.

A few years back this author was able to visit the old barn where Hanna and her cronies did a lot of advanced and secretive work. Entering the building was like walking into a scene from a science fiction movie. There were huge generators, transformers, machinery with dials and coils filling the entire building. Also, there was a platform used as the place where she (or one of her friends) would lay on to leave their bodies, as in “astral travel.” Upon returning, they would report to each other what they had learned. Their trips were intentional, going purposely to certain places to gain information or understanding of a particular issue.³¹

So, the student of Hanna's work is being exposed to mind opening and consciousness expanding opportunities at every turn. All of these factors contribute to the student being able to understand and integrate information regarding other healing modalities. As the world of consciousness expands for the student, so the world of possibility and the awareness of the interconnectedness of all things, expands. This understanding translates to empowerment to take action and to fully accept, as Hanna said over and over again "In God's world, all things are possible."

As far as disease and sickness are concerned, Hanna warned repeatedly not to become distracted by the "fancy names" diseases are given because she said, "One person's arthritis is not the same as the next person's. Look to see what makes up their disease."

In "looking to see what made up their illness," many students are learning basic human anatomy for the first time, such as how many kidneys do they have and where are they located? What are environmental toxins and what is their source? What is the set up for parasites? What are the different kinds of parasites and in which organs do they commonly settle? What physical problems are related to a parasitic condition in that area? What are the main pathogen groups and how are they treated differently?

Integration

Once a student has a working knowledge of Hanna Kroeger's basic model of the Seven Physical and Seven Spiritual Causes of Illness and has an experience of Hanna the person and Hanna the Healer, they now have a model for understanding how they are able to interact with and affect positive change on all levels, mental, emotional, spiritual and physical and that this is essential in all ways, in cause and in solution.

When the student branches into other modalities, such as the use of Essential Oils, Reiki, Flower Essences, Massage, Reflexology, they can simply fall back on the understanding of the seven physical and seven spiritual causes of illness and the understanding of how to detect what was going on in the body and then apply this new methodology accordingly.

Understanding Hanna Kroeger's teachings is powerful in its simplicity, it has the power to move a person into a proactive role in understanding and managing their own health and wholeness.

CHAPTER 3

METHODOLOGY

Research Design

Groups

58 Subjects participated in the study by attending one of two seminars or by participating in the video group. The Test group was comprised of 47 participants who attended either the May or the June seminar. The Control group was comprised of 31 subjects. As this was a cross-over design, 20 of the control group were also in the June seminar group and the balance of the control group was comprised of 11 video group subjects.

All subjects in the study *pre tested* the night of May 30 and *post tested* on the night of June 27. For the May Test subjects, this was their four week *follow-up* testing. For the Control group this was their *post* testing and for the June seminar subjects the June 27 testing represented both the *post testing for them as Control group subjects and pre test as Test group subjects*. June tested twice pre intervention/ seminar and twice post intervention/ seminar.

Test Group= 27 May seminar participants
20 June seminar participants
47 TEST SUBJECTS

Control Group= 20 June seminar participants with no intervention
11 Video group with no intervention
31 CONTROL SUBJECTS

All subjects in the *Control Group* tested *Pre and Post* (4 weeks span between the two). Pre testing was May 30 and Post was June 27.

Subjects in the *Test Group* tested *Pre* (night before their intervention/ seminar) *Post* (night after the completion of their intervention) and *Follow Up* (4 weeks later). This means that the May seminar Test subjects tested May 30, May 31 and June 27. The June seminar group (as Test subjects) tested June 27, June 28 and July 25. The June seminar group (as part of the Control group) tested May 30 and June 27. Therefore, June 27 testing for the June seminar group represented both the *Post- test for them as Control subjects* and the *Pre- test for them as Test subjects*.

Tests Used

The tests used were the Zung's SDS (Self-rating depression scale), STAI (State and Trait Anxiety), and a SYMPTOM INDEX (checklist of total symptoms).

The Intervention

The seminar participants (Test group) attended a six hour seminar (5.5 hours considering two 15 minute breaks) on Hanna Kroeger’s teachings during which they received education (approximately 4 hours of the 5.5 classroom hours were spent on the teaching material and demonstrations). The remaining 1.5 hours were spent in the seminar with them being dowsed for specific “Hands on Healing Procedures” and receiving these procedures if they so chose. They were also dowsed over herbal and vibropathic™ products and were given (free of charge) the products selected. Only a select group of herbal and vibropathic supplements/ products, 12 protocols, were used in the study (See Appendix –E3) because this makes the study easier to replicate and more affordable.

Prior to the study, Bobbi Brooks and this researcher identified the top 12 protocols (from our experience) from Hanna’s work and products. This also allowed the dowsing of the participants in the study over the products to happen in a relatively short period of time. It narrowed the search to 12 groups rather than to an extensive line of more than 250 products possibilities.

Additionally, the Intervention group (seminar participants) had the opportunity to buy some of Hanna’s books and gadgets which were on the table in the back of the seminar and were not part of the free merchandise. No attempt to “sell” merchandise occurred. The merchandise was made available simply because it represented a “true

seminar environment” where interested participants could acquire more information and products as is common in a Hanna Kroeger seminar.

The seminar participants received verbal and written instructions for taking the supplements (Appendix C8) for which they were dowsed and were also informed that they were under no obligation to take/ “ingest” the products which they were given but were asked to report on the Follow Up Questionnaire (Appendix D8) how they interacted with their products. Some people, because of concern for ingesting products, would choose to “sleep with” or have the products in the vicinity rather than ingesting them but again I asked that they report this fact if that is how they chose to do it.

All participants received, from a fellow student and administered to one of their fellow students, one simple “hands on healing” procedure to balance the “electromagnetic body (Figures 44-51).” In addition, all participated in setting their own hips (Figures 52.1-54.9) and all were dowsed for and offered seven additional “Hands on Healing/ Body Alignment Procedures.” (Appendix E2). It was left up to the participant’s judgment to choose whether they wanted to receive the additional procedures for which they were dowsed. Plus, they were given instructions that should they *want* a procedure for any reason that they *did not check for “needing”* that they were to follow their own guidance and get those procedures done for themselves before leaving the seminar. This is in keeping with the true teachings of Hanna Kroeger in which she was always training her students to work on and trust their own guidance and intuition.

In addition, both seminar groups (May and June) watched small sections of Hanna Kroeger's Video *New Dimensions in Healing Yourself* as they were entering the room and for a short section during the actual seminar. This was to give them a direct experience and exposure to the person, power and authenticity of Hanna Kroeger and her work.

Participants in the June seminar as well as the Video group, both acting as controls, were given no indication that they were in the control group but were simply told *when* they would be filling out their questionnaires. The Video group was told that they would receive their video via United Parcel Service (UPS) (but it actually went Priority Mail) after I had received their second set of questionnaires (Appendix D5). After turning in their June 27 - 4 week post/ follow up for the control group, the video group was mailed a copy of the video along with instructions to view and test (Appendix D7).

The data collected from the Video group was included in the control group results; however, the *final* set of data from the video group which was collected *after they had an intervention (watching the video)* will be used as part pilot study for post graduate research.

Participants

Recruiting Participants

Louisville, Kentucky was chosen by this researcher for this study because it has the highest concentration of Hanna Kroeger students and practitioners on the Eastern side of the United States. This researcher had just moved to a state where she did not know many people; therefore, she did not feel her new hometown was a viable place to run a study which counted on people showing up for a seminar. Because she had formally owned a business which sold Hanna Kroeger's products on a wholesale basis, she knew many of the practitioners and students in the Louisville, Kentucky area. Counting on friends, colleagues, and former customers to be enthusiastic, she felt that they would help fill this study; therefore, Louisville was selected.

In addition, the assured assistance from Bobbi Brooks, the highly regarded local teacher and student of Hanna's for over 25 years, would prove to be invaluable. Knowing how people value Bobbi's opinion, in addition to considering the support that would be received from Bobbi directly, this researcher felt assured that the study would occur in the time period allotted and with a sufficient amount of subjects.

Bobbi provided a list of 122 names of local practitioners, health food stores and students to whom letters were mailed (Appendix B1) along with a "Research Project/

Seminar FLYER” (Appendix B2). About six of the practitioners who received the letter and flyer or a phone call from Bobbi, took it upon themselves to email their customer/student base and within a weeks time over 90 calls or emails expressing interest in the study were fielded.

Because this researcher lived out of town where a long distance call could make the difference in a participant enrolling, included in the flyer and the letter to the practitioners, and on all correspondence regarding the study, a toll free number was provided. This proved to be effective as calls on this line were received numerous times. Many participants first made contact via email or telephone but most followed up with questions via email.

Inclusion/ Exclusion Criteria

(See Appendix B3)

There were three specific *exclusion criteria* for the study which were

1. People with pacemakers, defibrulators and shunts were not considered participants for the study.
2. People who had taken a Hanna Kroeger seminar, either with Hanna, Bobbi Brooks, Ginger Bowler or with any other teacher of Hanna Kroeger’s work were excluded from the study.
3. People who had taken a full protocol of Hanna Kroeger’s remedies were excluded from the study. Participants were not excluded if they had taken a couple of Hanna’s products as many people have bought them off the

shelf from various health food stores. What it does mean is that people who were put on a regime or protocol, addressing layer after layer of the person's condition, were excluded. They were excluded due to potential bias.

Because of the potential issues with people who were taking medications, it was first thought that the study should be limited only to those who were not taking any pharmaceutical medications. This plan was quickly abandoned as two things were realized: first, about 40 % of the interested callers were on one or more pharmaceuticals and secondly, it really wouldn't be a "realistic representation" for who shows up in our seminars to exclude sick people! Therefore, people on pharmaceutical medications were not excluded but special care was taken to advise participants to discuss any concerns over taking the supplements with their physicians prior to taking them.

There were two simple *inclusion criteria* for participants of the study, they had to be 18 years old or over and have a sincere desire to want to learn to help themselves through natural methods.

Referral Sources

Nine local practitioners referred 29 of the 58 participants. Eight participants listed that no one referred them or that they were referred by themselves. Some simply left the box blank. Twenty-one participants reported that they were referred by another person participating in the study.

Participant Information

Table 1. Occupations of Participants

Occupation	Frequency
Accounting & Bookkeeping	3
Administrative Assistant	1
Animal Communicator	1
Bartender	1
Community Support Specialist	2
Consulting Engineering	1
Counselor/ Teacher	1
Directors	2
Disabled	1
Graphic Designer	1
Health Food Store Empl	3
Help Desk Analyst	1
Lab Technician	1
License Examiner	2
Management	3
Massage & Cranial Sacral Ther	6
Minister	2
None Listed	5
Real Estate	2
Retired	4
RN	1
Sales & Retail	3
Self Employed	3
Social Worker	3
Therapist (PT,Hypnotherapist)	6
Unemployed/student	1

My original intention for participant inclusion was to limit the study only to persons who were not taking pharmaceuticals, 45% of the participants would have been excluded from the study as the chart below indicates.

Table 2. Pharmaceutical Medication Information of Participants	
Number of Pharmaceuticals	Frequency
None	32
1 to 2	19
3 to 4	1
5 or more	6

Since Participants had not experienced Hanna Kroeger’s work but were clearly interested in the study, what other modalities in the healing arts they had experienced?

Table 3.

**Energy Medicine/ Natural Health and Healing Modalities
Previously Experienced by Participants**

Acupressure	3
Acupuncture	2
Amma Therapy	2
Applied Kinesiology	1
Carolyn Braddock	1
Carolyn Myss	1
Chinese Meds	1
Chiropractic	2
Christopher Methods	2
Crystals	1
Colonics	4
Cranial Sacral	14
EFT	1
Energy Work	6
Essential Oils	3
Flower Essences	5
Gurudas	1
Healers	3
Healing Touch	5
Hypnotherapy	2
Jin Shin (Do; Jitsu or Sha)	6
Kawan Yin	1
Massage & General Body work	10
Mind/ Brain Diffusion	1
Muscular and Cervical Manipulation	1
Myofascial Release	3
Natural Supplements: Herbs,Homeopathy,Vit	14
None	7
One Brain Integration	1
Ortho Bionomy	4
Osteopaths/ OMD	3
Past Life Regression	1
Polarity	1
Pressure Points	1
Psychotronics	1
Qi Gong	1
QXCI	1
Reconnection Therapy	2
Reflexology	2
Reiki	26
Rolfing	1
Russian Stretch	1
Self Healing/ Meditation / Yoga	3
Too many to list	1
Unsuccessful Herbal	1

How much training in the healing arts had the study participants already had?

Table 4. Energy Medicine Training of Participants	
Acupressure	1
BSFF (Be Set Free Fast)	1
Christopher Method	1
Colon Therapy	1
Cranial Sacral	4
EFT	2
Healing Animals/ Animal Communication	2
Healing Touch	1
Hypnosis	3
Integrated Energy Therapy	1
Jun Shin Do	1
Jun Shin Jitsu	1
Marhikari	1
Massage	6
Muscle Testing	1
Myofascial Release	2
Myss/ Shealy	1
Natural Supplements	3
NLP	1
None	15
Ortho Bionomy	2
Reconnection	1
Reiki (Various levels)	30
Self Taught from Books	2
Sound Therapy	1
Spiritual Practice	1
Therapeutic Touch	1

Screening Process

All participants were screened by the primary investigator. Interested persons were asked a series of questions and a two page screening form was filled out by the primary investigator for each participant (Appendix B3). At the introductory meeting, the interested participant was able to choose the group in which they were wanted to participate. Some of the control group originally were scheduled to participate in the June seminar but as conflicts arose regarding their schedules, were given the opportunity to move into the video group rather than drop out of the study. The time frames for pre and post tests (for the video group and June seminar as controls) were the same and so there was no conflict.

Participant Introductory Meeting

At the introductory meeting, participants were screened and given an introduction to the study. Each completed a screening application with the principal investigator and each filled out a *Participant Intake Form* (Appendix C4).

Each participant was given a folder of information which explained what they could expect as a participant in the study. Their respective *Welcome Letter* (Appendixes C1-C3) was reviewed by with each participant with this investigator. The letter gave times, dates and locations of the study events. It also listed the dates and number or occasions that they were agreeing to take the tests. Their folder was a manila envelope with their name written on a file label and papers were held in the folder with a binder clip.

Participants left the introductory meeting with their file folder and a copy of Consent Form A (Appendix C6), the *Consent to Participate in the study*. Consent Form B, the *Consent for the Products and Procedures used for the study* (Appendix C7) was filled in out and signed (in duplicate) at the seminar after the morning session of the seminar and before any procedures were done. The participants were required to turn one in, keeping one for their folder, in order to continue in the seminar/ study. The option to leave the seminar/ study was gracefully but insistently given at this time should anyone not choose to give their consent in writing.

Regardless of the group they were in, all participants attended an introductory meeting at the Ramada Inn, the same location as both seminars. These introductory sessions were all held on May 29 and 30 in a conference room and generally lasted between fifteen to twenty minutes.

CHAPTER 4
THE SEMINAR, THE INTERVENTION

Logistics of the Seminar

Location and Time

Both May and June Seminars were held at the Ramada Inn, 1040 Zorn Ave., Louisville, Kentucky in Salon A & B. The seminars were both held on a Saturday from 9:30 a.m. until 4:30 p.m. with a one hour lunch break around noon.

