

**ESSAYS ON THE HEALING CONTINUUM:
The Journey of a Healer Responding to an
Evolving World Vision with Love**

R. Leah Moon

Graduate Committee:

**Bob Nunley, PhD
Faith Nelson-Eagles, PhD
Anne Salisbury, PhD, ThD**



Master's Essays
submitted to the Faculty of
Holos University Graduate Seminary
in partial fulfillment of the requirements
for the degree of

MASTER OF THEOLOGY

in

Spirituality and Holistic Health

Copyright by R. Leah Moon, 2013

All Rights Reserved

The work reported in these four essays is original and carried out by me solely, except for the acknowledged direction and assistance gratefully received from colleagues and mentors.

R. Leah Moon

ACKNOWLEDGEMENTS

My graduate committee: Chair, Bob Nunley, for his authenticity; Committee members Faith Nelson-Eagles and Anne Salisbury for their time, insights, and generosity to bring these master's essays to fruition.

The Larger Committee Chair, God, for guiding me to Holos and sitting with me daily, and for His unseen committee members, including, but not limited to, Angels, Guides, and Ascended Masters.

Lisa Bacon for her intuition; Anne and Bob Nunley for holding nets in the wind; Dawson Church for his capacity to support others; Elizabeth Silvia for following her truth; Bob Moon for his openness to growth; Marilyn McGehee for caring and listening; Mary Llewellyn-Edwards for reminding me; Tam Llewellyn-Edwards for knowing; Gary Burkman for his focused direction; Connie Danner for passing it on.

Larry Nims, for being a friend, a mentor, and for his gift of teaching me the importance of redundancy through the graceful use of it.

Gary Craig for giving us www.emofree.com (that really is free), his EFT DVD Library, and for his foundational work with our veterans.

My dear David Dillahunt, who in the 1970s had the foresight to prepare me for the then-coming paradigm shift. I am sure he has a broader viewpoint from where he now stands and is pleased at the direction it has taken.

A special thanks to those who graciously granted me permission to include reprints from their books, writings, interviews, and charts in my essays:

Bernard Jensen International, to reprint Bernard Jensen's "Chart to Iridology" and excerpts from *The Science and Practice of Iridology*, by Bernard Jensen, DC, ND.

Charles McWilliams, MD, founding president of PanAmerican University of Natural Medicine, to reprint from PanAmerican University of Natural Medicine coursework and website.

David J. Pesek, PhD, founding president of International Institute of Iridology, to reprint his "Chart of Holistic Iridology" and excerpts from his article *Holistic Iridology—An Overview*.

Larry P. Nims, PhD, founder of BSFF, to reprint from his writings, including "BE SET FREE FAST," interviews, and website.

Trinity College of Natural Health, to reprint course descriptions from their school catalogue.

Whitman Publications, to reprint Act of Congress from *Naturopathy for the 21st Century* by Robert J. Thiel, PHD.

ABSTRACT

ESSAYS ON THE HEALING CONTINUUM: The Journey of a Healer Responding to an Evolving World Vision with Love

Growth dictates we are in a constant state of “realigning.” The apparent chaos is just that. Underlying, unseen is an exactness preparing to rise like the phoenix from the illusion of ashes. It is a precise process in which we are the witness of the results: the butterfly emerging to flap its wings to be felt round the world. We are both the process and the witness.

ESSAY 1: Values, Education, Physics, and Philosophy in a Healer’s Evolution: A Case for Values in the Curriculum through Observing History, Physics, and Philosophy. This essay takes the stance, my position as a licensed teacher, that history, philosophy, and the immutable laws of physics support the reasons why it is imperative to teach values in the schools as well as in every level of our societal life. Therefore, this first essay has evolved into an ethical defense for teaching values in the school.

ESSAY 2: Naturopathy in a Healer’s Evolution. What is a naturopath? What is naturopathy? What can it do for me? What can I expect? What do all these words mean? How do I know if it will help me? How do I know which method or combination of them to use? Many questions need many answers. This essay serves as a beginning resource for those interested in learning how naturopathy can help them in framing a healthy forward-moving lifestyle. It is my intention to provide a fun, educational, and easily accessible information tool, rich with references that will propel readers forward to find more answers to their questions.

ESSAY 3: Multimodalities in a Healer’s Evolution. Our world is changing faster than we can take historical notation into print. As energy healers in this time, we need an equally expansive set of tools to help our clients. Our fast-moving, high-tech, chemically driven world has left us with a whole new set of physical and emotional issues that we could not have conceived of a century ago. In this essay, we see that these new “complexed” illnesses and diseases call for an innovative arsenal of healing techniques to be added to the healer’s repertoire.

ESSAY 4: The Healing Continuum Evolving—Summary of the Three Essays: #1 Values, Education, Physics, and Philosophy in a Healer’s Evolution: A Case for Values in the Curriculum through Observing History, Physics, and Philosophy; #2 Naturopathy in a Healer’s Evolution; and #3 Multimodalities in a Healer’s Evolution. The three previous essays, plus this fourth one, are a set of plot points connecting my evolution on the path as a healer and healee. The ending of the old cycle and the beginning of the new are heralded by the scientist, the mathematician, the explorer, the philosopher, and the theologian having finally crested the mountaintop at the same time to converge into an unbroken consciousness of wholeness.

TABLE OF CONTENTS

Section	Page Number
ACKNOWLEDGEMENTS	iv
ABSTRACT	vi
TABLE OF CONTENTS	vii
LIST OF FIGURES	x
LIST OF TABLES	xi
DISCLAIMERS	xii
A SACRED JOURNEY	1
PRELUDE	3
ESSAY 1: Values, Education, Philosophy, and Physics in a Healer's Evolution:	6
Introduction: Moral Literacy	7
Historical Overview of Our Evolution toward Globalism	8
Applying Philosophy and Physics to Our Legacies	10
Toward World Serving with Education	17
We are a Reflection of the Times: Observations about the Fables	17
ESSAY 2: Naturopathy in a Healer's Evolution	20
Introduction: Naturopathy as First Method	21
Purpose and How to Use this Document	21
Disclaimer	23
Health	23
Doctor of Naturopathy as Teacher	24
Naturopathy as a Study	24
History, Philosophy, and Overview of Naturopathy	26
Alternative Medical Studies	28
Choices in Therapy	28
Dry Blood Cell Analysis	28
Health Assessment: Biologic Ionization	28
Analytical and Anthropological Studies	29
Reflexology Studies	29
Eye Analysis Studies: Iridology	32
Kinesiology Studies	39
Anatomy and Physiological Studies	41
Medical Terminology	41
Anatomy and Physiology	41
Biomechanical Studies	43
Acupressure	43
Botanical Studies	45
Herbal Materia Medica	46
Herbology I and II	46
Herbal Preparations	48
Chinese Herbology	50
Aromatherapy	51

Chemistry of Nutrition.....	53
Chemistry of Health.....	53
Enzyme Health.....	54
Chemistry of Man.....	55
Homeopathic Studies.....	56
Homeopathy I.....	56
Bach Flower Remedies.....	61
Medical and Legal Studies.....	61