Room Set Up

Both seminar rooms were set up theatre style, with chairs on either side of a center row and with the chairs aligned in a gentle forward arc, almost like a semi circle, so that the participants could all easily see and hear the teacher and the demonstrations. There was a podium with a microphone in the front of the room and two dry erase boards on both sides of the room in the front. Off to the right in the front was the hotels T.V. VCR stand for viewing Hanna Kroeger's video.

In the back of the room were the staff and product tables. Three eight foot tables were draped and there were chairs behind these tables for four people (volunteers) to sit. Two people handled the sale of merchandise and the other volunteers helped with clerical and logistical details such as distributing and collecting forms to the participants, bagging the products for the participants once they were dowsed for their remedies, and writing down information as instructed by Ginger Bowler or Bobbi Brooks, such as, what procedures the participant was dowsed for needing.

The hotel had painted the hallways and doors surrounding the seminar room for the May seminar so we used an air-purifier in the back of the room to counteract the smell and chemicals. Since this had been done for the May seminar, this was repeated for consistency in the June seminar room.

On the morning of the seminar, there was a draped six foot table outside the seminar room where the participants turned in their tests and picked up their nametags prior to entering the room. With their name tags they were given a free copy of Hanna's book *God Helps Those Who Help Themselves*.

Who else was present and what was their function?

Ginger Bowler was the main instructor and principle investigator. She taught all but about 45 minutes of each seminar. Ginger dowsed or checked all participants for the “hands on procedures” to be done (except for the brainstem procedure, which Bobbi checked them for and did for those in need). Except for the tailbone set and brain stem procedure, Ginger did all of the body procedures for the participants.

Bobbi Brooks, a local practitioner and long time student of Hanna Kroeger’s as well as Ginger’s teaching partner of 12 years, taught a 45 minute section on Cause # 4: Chemical and Metal (Environmental) Toxins. While Ginger was teaching, Bobbi sat in the back of the room in front of the products/ volunteer’s table. Bobbi also assisted with dowsing the participant for the brainstem procedure and then was the only practitioner who did this procedure for the participants in need. Bobbi was the only one to dowse participants for “products”/ remedies. All participants were dowsed by Bobbi over the products which they were then given (free of charge).

Nanci Wesling, a local practitioner and long time student of Hanna Kroeger’s, assisted in both seminars with logistics and set up as well as the practitioner who set tailbones. She is the one who set all the tailbones of participants needing this set.

Kathy Good, long time student of Hanna Kroeger’s and sister to Ginger Bowler, the teacher and principle investigator, assisted in the logistics of the event and sat by the front door of the seminar, monitoring the comings and goings of the participants. She

also acted as scribe keeping notes on what was done in each seminar. She participated in the logistics of the event in many aspects. She also assisted throughout the interview and screening process.

The other assistants who were in the back of the room behind the staff table did not interact with the participants except in a casual way, such as handling the transaction for a book they wanted to purchase, collecting or distributing handouts, putting their products in bags and writing down information that was called out to them by Ginger Bowler or Bobbi Brooks.

Seminar Content

(See Appendix E1 for Timeline)

While waiting for the class to start, Hanna Kroeger's video *New Dimensions in Healing Yourself* was being shown on the T.V. This was the first part of the introduction to Hanna and her work.

Introductions

- Ginger Bowler
- This research project, its purpose and intent
- Holos University
- Practitioners and Volunteers who were in the room introduced themselves
- Hanna Kroeger, an overview
- Overview of the schedule of the day and the content of the class

Presenting the Material

The Theme or Context of a Hanna Kroeger Seminar

- “You are Spiritual Beings having a Human Incarnation, not just a Human Being with a Spirit. You are Spiritual Beings.”
- “In God’s world all things are possible.”
- “You have a duty and obligation to learn to Help Yourself and turn around and Help each other.”
- “Ask and you will receive. Believe and it will be given unto you.”
- God gets all the credit for the healings. When we thank God for our healing we get to keep it. Gratitude and thanks seals the healing in the body and in the Being.

These themes run throughout the presentation of Hanna Kroeger’s seminars, products and procedures. They are not necessarily ever acknowledged as the “theme” but they are always present in the energy and atmosphere of the seminar. Once this “context” is established inside the seminar, the “content” of the seminar falls into this understanding. How this occurs this author cannot say for certain, however, the stories that are shared about Hanna’s work and teachings seems to set the tone, the context. Then, the presentation of the material is easy.

Seminar Instruction

The Seven Physical and Seven Spiritual Causes of Illness list is written on the board in the front of the room. The *Teacher's Manuel*³² a book this researcher/ writer wrote on Hanna's teachings is the manual referred to for the teaching of this seminar for the information on the seven physical causes of illness. The "hands on procedures" are taken from the video, *New Dimensions in Healing Yourself*³³ and the spiritual techniques/ rituals from Hanna's book *The Seven Spiritual Causes of Illness*.³⁴ Throughout the seminar, this list is referred to as the different categories and conditions are discussed and the teacher shows how each disease process weaves in and out of some of the causes. The point is made that you can "pick apart" or dismantle any disease by understanding its component parts. What parasite? Invited to that organ by what environmental toxin setup? What trauma and what organ or system did that trauma stress and therefore leave an opportunistic situation for one or more of the other causes to kick in?

Which diseases or conditions are discussed and dissected depends on which conditions or diseases the seminar participants want to discuss. The short length of time for the seminar does not allow for all of the teachings to be shared so the direction of the seminar is influenced by the interest of the participants and the questions they ask. In this way, the work gets presented. This is the manner in which Hanna Kroeger presented her seminars. Throughout the process of discussing certain disease processes or ailments concerning the participants or their loved ones, many of Hanna's formulas and products are introduced. The need for and explanation of the body alignment procedures is shared and demonstrations are done for the group as time allows.

Understanding Energy

The presentation and handout “Understanding Energy” (Appendix E.4) is one that this investigator and teacher designed in order for students to better understand why certain things don’t work when they don’t work and why they do work when they do, energetically speaking. Perhaps an over simplified model, it serves it’s intended purpose as a short cut to understanding why Hanna used certain remedies to affect change within the persons life, whether it was foods, cleanses, herbs, homeopathic or Vibropathic™ remedies, hands on healings, the spoken word, song, body alignments, etc. It seems to help students learn where they are making their “energetic mistakes” and possibly assists them in being better stewards of their energetic lives. Having used this handout/ model for the past eight years has been effective in presenting Hanna’s theories and teachings quickly. (It took this author about eight years to understand what is easily understood in an hour by the student learning this simple model).

Hands on Healing Procedures Included in the Seminar

Throughout Hanna’s teachings we have procedures for many, many hands on healing procedures. One can only assume that she did not discover these procedures on her own but rather brought them to us from her teachers. One such teacher was Dr. Brachle from Dresden Germany from whom she learned many things.³⁵ He is the one who taught her the “Tailbone adjustment” for setting the coccyx, a vital aspect of healing

their Leukemia patients. While filming the Video *New Dimensions in Healing Yourself*, Hanna tells this author (on film) that she failed in her mission to bring this good news from Dr. Brachle (about the vital role of setting the tailbone to heal leukemia).

Once the film was produced and Hanna had received and reviewed the final product, she called this author to say *“I thought I had failed in my mission in my life to bring the information of the tailbone setting to the people but you helped me in this mission [by producing the video] and I haven’t failed... You did it, you helped me, and I wanted to thank you with my heart and tell you that I love you.”*

Apparently, Hanna got the understanding of a number of other body alignment procedures from Dr. Edna White’s work. After Hanna’s passing a case of Dr. White’s book *“The Amazing System of Body Alignment,”*³⁶ now out of print, was found in Hanna’s materials. In this book, the procedure used in the seminar for setting the hips³⁷ and the clavicle³⁸ are given. These were the methods taught by Hanna as well and one can only assume that she got these from Dr. White and not the other way around.

Regardless of the sources, Hanna collected knowledge and techniques from many different sources and in turned integrated these procedures and practices into her teachings and practice of helping others heal.

The Hands-On procedures used in *this* research project are among those demonstrated by Hanna in her video/ film *New Dimensions in Healing Yourself*. These were the procedures that all the participants were either dowsed or checked (visually) for needing. The participants could opt out of having any of the procedures that they checked for or they could elect to have a procedure that they didn't check as needing. This left the control in their own hands and honored their own intuition and desires.

The procedures were as follows:

1. Tailbone Set (Coccyx) (Figures 55.1-59.2)
2. Whiplash Energy Procedure (Figure 60.1-61.4)
3. Pelvis Close (Figure 62.1-62.3)
4. Clavicle Set (Figure 63.1-63.6)
5. Hiatal Hernia Procedure (Figure 64.1-64.4)
6. Prolapsed Organ Procedure (Figure 65.1-65.6)
7. Brain Stem Set (Figure 66.1-66.3)

Prior to any of these procedures being done, all participated in "Setting Hips," (Figures 52.1-54.9) a procedure one does for oneself. Then, the class was paired off and each participant had the opportunity to practice or give one hands on procedure. This is a very simple process which is called "Balancing the ElectroMagnetic Body" and is done in the following way (Figures 44-55):

Balancing the ElectroMagnetic Body:

Determine if the subject needs the process by dowsing at each shoulder.



Figure 44. ElectroMagnetic Balance Check, Step 1: Dowsing the Right Shoulder

Check the Energy Output at the Right Shoulder and at the Left Shoulder.



Figure 45. **ElectroMagnetic Balance Check, Step 2: Dowsing the Left Shoulder**

If both Positive and Negative patterns show, one on either shoulder, than the electromagnetic balance is said to be fine. One shoulder should be positive the other negative. If this is not the case than the following procedure is said to bring this system into balance.

Because these seminar participants were not dowsers and most did not have a pendulum, checking for “needing the procedure” was skipped and each participant perform the procedure for a partner anyway.



Figure 46. **Balancing the ElectroMagnetic Body.** Step #1: Practitioner rubs hands together to stimulate flow of energy in her own hands (healing tools).



Figure 47. **Step #2: Starting at the Top of the Head, brush rapidly 5 times.**



Figure 48: **Brushing the side of the Head and Neck, Part 2**



Figure 49. **Midsection of Body, Step # 3: Brush from arm to hip area 5 times, quickly.**



Figure 50. **Step # 4: Stroke the legs rapidly, 5 times.**



Figure 51: **Finish by throwing the energy off to the side to “break the energy.”**

REPEAT THIS PROCESS ON THE OTHER SIDE OF THE BODY. This completes
Balancing the ElectroMagnetic Body.

Setting the Hips³⁹

The next series of photos (Figures 52.1- 54.9) demonstrate setting the hips if the LEFT HIP IS LOW. Should the right hip be the low hip, the process would start with the right hand on the head instead but the three sets of moves would otherwise be the same. The skeletal system sits on the hips. Therefore, having the hips balanced will help the skeletal alignment. Having the skeletal system in alignment protects the internal organs and virtually all aspects of the human body. We start with the hips, the basis.

This procedure is easily done with groups of people because each participant does this for themselves. Our example assumes the left hip is low. This is determined by placing the palms face down on the crest of the ilium (hips). Whichever hand is lower is the low side.

Procedure when Left Hip is Low

Section 1



Figure 52.1. Starting Position for Setting the Hips when the Left Hip is Low

Begin with the left hand on the head (low side) and the right hand on the hip, feet shoulder width apart.



Figure 52.2 **Bend Forward**



Figure 52.3 **From the forward bending position, drag body to the left side**



Figure 52.4 **Pull Up to (original) Standing Position**



Figure 52.5 **Retrace movement by bending to the Left side**



Figure 52.6. **Drag the Body from the Left Bending Position to Forward Position**



Figure 52.7. **Stand Up (original position).**



Figure 52.8. **Both hands on hips, rotate hips to each side, back and forth**



Figure 52.9. **Both hands on hips, rotate hips to each side, back and forth**

This ends section one.

Section 2

Now it is time to place right hand on the head, left hand on the hip and invert the right foot. As before, we go in the same order, bending forwards first and dragging the body to the side of the body (of the hand on the head side) and then stand up and then retrace the steps by going to the side first, forward and then stand up.



Figure 53.1. **Change hand to the other side of the head (right side), left hand on hip, right foot inverted.**



Figure 53.2. **Bend Forward**



Figure 53.3. **Drag the body to the Right Side**



Figure 53.4. **Stand Up**



Figure 53.5 **Retrace Pattern by bending again to the Right Side**



Figure 53.6. **Drag the Body Forward.**



Figure 53.7. **Stand Up.**



Figure 53.8. **Both Hands on Hips, Rotate Hips back and forth.**

Twist the pelvis to each side repeatedly (about 3 times in each direction).

Section 3

Return hands to the original starting position (Left Hand on Head, Right Hand on Hip) but this time the feet are together.



Figure 54.1. **Left Hand on Head, Right Hand on Right Hip, Feet Together.**



Figure 54.2. **Bend Forward**



Figure 54.3. **Drag Body over to the Left side.**



Figure 54. **Stand Up**



Figure 54.5. **Retrace Pattern by bending to the Left Side.**



Figure 54.6. **Bend Forward.**



Figure 54.7. **Stand Up.**

Now the hips should be set and it is time to set the upper torso over the hips by the following twisting motion:



Figure 54.8. **Rotate Upper Torso by holding both shoulders and twisting side to side.**



Figure 54.9. **Rotate Upper Torso, twisting repeatedly from side to side.**

Now, Check the level of the hips again to see that they are even (photo not shown).

Setting the Tailbone

Section 1

Figure 55.1. **Start Tailbone Procedure by Walking Finger down Spine from the Top first.**



Step # 1

Starting at the top of the spine the practitioner walks her fingers down the spine (first on one side and then on the other but not on the spine).

This is done three times on each side, all the while maintaining contact with the body. In other words, when the practitioner works both hands down to the sacral area, one hand stays on the sacrum while the other returns to the top of the spine. Then, the second hand goes and joins the other and the process starts all over.

Walk down the spine 3 times on each side.



Figure 55.2. **Practitioner walks fingers to bottom of the spine.**



Figure 55.3. Maintaining contact with the body, leave one hand at base while other hand moves to the top of the spine.



Figure 55.4. Walk down each side of spine 3 times with Fingertips.

Section 2



Figure 56.5. **Reaching across the body, one hand grabs the ankle and Brings it to 90 degree angle, the other hand rests on the sacral area.**



Figure 56.6. **Pull the leg towards you (the practitioner), repeat 3 times.**



Figure 56.7. **Push ankle out (away from you), pump 3 times.**



Figure 56.8. **Pump the leg down (towards table) pump 3 times.**



Figure 56.9. Pump leg up (towards the seat) 3 times.

Section 3



Figure 57.1. **Reach across the body and grab the top of the leg in your hand.**



Figure 57.2. **Push the leg out first. Hold the sacral area down with the other hand.**



Figure 57.3. Making a nice arc, rotate the leg up and towards you, crossing the mid-line of the body.



Figure 57.4. The client turns her head to the other side. Repeat the rolling of the legs. Push out (away from you), up and arc towards you (the Practitioner).

This completes Section 3. Now the Practitioner moves to the other side of the table, making sure to maintain contact with the clients body (i.e. leave one hand on the sacral area or leg while moving around the table).

Section 4



Figure 58.1. **Reach across the body grabbing the opposite ankle. Pump towards you (Practitioner) 3 times.**



Figure 58.2. **Push Ankle away from you, 3 times. Hold Sacral area firmly with other hand.**



Figure 58.3. **Pump leg down (towards table) 3 times.**



Figure 58.4. **Pump leg Up (towards Seat) 3 times.**

Section 5

As done previously, reach across the body and grab the leg above the knee.



Figure 59.1. **Push leg out (away from you) and up.**



Figure 59.2. **Making a nice arc, bring leg back towards you, crossing over mid-line. Repeat circular arching motion 3 times.**

End of Tailbone Procedure

Whiplash Procedure

Begin by dowsing from the base, up the spine to the back of the head. True Whiplash energy will show at the lower and upper spine, not just at the top or neck.



Figure 60.1. **Begin dowsing for whiplash energy at the base of the spine. Here, the energy is low at the base (sacral area) or lower back.**



Figure 60.2. **The Energy is Low around the shoulder blades (from C7-C1).**

When the energy output is low in both of the places described, the whiplash procedure may be beneficial.



Figure 61.1 Step 1: Whiplash Procedure. Wrap your arms around the client from the side of their body. Bend your knees and press the client firmly to your chest.



61.2. Stand up, lifting client slightly off the ground, creating a “shrug” in the shoulders.



Figure 61.3. **Now, go to the other side of the client and repeat, wrapping your arms Around them from the side, pressing them firmly to your chest, bend your own legs.**



Figure 61.4. **Lift them off the ground slightly, creating a “shrug” of their shoulders.**

This completes the Whiplash Procedure. Rechecking the spinal area should indicate that the energy has been restored.

Pelvis Procedure



- 62.1. **Grab under the opposite hip of client. Practitioner, bend your legs. Client puts arm around your shoulders, holding on to you for support.**



Figure 62.2. **Practitioner, firmly pull client towards you.**



Figure 62.3. **Practitioner, Stand Up quickly.**
This creates a “closing” effect on client’s Pelvis.

This ends the Pelvic Procedure. This procedure can be done on Males or Females but is used most often with Women who have suffered from post-partum depression. Hanna’s teachings were that the pelvis, for whatever reason, didn’t close properly after childbirth and this creates such an unbalance and emotional disturbance that woman suffer greatly. She taught that this, along with a staph infection was involved in most cases of Post Partum Depression. This simple procedure brings relief even after decades of suffering.

Setting the Clavicle



Figure 63.1. Determine if the Clavicle bones are even (at the same level as each other).



Figure 63.2. **Step 1: Setting the Clavicle. Practitioner, stand behind the client. (Start on the Low side). Reach up under client's armpit and grab the wrist. Your non-working hand rests on the clients opposite shoulder for stability.**



Figure 63.3. **Pull the client wrist back, towards you, so that their spine rotates. Do this 3 times.**



Figure 63.4. **Switch to the other side, grabbing the wrist. One hand on Clients opposite shoulder.**



Figure 63.5. Pull wrist and arm towards you (Practitioner), rotating spine. 3 times.

Now, back to the low side. Repeat.



Figure 63.6. Grab the Client wrist and pull towards you and up.

This completes the clavicle set.

Hiatal Hernia Procedure



Figure 64.1. **Hiatal Hernia Procedure: Stand on the Right side of client. Start at the bottom of the Left Ribcage. Press down with tips fingers of both hands.**



Figure 64.2. **Flip fingers out and away, making a twisting motion.**



Figure 64.3. Move across the body following along the bottom of the rib cage.



Figure 64.4. Work all the way to the end of the right ribcage

Prolapsed Organ (Dropped Organs) Procedure

Start by determining if there are any prolapsed organs in the body. Do this by touching the spots highlighted below. This is the V that is formed where the Clavicle (collarbones) come together (Subclavian notches). The three points, at the tip of the V at the bottom and the two ends of the clavicle are the points pressed to determine if they are sore. If sore, that is an indication of organs on that side of the body being prolapsed.

The Notch on the Right corresponds to organs on the right side of the body, a sore notch on the left corresponds to organs dropped on the left side of the body and a sore middle spot indicates that an organ in the middle of the body has dropped. We work with the following procedure until all three spots are no longer sore, indicating that the procedure is complete.



Figure 65.1 Determine if there is need for the Prolapsed Organ Procedure. Touch the 3 spots that make up the V that is formed by the clavicle bones coming together. Are any of these 3 spots sore to the touch? Is so, do the prolapsed organ procedure.



Figure 65.2 **Press on one of the sore notches with the middle finger of your Non-dominate hand. With the dominate hand, start at the lower torso and without touching the body, making sweeping motions up towards the clients head.**

Gently let your (healing) hand loop back around to the bottom of the torso making this gentle sweeping motion up towards the upper torso repeatedly all the while pressing on the sore spot at the notch. Move to the next notch and ask the client if it is sore. Even if it did not start out as sore, it may be now as things began to shift in the body. Work until none of the three notches are sore.



Figure 65.3. **Hand motion pulls the aura up towards client's upper torso.**



Figure 65.4. **Repeat, beginning at the bottom and sweeping upwards.**



Figure 65.5. **Change to another notch and work on that side of the body.**



Figure 65.6. **Make sure none of the 3 spots are still sore.**

When there is no more soreness on any notch, the job is done except for “suturing” the procedure. To do this, go the foot of the massage table, grab your client’s ankles and hold until you feel a strong pulse return to each ankle (about 4-5 minutes).

Brainstem Procedure



Figure 66.1. **Brain Stem set. With both hands, encircle the clients head, placing your thumbs above her eyebrows.**



Figure 66.2. **Rotate the head forwards and from side to side, not backwards. Do all motions with gentle, easy movements.**



Figure 66.3. **Guiding the head gently to the right side.**



Figure 66.3. **Get your Guidance “from Above” as you guide the head.**

This procedure takes only about one to two minutes. Often, the practitioner will hear or feel a “click” and the procedure is done. The client often feels more brain clarity, immediately but others notice an increase in energy level or alertness.

Opening the Pineal

Hanna taught that when the Pineal is closed, you can heal a person over and over again and they get sick again. In order to keep well, the pineal must be open. Many things will shut a pineal. The spoken word has great power and often the power is very negative. Statements such as, *“I don’t love you anymore, I’m leaving.”* *“You have Cancer,”* *“You’re fired!”* and other such news can shut the pineal, our “connection.”

Therefore, it is important to make sure that the Pineal is open. You could dowse this out by touching the center of the crown and checking the energy (see Figure 5).



Figure 67.1. Began to open the pineal by making a motion upwards over the crown.



Figure 67.2. **Continue making motions upward while giving the COMMAND:**
“Pineal, open, open, open. Pineal, open, open, open and stay open!”

Shin, Shin, Shin

(Laying On of Hands and Power of the Spoken Word)

The following procedure is used when the condition is very serious and need immediate healing. It is a Sacred and powerful act. Many healings have been witnessed by Hanna's students watching her or others perform such a healing.



Figure 68. The hands of the Practitioners are placed over the heart and on the back in the Corresponding area. The words “*Shin, Shin, Shin*” are said forcefully and in a loud and commanding tone three times to the patient, pausing briefly between sets.

Whenever possible, have two or three healers/ practitioners/ friends but only those with complete Faith in the power of God to heal instantly should be allowed to place hands on the body for this ritual. All others may be present and are encouraged to participate by saying the words, “Shin, Shin, Shin” but should not lay hands on the sick person at this time.

This completes the “Hands on Healing” and Body Alignment section of the seminar/ intervention. Next, we move on to the products or remedies that were used as part of the intervention. All participants were dowsed for and were given these products (free of charge). Again, they were under no obligation to ingest the products but all had the opportunity to do so if they so chose.

Products: Protocols of Remedies Used in this Study

For Set #1, all participants were given the remedies for which they dowsed from the trio of *Black Radish and Parsley*, *Metaline*, and *Chem X*. These products were to assist participants in preparing their bodies for more cleansing that would follow once they began to take Set #2.

Set #2 is a set of products from the list of the Top 12 Protocols and each participant was dowsed for whatever was appropriate for them to take after one week on Set #1. The Participants were instructed to take Set #2 for 3 weeks.

Set #1

- *Black Radish and Parsley* (Left Kidney Support, assists with Bacterial issues)
- *Metaline* (Right Kidney Support, helps to clear Heavy Metals)
- *Chem-X* (General Chemical detoxifier. Supports Liver in detoxification process)

Set #2

The Top 12 Protocols

1. Circuflow & Aloe Vera ; &/ or Kolester (Heart and Circulatory support)
2. X-40 Kit (Retrovirus, Liver issues, Spinal issues, certain cancers, general body cleanse).
3. B.E. Kit & Anti Fatigue (Extreme Fatigue, as in Chronic Fatigue and Epstein Barr Virus, Mono, other viruses).
4. Kantita & Foon Goos #2 ;Wormwood Combination; Taurindopholis (Candida Albicans or other fungal or yeast issues).
5. Wormwood Combination; Black Walnut Hull Tincture; Clove Caps (General Parasite Cleansing, especially good for Roundworms, flukes, and single cell parasites).
6. Wormwood Combination & Rascal (Roundworms and Tapeworms)
7. Protozoa Kit (Single cell parasite involved in many conditions)
8. New Light ADD Kit (A.D.D. and A.D.H.D. among other behavioral and brain issues).
9. P.A. Kit; or P.A. Kit & B.E. Kit together (Irregular pap smears, cervical cancer, other sexual organ conditions including cancer).
10. Men's Special; Foon Goos #2; Sunny Zinc (Prostate issues and Male hormonal issues).
11. Female Balance; Women's Gold (Female System Support, Female Balance for hormonal support and the ovaries, Women's Gold for toning and supporting the Uterus).
12. Blood Toner & Foon Goos (Cleansing and toning the blood, especially in the case of fungus infection or fungus based cancer).

CHAPTER 5

RESEARCH DESIGN

90 Subjects were prescreened by the principle investigator for the study. This was to insure that they meet all of the inclusion criteria. Of these, 60 (Control and Test) began the study by filling out the first set of Questionnaires on the night of May 30, 2003. The tests used were STAI, ZUNG (SDS) and SYMPTOM INDEX.

Measures

DATA:

The study was designed to include

- PRE TEST for all 60 participants completed on MAY 30.
- POST TEST for 45 compliant **Test subjects (only)** completed after the intervention for both MAY and JUNE seminar subjects. (45 out of 49 compliant).
- FOLLOW-UP FOR CONTROL GROUP (four weeks later) completed JUNE 27. (N=31) (n=11 Video, n=20 June).
- FOLLOW-UP FOR TEST GROUP (four weeks later) (N=43) completed June 27 for May seminar (n=26); completed July 25 for June seminar (n=17)

The was designed for the Test subjects to be retested immediately after the seminar (the seminars ended at 4:30 and they were to go home and fill them out at the same time and same place as they had the night before for their PRE test), the instructions were given to fill out all questionnaires that night as “How you feel NOW (and not “with your current illness” or over the last 4 weeks). The intention was to see the potential changes/impact of the intervention immediately following and four weeks later, the theory being that participants given such an intervention do experience a transformational experience; therefore, their experience of themselves, their bodies and their symptoms is altered.

Paul Thomlinson Ph.D. and statistician for this study questioned the validity of using any of the Zung test (for depression) within a one day period of the pre test. For this reason, the data regarding the Zung post test (day after the pre test) was not included but was included in the follow up testing (4 weeks later). STAI and Symptom index data were used for both post testing and follow up.

DATA COLLECTION

- 45 TEST subjects were compliant for filling out and returning tests from PRE and POST (one day later). These were the May and June Seminar Participants
- 43 TEST subjects filled out PRE and FOLLOW UP (4 weeks later). (May Seminar).
- 31 CONTROL subjects were compliant with PRE (May 30) and FOLLOW-UP (June 27)

SCORING

All tests were scored by at least two different people and sometimes three to ensure accuracy.

ANALYSIS

Paul Thomlinson, PhD did the statistical analysis for this study.⁴⁰ The type of analysis used was a mixed ANOVA, with one between groups- factor (control v. test group) and one within groups- factor (repeated measures of the dependent variables).

Even though for the Test Subjects there were a number of interventions within the main intervention (seminar), this study looked only at one intervention, that of the seminar as a whole. Comparing the Control group, who received no intervention in the four week period, this study looks at Test subjects after attending a six hour seminar where they are taught Hanna's basic teachings. In this seminar they were introduced to dowsing, watched a small segment of Hanna's video, receive "hands on healing" procedures and body alignment, dowsed for their specific needs and given the products for which they were dowsed to take over a four week period. These subjects were also given a copy of Hanna's book, *God Helps Those Who Help Themselves*. But none of these parts are what this study examined but rather the effect of the whole experience.

STUDY PARTS

PARTS

Part 1 and Part 2 were the only parts intended for inclusion in this dissertation and the data from Part 3 was collected for post graduate publication and work.

Part 1: Looks at what happened for 45 TEST subjects immediately following the intervention (seminar). Because this only looked at changes after the intervention, there was NO CONTROL group. Data collected looks at changes of the SUBJECTS to themselves as a group Pre and Post Intervention.

Part 2: Looks at what happened for 43 TEST vs. 31 CONTROL subjects over time—which was four weeks after the Pre Test for the Control with no intervention and the same four weeks after the intervention for the TEST Group. Test Group was compared to themselves over time as was Control group compared to their own self's overtime.

Part 3: Intended only as Controls for this main study, the Video group Tested Pre and Post (May 30 and June 27). However, after receiving their Follow-Up Questionnaires Hanna's video, *New Dimensions in Healing Yourself*, was mailed to each of them along with instructions for filling out the questionnaires. These results are part of a pilot study for further post-graduate research which will look at the effect of education alone (without the other interventions the Test subjects received in the seminar).

CHAPTER 6

RESULTS

Overview of results:

State Anxiety, Trait Anxiety, and Symptoms all showed highly significant improvement on *post tests* for Test subjects and highly significant improvement for State Anxiety, Depression and Symptoms in the *follow up* testing. Trait Anxiety showed significant improvement in the *follow up* testing.

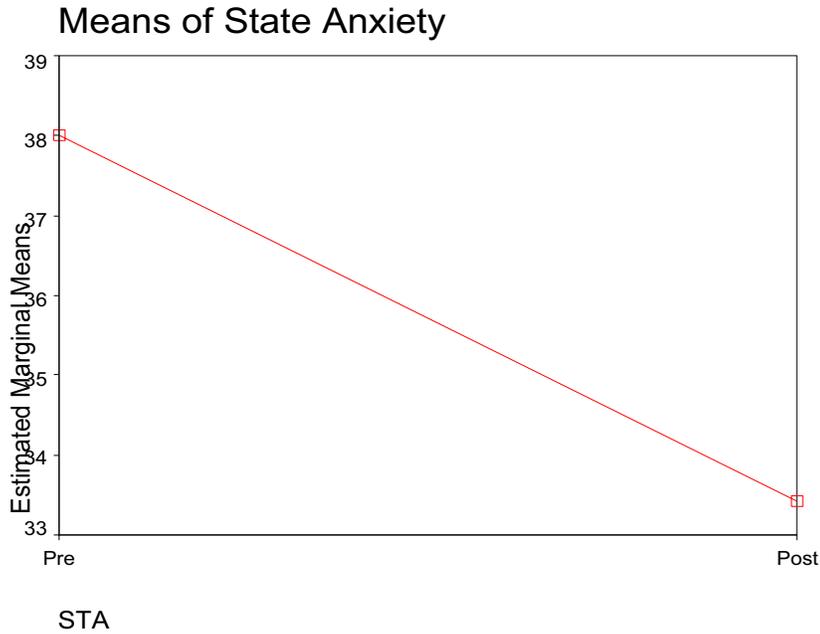
Significance at a glance:

p=	Post	Follow Up
State Anxiety	.002	.001
Trait Anxiety	.013	.043
Zung (Depression)	N/A	.013
Symptoms	.016	.008

**Test Group (May and June seminar participants)
Post Intervention (seminar)**

PROFILE PLOTS
State Anxiety

Figure 69: Means of State Anxiety



Between-Subjects Factors

State Anxiety down dramatically for Tests subjects.
Highly significant at $p = .002$

Measure: MEASURE_1

	N
GROUP 1	45

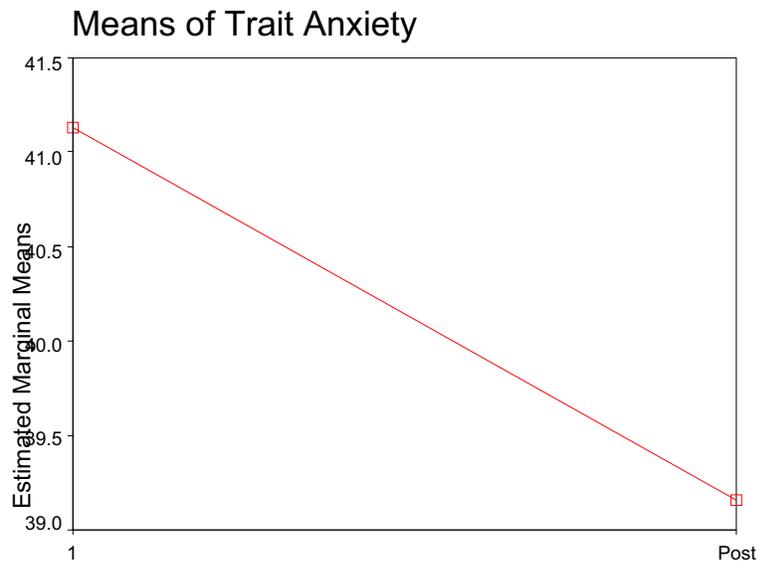
Within-Subjects Factors

STA	Dependent Variable
1	STAIPRE
2	STAIPOST

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
STA	Sphericity Assumed	471.511	1	471.511	10.653	.002



TAI

Figure 70: Means of Trait Anxiety

Trait Anxiety decreased significantly for Test subjects.
 $p = .013$

Within-Subjects Factors

Measure: MEASURE_1

TAI	Dependent Variable
1	TAIPRE
2	TAIPOST

Between-Subjects Factors

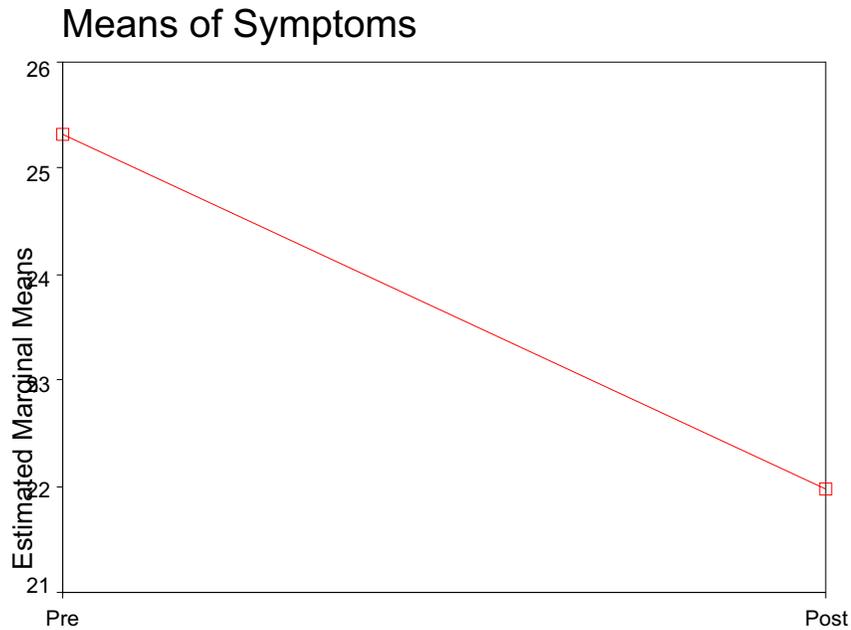
	N
GROUP 1	45

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
TAI	Sphericity Assumed	88.011	1	88.011	6.729	.013

Symptom Index



SYMP

Figure 71: Means of Symptoms

Within-Subjects Factors

Symptoms decreased significantly for Test subjects.
p= .016

Measure: MEASURE_1

SYMP	Dependent Variable
1	SYMPRE
2	SYMPOST

Between-Subjects Factors

	N
GROUP 1	45

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
SYMP	Sphericity Assumed	250.000	1	250.000	6.286	.016

May and June (Test groups combined) Compared to Controls Follow Up (4 weeks later)

Profile Plots

State Anxiety

Group 1= Test
Group 2= Control

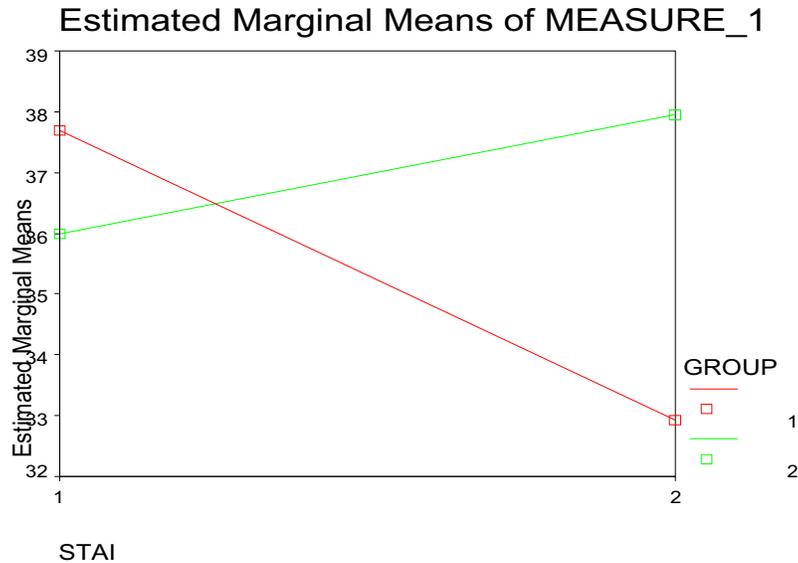


Figure 72: State Anxiety

Within-Subjects Factors

Measure: MEASURE_1

STAI	Dependent Variable
1	STAI PRE
2	STAI FU

State Anxiety went up for Control group and down dramatically for Test group. Highly significant at $p=.001$

Between-Subjects Factors

GROUP	N
1	43
2	31

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
STAI * GROUP	Sphericity Assumed	404.666	1	404.666	11.033	.001

Trait Anxiety

Group 1= Test
Group 2= Control

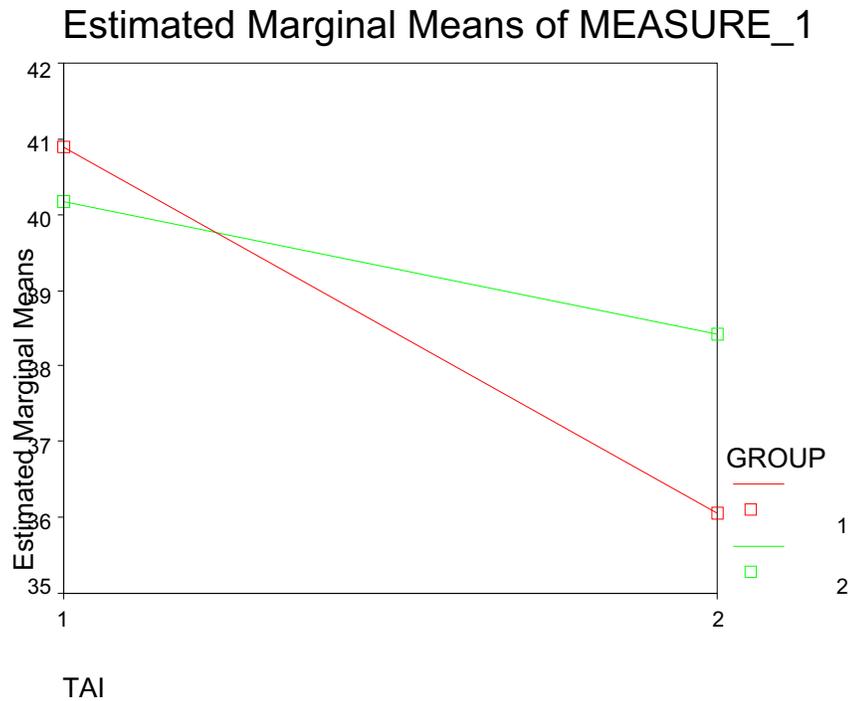


Figure 73: Trait Anxiety

Trait Anxiety went down significantly for Test Group. $p=.043$

Within-Subjects Factors

Measure: MEASURE_1

TAI	Dependent Variable
1	TAIPRE
2	TAIFU

Between-Subjects Factors

GROUP	N
1	43
2	31

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
TAI * GROUP	Sphericity Assumed	86.291	1	86.291	4.233	.043

Profile Plots

Zung (Depression)

Group 1= Test
Group 2= Control

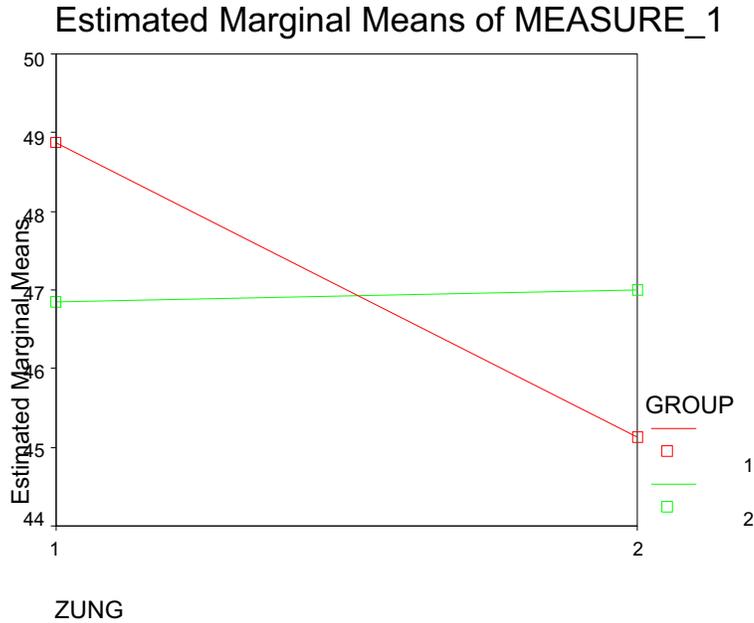


Figure 74: Zung (SDS)

Zung (depression) was flat for Control group. Dramatic decline in depression for Test group. Highly significant at $p=.013$

Within-Subjects Factors

Measure: MEASURE_1

ZUNG	Dependent Variable
1	ZUNGPRES
2	ZUNGFU

Between-Subjects Factors

GROUP	N
1	43
2	31

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
ZUNG * GROUP	Sphericity Assumed	139.019	1	139.019	6.454	.013

Symptom Index

Group 1= Test
Group 2= Control

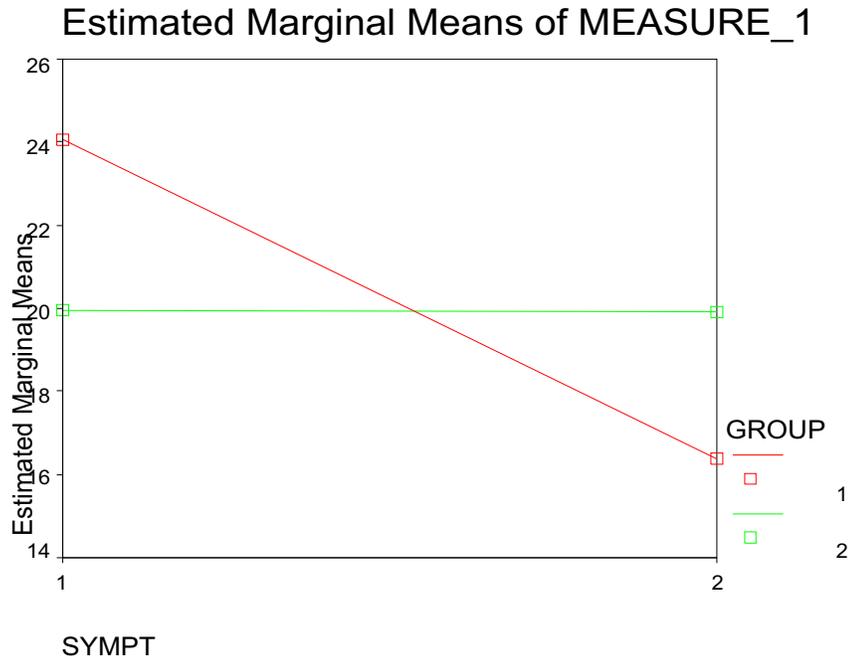


Figure 75: Symptom Index

Control Group started with less symptoms but stayed flat. Test Group started out with more symptoms but they were dramatically reduced. Highly significant at $p = .008$

Within-Subjects Factors

Measure: MEASURE_1

SYMPT	Dependent Variable
1	SYMPRE
2	SYMFU

Between-Subjects Factors

GROUP	N
1	43
2	31

Tests of Within-Subjects Effects

Measure: MEASURE_1

Source		Type III Sum of Squares	df	Mean Square	F	Sig.
SYMPT * GROUP	Sphericity Assumed	529.224	1	529.224	7.359	.008

Therefore, **I reject the Null Hypothesis:**

There will not be a significant reduction in the measured levels of Anxiety,
Depression and Symptoms as determined by the STAI, ZUNG and SYMPTOM INDEX.

And, I accept my original Hypothesis:

There will be a significant reduction in the measured levels of Anxiety,
Depression and Symptoms as determined by the STAI, ZUNG and SYMPTOM INDEX.

CHAPTER 7

DISCUSSION AND CONCLUSIONS

Discussion

The question of whether or not Hanna Kroeger's methods, teachings and products are effective is unquestionable. One does not build a following of hundreds of thousands and have fans and students across the globe, have a distribution company that for twenty five years has manufactured and distributed many millions of dollars worth of products with little to no standard marketing plan besides word of mouth and education, and among other honors having been one of six recognized as the Holistic Pioneers of the 20th Century⁴¹ and not have effective products and teachings.

That question is “what” is being affected? In this study anxiety, depression and symptoms were affected with a significant reduction in all three. We cannot say which component of the intervention was responsible for the changes and we have not compared this program with other stress reducing techniques, such as, Biofeedback, Autogenic training, NLP or other growth techniques.

Each part of the intervention was carefully planned to ensure that an accurate representation of what is available from Hanna Kroeger’s teachings and products was included. For example, dowsing for and providing the participants with Hanna Kroeger’s herbal and vibropathic products was as important to look at as the teachings themselves and was therefore included as a vital part of the intervention.

Of the Test subjects who completed the study, 100% were compliant with interacting with the supplements in the manner asked of them and in reporting how they interacted with them. *This does not mean that all subjects ingested the supplements for the four week period.* The participants were told that they were not required to ingest any of the supplements and that, if they chose to ingest them, they could discontinue doing so at any time for any reason. They were even told that they could simply have them in their vicinity or sleep with the products as this would potentially allow them to receive some benefit from them “energetically” even if they did not swallow the supplements.

If they choose to ingest the supplements, it was suggested that they do so by taking the first set for one week (to prepare the body for further cleansing) and then to take the second set for three weeks. Although this was the suggestion, it was also pointed out that the participants should feel free to use their own judgment and intuition about the supplements. Some participants chose to continue with the first set while taking the second set and some stayed on the first set until finished. Others did a combination of sets.

Although we would have liked to have each person actually ingest the product, since it is our experience that people get better results when they do ingest the products, there were numerous reasons that we choose not to make this a required part of their participation,

1. Legal reasons
2. Possible, but highly improbable, contraindications
3. The participants did not have an already established trust in this researcher or in Hanna Kroeger's work as each participant was a "newcomer" to Hanna's teachings and products.
4. To potentially investigate whether simply having the "energy" of the products in ones environment actually has a positive measurable affect.

Of the 43 participants who completed the study, 31 of them (72%) ingested the supplements over the course of the 4 weeks, the allotted time period; 7 of them (16%) ingested their supplements for 8-14 days; 2 participants (5%) ingested their supplements for less than one week; 3 of them (7 %) did not ingest them but did keep them in their vicinity. All participants reported, as requested, their individual level of compliance.

Since there was a high level of compliance in taking the supplements, we can only assume that that this factor (supplements) influenced the positive outcome. At this point, it is simply conjecture because we simply do not know to what degree this factor played a part and this will require additional research.

What we do know is that after four weeks, we still had very significant results and that there is only 1 chance out of 1000 that state anxiety improvement is due to chance, 13 chances in 1000 that depression improvement is due to chance and 8 chances in 1000

that symptom improvement is due to chance. Trait anxiety immediately after seemed somewhat more reduced; nevertheless, after one month there was still meaningful improvement of trait anxiety and only 43 chances in 1000 that this is due to chance.

Implications and Replication of the Study

The implications of this study are far reaching. Research on Hanna Kroeger's work has been needed for years and this research begins the process of validating her teachings beyond the countless testimonials and stories. It will be embraced by her students the world over. News of the results has already been spread across this and other countries. The enthusiasm is contagious as is the inspiration for continued research. It seems that many students and fans of Hanna's are vicariously experiencing the joy of such an achievement on behalf of our beloved teacher's work.

As a teacher of Hanna Kroeger seminars for over a decade, as well as a teacher of *teachers* for Hanna's work, I have designed and run a number of teacher trainings and have trained over 200 teachers; however, there are still not enough teachers of this work who are able to take these seminars out beyond their local communities. One of the main reasons, I believe, is that the work had not been condensed, streamlined and tested in this format. Also, as I mentioned previously, narrowing down the *Top 12 Product Protocols* should greatly assist teachers in being able to afford to buy products to have at the seminars with a good and yet affordable representation of the Hanna's products. It also

makes dowsing the seminar participants over the products in a short period of time more do-able.

In addition, including the specific “hands on” procedures that were included in this study as well as the Cinnamon Candle ceremony for spiritual clearing work, *Understanding Energy* demo (energetic interpretation/ explanation of everything Hanna did or used for healing as adapted by this researcher), a fifteen minute viewing of Hanna from the video, and about 2.5 hours of classroom instruction makes this format and this study easily able to be replicated by one well versed in Hanna’s work. This study was designed with replication in mind.

Strengths of the Study

Without further data from studies replicating our efforts thus far I can only offer conjecture at what I believe to be the strengths of this study. For starters, I think the design of the seminar was very strong and effective capitalizing on and integrating many different aspects of Hanna’s teachings in a very short period of time. I also believe that the streamlining of the product base to the Top 12 Protocol was important. These “Top 12 Protocols” are product leaders in an amazing array of the finest quality herbal and homeopathic (Vibropathic™) remedies on the market, a fact that should not be ignored.

The model used for Understanding Energy helps “cut to the chase” for the newcomer to “energy medicine” to understand “what” and “why” and “where” they are

making their “energetic mistakes” thus, allowing them to become pro-active in their own energy management.

Another strong factor of the study was the amount of data collected. Because this researcher was unaware of where we would see changes, she chose to cover the project by using four different tests. This provided the opportunity to collect and analyze a lot of data.

Weaknesses of the Study

Not following study participants for more than four weeks was a weakness. Having results from a period of six months to a year or more would provide important data, insight and direction.

Collecting data that was not used is also a weakness as it is time consuming, tedious and expensive.

Conclusion

We cannot say without further analysis of the data or further research, if pieces or parts of the seminar actually produced the changes rather than *the whole*, from which we formulated the statistics. We can only say that changes seemed to occur from the data collected from the participants. The seminar and the four post weeks follow up period was the intervention, although any one aspect of the intervention could have accounted for the changes; this, we simply do not know.

Also, it is necessary to conduct this study with other teachers if we are to rule out the influence of particular teachers, eliminating personality as a factor to test “the work” one step further.

Certainly, the initial results warrant further investigation in a world that suffers from an epidemic of depression, anxiety and illness. Surely, if dramatic changes, such as those noted in this study can occur with an intervention that lasts only six hours and requires the participant to follow up by taking supplements for a month, this is valuable information for many who suffer. Further investigation is waiting and warranted.

Many research projects for the future could be designed to look at the effectiveness of the various aspects of Hanna Kroeger’s work. Individual supplements or groups of supplements (protocols), on their own merit and not as part of a seminar intervention, deserve much attention and future study.

Another research project could look at the effectiveness of dowsing for supplements. This could potentially be accomplished by looking at the changes in number of symptoms when the participants were dowsed for remedies (without the benefit of the other interventions in the seminar.) Assuming that the dowser has an acceptable degree of proficiency with dowsing and with the particular testing method, i.e. dowsing the body or doing a saliva test, and has a good working knowledge of Hanna Kroeger's teachings, remedies and procedures, the practitioner could dowse 30 Saliva Samples (or 30 people). Once the issues were detected and interpreted by the practitioner, they would then offer the energetic corrections which would usually include four to six weeks on herbal and homeopathic remedies plus some hands on and spiritual healing work, much like what was done in this study.

Symptom Index test could be run both Pre and Post on all of the subjects as well as any other tests chosen for such research. I believe that we would see a significant reduction in symptoms in all subjects who went through this type of intervention regardless of how the practitioner got the information or whether the practitioner gave an accurate, "verifiable diagnosis" of the condition, as long as the client had a sincere desire for health and healing.

Research on some of the body alignment procedures, such as the affect of "setting the tailbone" on the white blood count is a project that deserves much attention as it was

the main procedure used in the hospital in Dresden, Germany where Dr. Brachle, Hanna's teacher, practiced and cured so many patients with leukemia.⁴²

Research could be done on the effectiveness of CircuFlow™ for heart and arterial issues, on the X-40 kit for affecting the liver enzyme count, Kantita and Foon Goos #2 for systemic Candida Albicans infection and the list goes on. With over 250 products in the line, there are endless possibilities for further study. But that is only the beginning of examining the effectiveness of Hanna Kroeger's work. The impact of the "hands on" and spiritual clearing procedures provides a vast array of potential opportunities for further investigation.

ENDNOTES

- ¹ Good, Kathy. Conversation regarding this Research. June 2003.
- ² Stevens, Leslie. Email correspondence to Ginger Bowler, July 20, 2003.
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- ¹² Kroeger, Hanna. *The Pendulum The Bible and Your Survival*. 9th Printing. Hanna Kroeger Publications. Boulder. 1973, 2001. p.9-11
- ¹³ Ibid. p.3
- ¹⁴ Ibid. p.4-5
- ¹⁵ John Demaray was another student who apparently figured out Hanna's dowsing order. He and I had never been in a class together, nor had we met until well after I had published this class handout. There may have been others who also figured this out. I do not know.
- ¹⁶ Kroeger, Alberto. Telephone conversation regarding saliva samples Aug. 2003. (Alberto is Hanna Kroeger's grandson and was an employee from 1986 until her death).
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Appendix A.

A1. Request to Kroeger Herb Products, Inc. for Product Donation

May 12, 2003

Tom Brown
Kroeger Herb Products, Inc.
805 Walnut St.
Boulder, CO 80302
Fax # 303-443-0108

Re: Request for Kroeger Herb products for Research Study

Dear Tom,

As per our conversation, I am sending you a formal request for Kroeger Herb Products, Inc. to provide, at no charge, the products to be used for my research study on Hanna Kroeger's work. My study is being done in partial fulfillment of the requirements for my Th.D. program with Holos University Graduate Seminary and for the Ph.D. degree with Greenwich University.

My hypothesis for the study is that the participants who attend the one-day seminar on Hanna's teachings and who take the products for which they were dowsed, as per Hanna's methods, will experience a significant decrease in depression, anxiety and total symptoms.

This is a great opportunity for us to finally have publishable research on Hanna's work and I feel confident that this study will lead to many more research projects on the effectiveness of Hanna's products and teachings.

I would like to have a copy of Hanna's book *God helps those who help themselves* to give to each of the study participants. And I would like to have a copy of Hanna's video *New Dimensions in Healing Yourself* to give to the subjects who ended up in the control group and therefore were not participants in the seminar. The control group will not be given the book and the video until the study is complete four weeks after the seminar.

For the participants in the seminar, I am requesting the inventory listed below. Any inventory that is not used will be returned to you. Also, besides the herbal and homeopathic remedies and the copy of *God helps those that help themselves*, we will offer Hanna's other books and gadgets for sale and will send all of the money from the sales to Kroeger Herb Products, Inc. This should help offset the cost of the inventory your company is so generously agreeing to provide.

The seminar participants will each be provided with one bottle of the following for their first set:

1. *Black Radish and Parsley*
2. *Metaline*
3. *Chem-X*
4. *Mover* or *D.E.* (which ever one tests stronger for them)

I am requesting **48 bottles each** of:

Black Radish and Parsley
Metaline
Chem-X.

24 bottles each

Mover
D.E.

For the second set, the seminar participants will be dowsed over the following products in the combinations listed and will be given an additional or second “set” to take once they are finished set number one:

1. *Circuflow & Aloe Vera Gel / Kolester*
2. *X-40 Kit*
3. *B.E. Kit & Anti Fatigue*
4. *Kantita, Foon Goos #2, Wormwood & Taurindopholis*
5. *Wormwood Combination, Black Walnut Hull Tincture & Clove caps*
6. *Protozoa Kit*
7. *New Light A.D.D. Kit*
8. *P.A. Kit* (or *P.A. & B.E. Kits* together)
9. *Men’s Special/ Sunny Zinc/ Foon Goos #2* (for Men)
Female Balance/ Women’s Gold/ Black Cohosh (for Women)
10. *Blood Toner & Foon Goos*

I think it would suffice to have 12 of each of the following items:

Circuflow
Aloe Vera Gel 32 oz.
Kolester
X-40 Kit
B.E. Kit
AntiFatigue
Kantita
Black Walnut Hull Tincture
Clove caps

Protozoa Kit
P.A. Kit
Female Balance
Women's Gold
Blood Toner
Foon Goos

24 bottles of each of the following:

Foon Goos #2
Wormwood Combination

6 Bottles of each of the following:

Men's Special
Sunny Zinc
Black Cohosh
New Light A.D.D. Kits

90 *God helps those who help themselves* book (one to each of the participants in both control and study groups).

45 *New Dimensions in Healing Yourself*—the video-- to be given to the control group at the end of the study along with one copy of *God helps those who help themselves*.

The study will include two groups, the test group—the ones who will take the seminar and the product and the control group—the ones who will not take the seminar or product but will receive the book and video at the end of the study after the post tests have been taken by both groups and they have turned in those tests. I am anticipating having about 40 participants in each group but can run the study with as few as 60, thirty in each group, and still have a valid study. So, the total number of books, videos and products given out will be determined by how many subjects I end up with. This is a number I will not know until a few days before the event and is the reason I am requesting as many as 90 God Helps books and 45 videos up front.

I thank you in advance for considering this request. Please let me know by Wednesday, May 14, 2003 so that I can get the letters out to the practitioners and students who are referring subjects to me for my study, which is set to take place May 31, 2003.

Respectfully,
Ginger Bowler
Th.D. Candidate, Holos University Graduate Seminary
Ph.D. Candidate, Greenwich University
1969 Nottingham Drive
Ozark, MO 65721
Phone: 417-485-9370

B. RECRUITING

B1. Letter to Practitioners (Recruiting Participants)

GINGER BOWLER

PALO BOWLER, INC.

PRO HEALTH PRODUCTS

1969 Nottingham Drive
Ozark, MO 65721
Phone (417) 485-9370

Email: ginger@GINGERBOWLER.com
Toll Free (800) 240-3211
Fax (417) 581-9686

Research Study on Hanna Kroeger's Work Louisville, Kentucky

Dear **Hanna Kroeger Practitioners and Students,**

For years many of us have been asked if there was any published research on Hanna Kroeger's work. Most of us simply shrugged our shoulders or answered that we "didn't think so," but this did not keep us from doing the work that she taught us and enjoying the difference that it made in our lives and that of our friends, family, and clients --or from wishing that we did have research to site, when asked.

Now, we finally have an opportunity to honor Hanna's life and her work by doing a research study on the effectiveness of her teachings and products. I am writing to you to request your assistance by referring participants to me for this research project. **I need 80 participants and I need them to sign up by May 27**, which gives us about ten days to get them lined up. **Participants will be attending a one- day seminar, either on May 31 or June 28, which will be randomly selected by them once they arrive for their short interview on Thursday or Friday, May 29-30.**

The seminar is free to study participants and is being held at the Ramada Inn, 1041 Zorn Ave. Participants must be eighteen years of age or older. **Also, participants have to be "newcomers" to Hanna Kroeger's work and products.** This means that they cannot have attended a "Hanna Kroeger Seminar" either with Hanna, Bobbi Brooks or myself or with any of you who have been teaching full scale "Hanna Kroeger Seminars," nor should they have ever done any of Hanna's herbal or homeopathic protocols. This does not mean that they have never taken any one or two of her products but they cannot have done a "full set" of her products.

I know the time frame is short, but sometimes, that makes it easier. I will be coming to Louisville, Kentucky to run my study because as a former owner of Southern Herb Co., Inc., a national distributor of Hanna Kroeger's products, I am very well aware that the Louisville, Kentucky area has one of the highest

concentrations of Hanna Kroeger practitioners and students in the country. For this fact I want to thank and acknowledge all of you.

As many of you know, I am completing the Doctoral degree in Energy Medicine and Spiritual Healing with Holos University where Dr. Norm Shealy is the President of our school as well as the Chair of my graduate committee. Dr. Shealy and many of the other faculty at Holos have expressed great respect for Hanna Kroeger and her work and have been very supportive in all of my endeavors in the program. The program has been a wonderful experience for me and now I am ready to be done!

This research project represents the last of two final steps before graduation, the research and the actual writing of my dissertation, which will include the outcome of the research. I will be holding a meeting in the fall or early winter to discuss the outcome of the study with the participants and all of you who referred people to me for the study.

Please have people who are interested in participating contact me via email at ginger@GINGERBOWLER.com or toll free at 800-240-3211. Information about the details of the study are in the **flyer** I have sent in this envelope and hoping you will display and in the sample letter that I have included, which will be sent or given or emailed to all interested study participants. Those interested may also read about the study by visiting my website www.GINGERBOWLER.com.

I thank you in advance for your assistance with this project. It certainly feels good to be honoring Hanna's life and work in this way and so I thank you again for your part.

Sincerely,

Ginger Bowler

B2. Natural and Spiritual Healing FLYER

PLEASE POST

Natural and Spiritual Health and Healing Seminar

RESEARCH PROJECT

Ginger Bowler,
Th.D. Candidate in Energy Medicine and Spiritual Healing, Holos University

Would you like to participate in a study, which looks at the effectiveness of Natural Health Education, Products, and Healing Techniques?

Who? This study is open to any adult interested in health.

- What?**
1. Come to one 15 minute information session, conducted at the Ramada Inn, 1041 Zorn Ave., Louisville, KY -- **May 29 or 30**.
 2. At your home: Fill out a questionnaire on three different days (about 15 minutes each time): on the evening of May 30; on the evening following the one-day seminar you will be attending; and four weeks after your seminar.
 3. Attend a One-Day Seminar either May 31 or June 28, 2003

Where? The Ramada Inn, 1041 Zorn Ave., Louisville, Kentucky

When? 9:30-4:30: Saturday, May 31 **or** Saturday June 28

Cost? FREE

If you are interested, ask the person who referred you for a copy of the Information letter or CALL Ginger Bowler at 1-800-240-3211 or cell 608-239-2027 /or email ginger@GINGERBOWLER.com



B3. Screening Interview Form

Date: _____ Participant # _____ (Assigned by Ginger)

Name _____ Age _____ Sex: M/F

Address _____

Phone (H) _____ Alternate phone _____

Email address _____

Thank you for your interest in this Research study, which looks at the works of Hanna Kroeger. There are some exclusion criteria for this study so I need to see if you meet the criteria in order to be a candidate for the study. **(People with pacemakers and defibrulators or shunts are not considered a candidate for this study).**

1. Do you have a Heart condition, if so, what is it? What medications are you on for it?

2. Are you on any **pharmaceutical medications** (besides those listed above)? If so, please **list all medications that you are taking that your physician prescribed for you** and include the condition for which you are taking the medication.

3. If you are taking medication and are still considered a good candidate for the study, would your doctor approve of you taking herbal and homeopathic supplements?

-
4. Have you ever attended a seminar on Hanna Kroeger's teachings? If so, when and who was the teacher?

 5. Have you ever taken a "full set" or "full protocol" of Hanna Kroeger's remedies? If so, what?

 6. If included in this study, you will be asked to attend one of the full day seminars, which is being held from 9:00 a.m. to 4 p.m. on May 31 and June 28. (All events are being held at the Ramada Inn, 1041 Zorn Ave. Louisville, Kentucky.)
You will only be attending ONE of these seminars but need to be available for both since participation is selected randomly. **Are you available for both dates and are you available to come to a 15- minute introduction/ interview on May 29 or 30th?**

Appendix C. **PARTICIPANT FOLDER**

C1. Welcome Letter- May Seminar Participants

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

May 28, 2003

Dear Participant,

Welcome and thank you for your participation in this study, which looks at the works of Hanna Kroeger.

You are scheduled to participate in the **MAY** seminar, which is being held from 9:30 a.m. to 4:30 p.m. on **Saturday MAY 31** at the Ramada Inn, 1041 Zorn Ave., Louisville, Kentucky. For directions to the Ramada Inn call 502-897-5102. There is no charge for the seminar or the study.

In this folder you will find all of the information you will need to participate in this research project.

As this is a research project, it is crucial that you follow all instructions *exactly* as they are given. This is to ensure, as much as possible, that the data collected for the study is valid and accurate. The confidentiality of your information will be honored. We will not use your name but only your participant number in reporting the findings. Your information will be kept in safe storage and will not be shared as it relates to you personally, but only as it relates to the study.

This folder contains,

1. Two copies of Form A. - the **CONSENT FORM for PARTICIPAION** (sign both and keep one for your file).
2. Two copies of Form B. -the **CONSENT FORM for PROCEDURES and PRODUCTS** (sign both and keep one for your file).
3. **PARTICIPANT INTAKE FORM** (to be filled out and turned in at the information session).
4. **INSTRUCTIONS** for filling out the Questionnaires.
5. Questionnaires (Three different questionnaires)
6. Stamped and preaddressed envelope for mailing in your second set of questionnaires.

Please do not hesitate to contact me should you have any questions, comments or concerns.
Thanks again.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University

C2. Welcome Letter- June Seminar Participants

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

May 28, 2003

Dear Participant,

Welcome and thank you for your participation in this study, which looks at the works of Hanna Kroeger.

You are scheduled to participate in the **JUNE** seminar, which is being held from 9:30 a.m. to 4:30 p.m. on **Saturday JUNE 28** at the Ramada Inn, 1041 Zorn Ave., Louisville, Kentucky. For directions to the Ramada Inn call 502-897-5102. There is no charge for the seminar or the study.

In this folder you will find all of the information you will need to participate in this research project.

As this is a research project, it is crucial that you follow all instructions *exactly* as they are given. This is to ensure, as much as possible, that the data collected for the study is valid and accurate. The confidentiality of your information will be honored. We will not use your name but only your participant number in reporting the findings. Your information will be kept in safe storage and will not be shared as it relates to you personally, but only as it relates to the study.

This folder contains,

7. Two copies of Form A. - the **CONSENT FORM for PARTICIPAION** (sign both and keep one for your file).
8. Two copies of Form B. -the **CONSENT FORM for PROCEDURES and PRODUCTS** (sign both and keep one for your file).
9. PARTICIPANT INTAKE FORM (to be filled out and turned in at the information session).
10. INSTRUCTIONS for filling out the Questionnaires.
11. Questionnaires (Three different questionnaires)
12. Stamped and preaddressed envelope for mailing in your second set of questionnaires.

Please do not hesitate to contact me should you have any questions, comments or concerns.
Thanks again.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University



C3. Welcome Letter-Video Participants

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

May 28, 2003

Dear Participant,

Welcome and thank you for your participation in this study, which looks at the works of Hanna Kroeger.

You are scheduled to participate in this study by attending an introduction, **filling out questionnaires (at your home)** on three separate occasions and by agreeing to watch Hanna Kroeger's video in the comfort of your own home. The video will be sent to you via UPS after you mail your second set of questionnaires. **The second set of questionnaires needs to be filled out on Friday night, June 27** and mailed the next day. When filling out the questionnaires, please do so in the same place and at the same time each time. The third set of questionnaires needs to be filled out on July 25 and mailed the next day. There is no charge for the study.

In this folder you will find all of the information you will need to participate in this research project with the exception of questionnaires two and three, which will be mailed to you.

As this is a research project, it is crucial that you follow all instructions *exactly* as they are given. This is to ensure, as much as possible, that the data collected for the study is valid and accurate. The confidentiality of your information will be honored. We will not use your name but only your participant number in reporting the findings. Your information will be kept in safe storage and will not be shared as it relates to you personally, but only as it relates to the study.

This folder contains,

13. Two copies of Form A. - the **CONSENT FORM for PARTICIPAION** (sign both and keep one for your file).
14. **PARTICIPANT INTAKE FORM** (to be filled out and turned in at the information session).
15. **INSTRUCTIONS** for filling out the Questionnaires.
16. Questionnaires
17. Stamped and preaddressed envelope for mailing in your second set of questionnaires.

Please do not hesitate to contact me should you have any questions, comments or concerns.

Thanks again. Sincerely,

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University



C4. Participant Intake Form

Participant Intake Form

(If you need additional space to answer any of the questions, please use the back of this form).

Name _____ Date _____

Referred by: _____ Date of Birth _____

Street Address: _____ City _____ State _____ Zip _____

Home Phone: _____ Alternate Phone: _____

Email: _____ Occupation: _____

Health Questions:

Are you in good health- Physically? Yes ___ No ___ Don't know ___

If no or don't know, please explain _____

Are you in good health- Emotionally? Yes ___ No ___ Don't know ___

If no or don't know, please explain _____

Are you in good health- Mentally? Yes ___ No ___ Don't know ___

If no or don't know, please explain _____

Are you in good health- Spiritually? Yes ___ No ___ Don't know ___

If no or don't know, please explain _____

What Holistic Health/ Natural Healing/ Energy Medicine Modalities have you experienced?

What? When? _____

What Holistic Health/ Natural Healing/ Energy Medicine training have you taken? _____

What do you hope to get out of your participation in this seminar/ study?

What pharmaceutical medications are you taking and why? _____

When do you last visit your doctor, why? _____

Females: Are you pregnant? ___ Yes ___ No

Anything that you would like us to know about you or what is going on in your life?

**C5. Instructions for Self Administering
SYMPTOM INDEX, SDS (Zung) and the STAI (State Trait Anxiety Inventory)**

Instructions for Self-Administering SYMPTOM INDEX, SDS and STAI

Instructions for Completing the Questionnaire

It is of utmost importance to the validity of this study that you follow these instructions *exactly*.

1. You will find three different questionnaires enclosed:
 - SYMPTOM INDEX
 - SDS
 - STAI
2. Fill out these questionnaires at the **same time and same location each time you fill them out**:
 - a. **On Friday night May 30**
 - b. **On Friday night June 27**
 - c. **On the night of the completion of your seminar.** (If you are in the group that is participating by watching the video, then fill it out that night).
3. **Choose a time when you will be undisturbed and in a private location.**
Find a time when you can have quiet time in a location where you will not be disturbed. Filling out these questionnaires will take approximately fifteen to twenty minutes. Choose a time and a place which will work for you for **all three days**.

If anything arises that disturbs your peace while you are filling out these questionnaires or if you have missed the scheduled time for filling them out and have to do so at a later, or earlier time, please make a note of these factors on your form when you send or bring it in.

4. Filling out the Questionnaire:

The STAI –

The front page, Page 1: Please note **how you feel right in the very moment** you are filling out the paperwork.

The back page, Page 1: Please note **how you generally feel**.

SYMPTOM INDEX

Please **check only those symptoms that you have now** (as you are filling out the form).

SDS (This is the one with the 20 questions)

Check one answer for each of the 20 questions.

5. Turning in the Questionnaires:

- a. **If you are in the MAY 31 seminar simply bring them with you.** You will be mailed copies of sets two and three as the time approaches.
- b. **If you are in the JUNE 28 seminar, please fill out the first set on May 30 and mail in the Stamped envelope enclosed.** The copies of sets two and three will be mailed to you as time approaches. Fill them out as scheduled and mail them in the addressed, stamped envelope the following day.
- c. **If you are in the group that participates by watching the video, please fill out the first set on May 30 and mail the next day in the Stamped envelope enclosed.** The copies of sets two and three will be mailed to you as time approaches. Fill them out as scheduled and mail them in the addressed, stamped envelope the day following filling them out—these instructions will be included when the time comes.

If you have questions call Ginger Bowler at 608-239-2027 (cell phone while in Louisville) or 1-800-240-3211

C6. Consent Form A (Consent Form for Participation)

<p>CONSENT FORM FOR PARTICIPATION in Hanna Kroeger's Work/ Natural Health and Healing Study</p>

Consent Form A

This research is being conducted in fulfillment of one of the requirements for the Doctoral degree program in Energy Medicine and Spiritual Healing at Holos University Graduate Seminary (www.holosuniversity-edu.org).

Holos University supports the practice of protection for human subjects participating in research. The following information is offered to you so that you can freely choose whether or not you wish to participate in the present study. Please be aware that, even if you agree to participate, you may freely choose to withdraw at any time and without any penalty or any kind.

We are studying the changes in levels of symptoms as well as levels of anxiety and depression resulting from participants learning and using some of Hanna Kroeger's teachings, methods and natural products. The format that we will use is one that Hanna Kroeger used in her lifetime, which is teach students the Seven Physical and Seven Spiritual causes of illness, introduce the student to "understanding energy" by introducing a tool for measuring energy, a "pendulum" and by introducing "dowsing" the science of measuring energy with a tool, such as a pendulum. We will also be going over the use of Hanna Kroeger's herbal and homeopathic remedies to assist the body's natural energies to restore health and vitality.

Because Hanna Kroeger believed that it was not enough just to teach the student "where the weakness was in the body" but what could be done. To this end, she taught natural remedies, foods for healing, cleanses, and hands on healing techniques, as well as suggesting herbal and vibrational remedies to support the weakened system or organ.

If you choose to participate in this study, you will

1. Attend a one day seminar on Hanna Kroeger's work (either May 31 or June 28, 2003) at the Ramada Inn, 1041 Zorn Ave., Louisville, Kentucky. (Salon A)
2. During the seminar, be given the opportunity to be dowsed over some of Hanna Kroeger's products to determine if they would, potentially, be of benefit to your body and to take those products (no cost to you) if you so choose.
3. Be given the opportunity to have one or more "hands on healing procedures" done.
4. Fill out three questionnaires on three different occasions: the evening of May 30th, and the evening of your seminar, and four weeks after your seminar. You will be asked to **bring the first set of questionnaires to the seminar with you (if you are attending the May 31st seminar)**. *If attending the June 28th seminar, you will still be filling out the first set of questionnaires on May 30th and be asked to*

mail the first set of questionnaires the following morning (May 31) in the self-addressed stamped envelope provided.

Some people notice shifts in the way they experience their lives and their bodies after attending a seminar and / or following Hanna Kroeger's teachings for improving the health of your body. Participation may be of direct benefit to you.

It is believed that the information gathered in this study will be useful in evaluating the effects of Hanna Kroeger's teachings and products on general well-being.

We assure you that your name will not be associated in any way with the research findings. The information will be identified only by a participant code number. Any identifying information will be kept safely stored with the principle investigator being the sole person who has access to the research data, the only exception being the result of a direct court order.

Signature of subject agreeing to participate

Date

PRINT YOUR NAME HERE: _____

With my signature, I affirm that I am at least 18 years old, have read and understand this consent form, and have received a copy of this form to keep for my files.

Should you have any questions or concerns, before or after the study, please call or email me.

All good things to you,

Ginger Bowler, Th.D. Candidate

Principle Investigator:

Ginger Bowler
1969 Nottingham Drive
Ozark, MO 65721
Email: ginger@gingerbowler.com
Toll Free: 1-800-240-3211
Cell Phone: 608-239-2027

Supervising Faculty:

Norman Shealy, M.D., Ph.D.
President
Holos University Graduate Seminary
Email: norm@normshealy.net
Phone: 417-267-2900

C7. Consent for B (Consent Form for Products and Procedures)

**CONSENT FORM for PRODUCTS AND PROCEDURES
From Hanna Kroeger's Teachings**

TAKE NOTICE THAT THIS IS A REQUEST FOR DOWSING, HANDS ON HEALING PROCEDURES, AND SELECTION OF HERBAL AND VIBRATIONAL REMEDIES THROUGH DOWSING METHODS, AND CONTAINS A LIMITATION OF LIABILITY EXEMPTION CLAUSE

I, _____ (The Undersigned Participant) request, and consent to receive dowsing the body and/ or dowsing over natural products to determine possible assistance for areas of weakness or concern in the body, and any of Hanna Kroeger's hands on healing procedures from Ginger Bowler or Palo Bowler, Inc. or any person delegated by this company (collectively called the Practitioner) to supply or assist in supplying Hanna Kroeger's teachings, methods, techniques or products to me.

I am aware that Hanna Kroeger's work, teachings, procedures and products are not a medical treatment and are not a substitute for professional medical, naturopathic, chiropractic, psychiatric or psychological treatment.

I am also aware that the seminar, products and procedures are a holistic practice that only seeks to balance the energy fields of the human body. Balancing means the optimum flow of energy, which creates harmonious functioning of the body.

I agree to assume full responsibility for any medical condition, disclosed or undisclosed, any drug or alcohol use, or any serious mental or emotional problem that I may have.

EXEMPTION OF LIABILITY CLAUSE: It is hereby agreed between myself as the Participant and the Practitioner that in consideration of the Participant receiving education, hands on techniques, and natural products, the Practitioner shall not be held liable, in contract or in tort; for any personal injury or any nature whatsoever that arises from, or is the result of, or by any failure to continue supplying any educational services, any products or hands on procedures.

I am over 18 years of age and I have read this notice and understand its contents.

Signed this _____ (day) of _____ (month) 2003 at _____

City, _____ State _____ Zip _____

Signature: _____

Participant's name: _____ (Please print).

**C8. About Hanna Kroeger's Products
(How to take the Supplements)**

About Hanna Kroeger's Products

You are absolutely under no obligation to take the products for which you were dowsed. These products are being provided for you free of charge (from Kroeger Herb Products Co., Inc.) and can be ingested or not, your choice.

If you are taking pharmaceutical medications, it is strongly recommended that you check with your doctor to get his/ her approval before beginning to take any of these products. Hanna Kroeger's products are known to be well balanced. Some of them have been on the market for twenty five years. It is very rare that anyone reports any issue with taking Hanna's products but we still want to advise you to use your best judgment, care, and medical opinions.

Should you choose to take the products home with you and not ingest them, we will ask you to report this fact to us in your follow up questionnaire. Some people who are taking drugs or who are sensitive to herbal remedies may choose to simply "sleep" with the remedies in the bed or close by rather than ingesting them. Again, we will ask you to report to us in the follow-up if this is how you chose to interact with them. We implore you to use your good judgment in all ways. Again, you are under no obligation to ingest any product. You do so by your own free will.

How to take the supplements: follow the instructions on the packaging

Set #1: Whichever of the following supplements you dowsed for take them for one week. The first two tone and support the kidneys and *Metaline* also assists with the detoxification of heavy metals. *Chem X* assists with clearing the liver and clearing chemicals from the body. All of these are being suggested to prepare the body for set #2.

1. *Black Radish & Parsley*
2. *Metaline*
3. *Chem X*

Set #2: A second set was chosen for you or by you. You may start this anytime after completing one week on the first set. If you choose, you may continue with set #1 while you do set #2. This is up to you and up to your ability to manage the number of products you are taking.

If you have any adverse reaction to taking any of the products, discontinue use right away and call or email me. Should you have any questions, comments or concerns, please call me at 1-800-240-3211 or email me at ginger@GINGERBOWLER.com.

Appendix D. FOLLOW-UP TESTING LETTERS SENT

D1. May Participants Instructions for third (Final) set of Questionnaires

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

MAY SEMINAR GROUP

June 19, 2003

Dear Participant,

Thank you for your participation in and for completing this study. This is your third and **final set of questionnaires** which **needs to be filled out this Friday, June 27 and mailed Saturday June 28.**

Should something occur that you are not able to fill out the questionnaires on Friday night please fill them out over the weekend and mail them Monday morning. Please make a note of this should it occur.

The time span for me getting my data in is short so I thank you in advance for mailing these forms right away. I send my heartfelt appreciation in advance for your cooperation.

Please do not hesitate to contact me should you have any questions, comments or concerns. Bobbi Brooks is taking local calls for questions or concerns. Her number is 502-550-8092.

Thanks again.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University

D2. June Participants Instructions for Second Set of Questionnaires

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

JUNE SEMINAR GROUP

June 19, 2003

Dear Participant,

You are scheduled to participate in the **JUNE** seminar, which is being held this **Saturday JUNE 28** from 9:30 a.m. to 4:30 p.m. at the Ramada Inn, 1041 Zorn Ave., Louisville, Kentucky. The phone number for the Ramada Inn is 502-897-5102. There is no charge for the seminar or the study. The study looks at the works of Hanna Kroeger.

Enclosed in this envelope is your **second set** of questionnaires which **needs to be filled out this Friday, June 27 and returned to us before you are allowed to enter the seminar room.** So, please remember to fill them out the night before the seminar and **bring them to the seminar with you.** (If you forget to fill them out on Friday night, fill it out Saturday morning before you come to the seminar. Make a note of this fact on the top of your set of questionnaires.)

Please do not hesitate to contact me should you have any questions, comments or concerns. Bobbi Brooks is taking local calls for questions or concerns. Her number is 502-550-8092.

Thanks again. I look forward to seeing you at the seminar.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University

D3. June Participants Instructions for Fourth (Final) Set of Questionnaires

(Third set was given to them at their seminar)

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

JUNE SEMINAR GROUP

July 15, 2003

Dear Participant,

Thank you for your participation in and for completing this study. This is your forth and **final set of questionnaires** which **needs to be filled out Friday, July 25 and mailed Saturday July 26.**

Should something occur that you are not able to fill out the questionnaires on Friday night please fill them out over the weekend and mail them Monday morning. Please make a note of this should it occur.

The time span for me getting my data in is short so I thank you in advance for mailing these forms right away. I send my heartfelt appreciation in advance for your cooperation.

Please do not hesitate to contact me should you have any questions, comments or concerns. Bobbi Brooks is taking local calls for questions or concerns. Her number is 502-550-8092.

Thanks again.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University

D4. Video Participants Instructions for Second Set of Questionnaires

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary

1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

VIDEO GROUP

June 19, 2003

Dear Participant,

You are participating in this study by watching Hanna Kroeger's video "*New Dimensions in Healing Yourself*." You have already filled out and returned the first set of questionnaires. Thank you. Enclosed in this envelope is your **second set** of questionnaires which **needs to be filled out this Friday, June 27** and mailed June 28--- this is prior to you receiving or viewing the video.

The video will be sent to you via UPS once we receive your second set of filled out questionnaires.

You have two choices for returning the second set. You can bring them to the Ramada Inn and pick up your video on the morning of June 28-- prior to the start of the June seminar-- or simply mail them on Saturday morning. **The second set of questionnaires needs to be filled out on Friday night, June 27** and mailed June 28.

When filling out the questionnaires, please do so in the same place and at the same time each time.

Please watch the video within one week of receiving it. The **third set** of questionnaires, which you will get when you get the video, needs to be filled out on Friday, **July 25** and mailed the next day.

Please do not hesitate to contact me should you have any questions, comments or concerns.
Thanks again.

Sincerely,

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University

**D5. Video Participants Instructions for Third (Final) Set and Questionnaire about
Watching the Video --Combined**

Questionnaire about Hanna Kroeger's Video

New Dimensions in Healing Yourself

You have agreed to participate in this study, which looks at the works of Hanna Kroeger, by watching her video in the comfort of your own home or office. Please watch the video, wait at least 3 days after watching the video and then fill out the following questionnaire along with another set of forms with the STAI, ZUNG and SYMPTOM INDEX (enclosed).

*Please return all forms **no later than July 26** in the self-addressed stamped envelope enclosed.*

Name _____ Date _____

Please check only one of the Following Regarding the Video:

- I watched the **entire** Video
- I watched less than half of the Video
- I watched more than half of the Video but not the whole thing

Your comments _____

We will have a meeting in the winter for all interested participants to discuss the findings of this research.

Heartfelt thanks for your participation in this study.

Ginger Bowler

Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary
1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com



D6. Questionnaire to Test Subjects regarding Supplements Given at Seminar

Questionnaire about the Products you received at the Seminar

Name _____ Date _____

Did you take any of the following products for your **first set**? Please check which ones and indicate how long you ingested them. If you interacted with them other than ingesting (such as sleeping with them or having them on your counter but not taking them), please indicate.

Black Radish and Parsley _____
Metaline _____
Chem-X _____

What was your **second set**? (See list below) _____

Did you ingest the products you received for your second set? _____
Comments _____

1. *Circuflow; Aloe Vera ; Kolester*
2. *X-40 Kit*
3. *B.E. Kit ; Anti Fatigue*
4. *Kantita & Foon Goos #2*
Wormwood; Taurindopholis
5. *Wormwood Combination; Black Walnut Hull Tincture; Clove Caps*
6. *Wormwood Combination & Rascal*
7. *Protozoa Kit*
8. *New Light ADD Kit*
9. *P.A. Kit*
10. *P.A. Kit & B.E. Kit together*
11. *Men's Special; Foon Goos #2; Sunny Zinc*
12. *Female Balance; Women's Gold*
13. *Blood Toner & Foon Goos*

Is there anything else that you would like us to know? _____

Ginger Bowler
Th.D. Candidate, Energy Medicine and Spiritual Healing
Holos University Graduate Seminary
1969 Nottingham Drive
Ozark, MO 65721
Phone: 800-240-3211
Cell: 608-239-2027
Email: Ginger@gingerbowler.com

Appendix E. SEMINAR CONTENT

E1. Outline and Timeline

Seminar Outline and Timeline—Hanna Kroeger’s Work

- 9:30-10:45 Introduce Hanna Kroeger’s work with a brief overview. Show the interview with Hanna from the Video *New Dimensions in Healing Yourself* (22 minutes long).
- Overview of the 7 Physical and 7 Spiritual Causes of Illness.
- 10:45-11:00 BREAK
- 11:00-11:30 “Understanding Energy” –with handout and examples as it applies to Health, Healing and specifically---to what Hanna taught and used. Give examples of how the participants might apply to their own lives.
- 11:30-12:30 Specific issues and protocols from Hanna’s teachings. The conditions/ illnesses discussed will be generated from the interest of the class (what they want to talk about).
- 12:30-1:00 LUNCH
- 1:00-1:40 [BB] A look at Chemical, Metal and Environmental Toxins, the set up for worms, parasites, and infectious conditions. Hitting the hot spots for where we are picking up toxins in our lives and in our homes.
- 1:40-2:00 Basic Dowsing principles and demonstration
Seven candle ceremony for releasing dark/ dense energies
- 2:00- 3:30 Hands on work: Show video of Hanna doing a few of these procedures. Teacher will demonstrate some of them on volunteers. One or more people will have a Spiritual Healing with the “Shin Shin Shin” done by the class. Then, Each participant will have:
1. Hip Set (do it yourself job)
 2. Balance the Electro-Magnetic Body (done by fellow classmate).
- And then one or more or two of the following if needed (depending on what they dowse for)*
3. Tailbone adjustment
 4. Whiplash procedure
 5. Pelvis close
 6. Clavicle Set
 7. Hiatal Hernia

Dowsing participants over the products

(During this time, participants are free to leave the room to use the restroom as there will be time that they are waiting in line).

3:30-4:00 [BB] Cause # 5: Worms and Parasites, an overview.

4:00-4:30 [GB] Review the Protocols that were included in products/ study. Go over instructions for filling out the questionnaires and returning them and practicing the Above the line/ Below the line technique. Answer questions.

Thank Hanna, Kroeger Herb, Holos and all participants and people who helped in anyway with the project, including those who referred them to the study.

**E2. Procedures Checklist
(Hands on Healing/ Body Alignment)**

Name _____

Date _____

Hands on Healing Work

Hanna Kroeger Seminar

One or more people will have a Spiritual Healing with the “Shin Shin Shin” done by the class and one or two people will have the procedure to “open the pineal.” Please indicate if this participant had either procedure done: _____.

Each participant will have:

1. Hip Set (do it yourself job)
2. Balance the Electro-Magnetic Body (done by fellow classmate).

Then one or more or two of the following if needed (depending on what they dowse for):

Circle procedure done and note by whom it was done.

1. Tailbone adjustment _____
2. Whiplash procedure _____
3. Pelvis close _____
4. Clavicle Set _____
5. Hiatal Hernia procedure _____
6. Lift Prolapsed Organs “Dropped Organ procedure” _____
7. Brain Stem _____

**E3. Products Checklist
(Products Participants were Dowsed Over)**

Name _____
Participant # _____
Dowser: _____
Recorded By: _____

Products:

First set for all participants unless dowsing indicates otherwise:

- *Black Radish and Parsley*
- *Metaline*
- *Chem-X*

Second set for all participants will be selected from the following:

- *Circuflow; Aloe Vera ; Kolester*
- *X-40 Kit*
- *B.E. Kit ; Anti Fatigue*
- *Kantita & Foon Goos #2 _____ bottles each*
Wormwood ; Taurindopholis _____ bottles each
- *Wormwood Combination; Black Walnut Hull Tincture; Clove Caps*
_____ bottles each
- *Wormwood Combination & Rascal _____ bottles each*
- *Protozoa Kit*
- *New Light ADD Kit*
- *P.A. Kit; or P.A. Kit & B.E. Kit together*
- *Men's Special; Foon Goos #2; Sunny Zinc*
- *Female Balance; Women's Gold*
- *Blood Toner & Foon Goos _____ bottles each*

E.4 Understanding Energy Handout

Understanding Energy Handout

Journal of Communicating with Energy

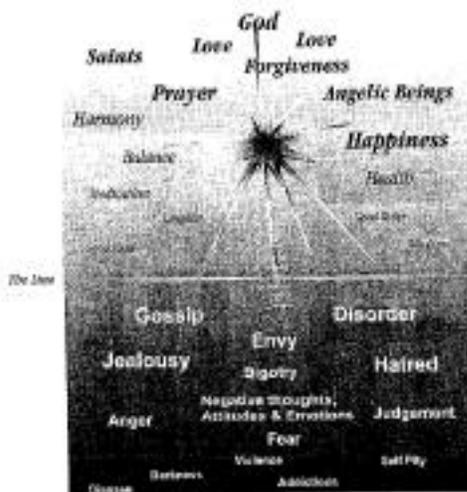
The rules of the energy game:

1. Like energy begets like energy.
2. Doing things below the line pulls you below the line.
3. There is no such thing as "flowing." One is either moving up or down the scale (vibrationally) with each thought, activity, attitude, emotion, and so on.
4. Things above the line have the power to take you above the line when you've fallen below the line.
5. Things below the line do not have the power to take you above the line—no matter how unfair that seems.
6. You cannot cheat in this energy game.
7. No one else is responsible for your falling below the line; however, others do influence (sometimes greatly) our ability to stay above the line. Therefore, we must be very careful of the company we keep.
8. It's easier to stay above the line when we surround ourselves with others who spend most of their time above the line.
9. True happiness exists above the line.
10. People who spend a lot of time below the line do not necessarily want to live above the line. If they drive on dark (upper) energy, it is necessary for them to stay there to get their energy.
11. It is not your job to get others out of darkness (or above the line). You have enough work to do keeping yourself above the line. (This does not mean that we aren't to help others, but first we must help ourselves. True service will naturally come from us when we live in the loving state above the line.)
12. A teeny-teeny bit of light indicates darkness.
13. You will fall below the line. Do not panic and judge yourself, as your self-criticism only gets you more time below the line. Acknowledge where you are and do something above the line to get you back there, fast.
14. After continued practice and perseverance at staying above the line, it does get easier at staying above the line.
15. For those traveling the "Path of Enlightenment," time below the line seems inevitable. This time helps us understand the suffering and trials of others and helps us develop needed compassion, empathy, and understanding. So, from that perspective, time in any place in the game is valuable.
16. Add your own rules on your understanding here.

PROLOGUE

Understanding Energy

Remembering that all of the things in this diagram are all part of the same whole, we draw the line so that we can understand the distinction in our perception.



Then, as if taking dictation, I wrote the following rules of understanding energy, as I had come to understand it over the years. It went like this:

Everything is "energy" vibrating at its own unique frequency. God is the source of and the Ultimate of All Energies.

The object of the "energy game" is to stay "above the line" as much as possible every day.

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Appendix F. READING AND CORRECTING THE BODY'S ENERGY FIELDS

F1. A Logical Order to Approach and Read the Body's Energy Field with Dowsing

A Logical Way to Approach and Read the Body's Energy Field with Dowsing By Ginger Bowler

FRONT OF THE BODY:

- **R Leg** (Determine issue of problem with Bacteria and Fungi in the body)
- **L Leg** (Determine issue of problem with Virus or Fungi in the body)

(When appropriate, touch the point of the organ or entrance to the key position, as follows)

HEAD AND NECK

- **Pineal** (center of crown)
- **Pituitary** (slightly above the middle point between the eyebrows)
- **Parotids** (bottom of the jaw on each side close to the ears)
- **Thyroid** (directly above the “cup” of the neck/ throat)
- **Para thyroids** (Both sides of thyroid).

- **Thymus** (high on the sternum)

This basically finishes reading the “head” and neck from the front of the body and now we will read the upper torso from left to right. After which we will read the middle of the body in the same way.

UPPER TORSO

- **Lungs** Key Position for the both lungs is under the right clavicle.
(Center of the right clavicle)
- **Bronchi** Moving over from left of the body to the center of the body, spread the fingers of the left hand touching below the “cup” of the Throat.
- Heart System
 - **Left Carotid Artery**
 - **Heart Muscle**
 - **First Chamber of the Heart** (entrance point)

MIDDLE TORSO (Reading the body from left to right)

- **Liver**
- **Gall Bladder**
- **Stomach**
- **Spleen**
- **Pancreas**

LOWER TORSO (Reading the body from left to right)

- **Small Intestine**

-
- **Large Intestine**
 - **Ascending Colon**
 - **Transverse Colon**
 - **Descending Colon**

SYSTEMS

- **Lymphatic System** (under the left armpit—tickling position)
- **CNS (Central Nervous System)** (behind either ear)
- **Muscular System** (grab any large muscle---like a bicep)
- **Blood** (Center of the Right hand, palm side)

COCCYX

- **Tailbone** (Touch the shin bone)-- measuring the energy of the bone Marrow, hence the large bone contact.

REPRODUCTIVE ORGANS:

- Female:
 - **Right Ovary** (Key Position is below knee on the right side, high on the inside of the calf muscle)... not a sexual organ area.
 - **Left Ovary** (Key Position is below the knee on the left leg, high on the inside of the calf muscle).
 - **Uterus** (Key Position is the Center of the Left Palm).
- Male:
 - **Prostate** (Key Position is the little finger of the left hand).

ELECTROMAGNETIC BALANCE

- (Without touching the body, check for presence of both your positive and negative swings at shoulder height—in other words, practitioner holds his/ her pendulum in front of and at shoulder height, each shoulder in turn). One shoulder should read positive and the other negative. If not, then the electromagnetic balance is disturbed).

HIPS

- **Hips** Again, without touching any point on the body, practitioner holds The pendulum by each hip, (at the crest of the ileum) and is looking for a Positive swing of the pendulum at one hip and a Negative indication at the other to indicate that the hips are in balance structurally as well as nutritionally (minerals).

BACK OF THE BODY:

- **Spinal and Brain Fluid** (Without touching the body, dowse from the sacrum up to the occipital ridge). If there is no or low “vibration” (indication of energy flow) suspect a “viroid” settled in the spinal or brain fluid.

If there is no/ low energy output at C7 and Sacral area, this is an indication of Whiplash.

- **Brain Stem** (At the base of the cranium)

- **Brain** (hold hand, palm down above the head, without touching).

To further test the anatomical brain, touch each of the four quadrants of the brain measuring the energetic outputs. They should all be relatively equal in energetic output. In other words, if the right quadrant reads 80%, then all of the others should read within 10 or that (or 70-90 %).

- **L Kidney** (at the back, above the waist on the left side) Hold palm towards the body
 - **R Kidney** (at the back, above the waist on the right side) Hold palm towards the body
 - **L Adrenal** (directly above the left kidney) Hold palm towards the body
 - **R Adrenal** (directly above the right kidney) Hold palm towards the body
-
- **Skeletal System** (at C7): If low or no energy, check all Minerals especially Calcium and Magnesium; look for other possible Bone issues.

This completes the standard scan. If there are other parts of the body that you particularly wanted to check but were not included in this general scan, simply hold your contact/ testing hand in that area of the body and ask the body for the energy output of the organ in question.

F2. Correcting the Energy Fields
(A list of possible products and procedures)

Correcting the Energy Fields Handout (file missing)

Appendix G. RAW DATA
(Excel Spreadsheet)

Research Project (STAI, ZUNG and SYMPTOM INDEX tests)										Ginger Bowler Zung		Holos Univ. SYMPTOMS		
Participant #	Age	Sex	STAI State			Trait			PRE	POST	FOLLOW UP	POST	FOLLOW UP	
			PRE	POST	Follow up	PRE	POST	Follow up						
1	1	29 F	32	39	30	43	45	29	56	55	31	58	28	4
2	1	50 F	45	33	34	53	54	59	56	55	60	15	10	14
3	1	48 F	27	34	29	27	30	34	41	43	43	10	8	9
4	1	53 F	28	24	39	23	27	27	42	37	34	10	11	10
5	1	65 F	48	48	41	59	55	51	66	61	59	47	35	39
6	1	44 F	23	20	20	37	23	20	40	29	26	8	8	4
7	1	50 F	45	30	41	42	37	39	59	54	47	45	30	23
8	1	42 F	41	35	47	54	52	45	64	61	53	38	27	16
9	1	54 F	27	20	20	39	32	20	50	51	36	13	5	5
10	1	63 F	35	40	33	33	30	31	41	41	35	14	12	8
11	1	67 F	26	36	21	41	38	34	54	50	48	17	12	15
12	1	83 F	46	56	35	47	42	45	50	56	55	35	27	25
13	1	47 M	50	37	39	54	37	40	58	53	48	51	11	6
14	1	50 F	28	27	32	26	24	32	39	38	48	10	10	17
15	1	24 F	41	24	24	39	40	27	46	43	43	44	42	17
16	1	46 F	31	26	30	35	36	36	43	40	44	25	23	24
17	1	35 F	42	30	26	44	40	35	53	54	45	20	24	23
18	1	36 F	28		30	55		52	50		51	35		45
19	1	48 F	23	22	21	31	26	26	43	44	35	16	17	13
20	1	57 F	35	30	41	46	44	54	44	50	54	9	9	7
21	1	77 F	32	30	31	34	32	27	38	43	43	15	18	9
22	1	61 F	27	24	22	25	21	20	33	30	33	14	8	8
23	1	29 M	30	29	28	50	52	43	54	56	56	16	19	20
24	1	19 F	68	75	54	59	74	55	65	69	50	86	85	62
25	1	52 F	30	26	40	29	30	25	38	38	36	12	9	3
26	1	43 F	27	36		45	43		56	51		30	27	
27	1	26 M	53	30	28	44	38	34	51	50	44	27	28	20
28	1	58 F	29	21	24	28	22	22	43	34	34	14	6	#
29	1	59 M	37	26	32	38	35	31	44	41	38	32	26	11
30	1	24 F	29	24	25	29	34	27	45	50	41	4	5	0
31	1	36 M	42	23	41	38	33	35	44	41	48	8	4	4
32	1	34 M	55	53		57	54		65	65		68	66	
33	1	57 F	21	21	24	28	29	27	31	34	29	5	6	3
34	1	60 M	20	20	20	20	20	20	31	33	33	9	8	7
35	1	54 F	52	42	46	52	48	48	63	59	61	33	32	#
36	1	52 F	36	26	34	36	28	24	43	41	43	8	7	8
37	1	51 F	33	28	36	58	57	38	54	58	46	35	38	#
38	1	44 F	44	25	28	48	51	41	54	56	55	22	8	#
39	1	51 F	51	57	40	53	44	43	68	86	56	32	47	#
40	1	52 M	61	45	50	62	65	68	71	69	73	51	46	#
42	1	32 M	54	60	53	50	55	53	49	54	51	12	11	#
43	1	52 F	43	26	35	39	36	38	45	39	41	9	14	#
44	1	34 F	35	36		46	44		53	55		41	51	
45	1	47 F	36	51	32	39	38	39	45	46	43	16	13	#
46	1	53 F	32	24	27	27	26	26	43	44	50	24	24	#
47	1	59 F	60	35	33	44	41	30	55	54	41	31	34	11
48	2	60 F	25		37	35		31	40		43	10		18
49	2	53 F	45		36	30		28	44		39	23		9
50	2	43 F	22		21	26		36	38		36	4		4
51	2	52 F	43		20	49		37	56		48	29		27
52	2	58 F	31		21	36		26	41		39	23		9
53	2	43 F	29		44	31		37	39		34	3		12
54	2	50 F	32		41	41		37	49		48	31		17
55	2	50 F	44		44	42		42	54		53	31		16
56	2	65 F	37		47	37		33	43		44	17		7
57	2	60 M	25		25	25		30	38		38	4		5
58	2	26 M	20		25	26		22	30		33	4		5
#	2	58 F	33		29	33		28	38		43	21		14
#	2	59 M	43		37	38		38	41		44	21		32
#	2	24 F	22		29	47		29	61		45	16		4
#	2	36 M	51		42	39		38	46		44	10		8
#	2	34 M	44		55	52		57	60		65	34		68
#	2	57 F	24		21	31		28	33		31	9		5
#	2	60 M	21		20	22		20	30		31	5		9
#	2	54 F	43		52	47		52	61		63	40		33
#	2	52 F	33		36	36		36	44		43	13		8
#	2	51 F	28		33	58		58	56		54	37		35
#	2	44 F	53		44	57		48	58		54	19		22
#	2	51 F	53		51	51		53	63		68	26		32
#	2	52 M	66		61	61		62	68		71	30		51
#	2	49 F	30		45	41		40	51		56	19		34
#	2	32 M	53		54	55		50	48		49	11		12
#	2	50 F	22		42	22		22	22		22	22		22

Appendix H. FEEDBACK

Ginger, thank you for the seminar this weekend. I had a great time and there was a lot that went on that I find that I have difficulty putting it into words.

[My husband] and I received your last set of questionnaires today. Thank you so much for the opportunity to participate in the research and program. It has been a real blessing.

Hi Ginger,

I am doing fine, I have sent the original questions back to you, I'm sorry I didn't send them earlier, I thought I had already sent them back. I did have some up and down days but do believe everything is helping. The wormwood seems to be helping but I had a Hugh cleanse and die off reaction from it, I guess that's normal. I have had ups and downs with the meeting of the minds with dealing with jobs issues. It is just a very tough time for me right now. I really appreciate your interest and help; I learned a lot and have many questions. Some of what you have done is very new for me and I don't understand it all. I found my husband has called and talked with Hanna before, apparently several years back when he was working in a health food store. He thought a lot of her. I hope all is well with you and good luck on the study. I'll send the other questions back when I receive them.

[signed name]

I would like to come to one of the retreats and learn more, but I have to wait for the present. Hope to see you to next time you're in Ky

Ginger,

Yes, I received BOTH sets. Will fill out questionnaires tomorrow eve. (Fri.)

I have had one of those life epiphanies this past month--this life change was certainly influenced by the seminar and products you made available.

With gratitude,

[signed name]

Dear Ginger

I wanted to send you an e-mail to thank you very much for the wonderful seminar you held this past Saturday in Louisville, Kentucky. I thoroughly enjoyed it and learned an incredible amount. I am still a little in overwhelm but processing the information quickly.

If you have the opportunity, would you please send me the copy of the liver cleanse you had spoke about on Saturday. It was by Helda Clark (?) I think you said. It was shorter and not nearly the amount of fasting

as required by Hanna Kroeger's in "God helps those who helps themselves."

Thank you once again for everything, [signed name]

June 30, 2003

Dear Ginger;

First of all I want to say "thank you" for the incredible opportunity that your research provides for all of the participants. I was amazed at the level of wonderful, healing, positive energy generated by you and your colleagues. It was a privilege to be a part of it.

All of my surveys are on their way to you in the mail – filled out on Saturday evening. I wanted to follow up with this note to tell you about something that happened to me on Saturday evening: Right from your seminar, [My partner] and I drove to a friend's house where we were having dinner followed by a committee meeting for some church business. I feel like I need you to know – we were looking forward to this – the people we are involved with on this committee have become good friends – and because it is a committee addressing social justice work, it always feels so positive to work with them. I tell you this so you know it wasn't some drab committee meeting. It was a looked forward to meeting of friends, a shared meal, and intelligent conversation.

After we had eaten, relaxed and generally caught up with each other, we got down to business. All of a sudden, my stomach cramped so bad – I rushed to the bathroom just in time – and was not able to stop pooping for quite a while. At one point I did think "All that energy work today must be cleaning me out!" As I sat there I suddenly felt this rush (that's not an intense enough word, but I can't think of another) of energy start in my feet, rush up my body and explode in my head. This explosion caused the WORSE headache I have ever felt. Now I have had some serious migraines – two that even put me in the hospital. This pain was even more excruciating. It felt like the "explosion" was trapped and couldn't get out.

I managed to stumble back to the dining room and get [my Partner] who of course immediately knew something was wrong. She laid me down on a near by couch (thank heavens for understanding friends!) and told me that my heart and pulse was racing, I was burning hot to the touch and flushed all over. She got my skin temperature down with cool washcloths.

At that point we decided that the problem really was trapped energy and so [my partner] helped me visualize opening up the chakra at the crown of my head and

letting the energy escape. Together we worked hard and were able to do it! In a fairly short period of time, I felt incredible relief from the pain and was left feeling exhausted, but pain free.

After resting for about 20 minutes I felt so much better it was like it never happened. Everyone who was there couldn't believe that I was the same sick person they had seen a half hour before that. Once or twice over the remainder of the evening, the headache started to return, but I just relaxed and let it subside. The next morning, (Sunday) I felt a little washed out, but other than that, very good.

It's pretty obvious to me that this experience was due to the incredible amount of healing and energy shifting that I as exposed to on Saturday. At least it seems obvious. And I wanted you to know about it in case it's important to your research. If you have any input on my experience, I would love to hear it.

Again, thanks for the opportunity to get to meet you and be part of your research process and part of all the healing work you do!

Love,
[signed name]

Ginger,

I just wanted to convey to you how much I enjoyed Saturday. I told a friend that it was one of the most interesting & enlightening days I have had in a very long time.

I would be considered an infant with regard to knowing much about Hanna Kroeger as well as many many other areas of spiritual and physical healing. I do believe! but for what ever reason have not studied enough. You gave me a much broader understanding. I truly appreciate my experience and I want to thank you.

Warmest of wishes for you continued success!

Thanks again
[signed name]

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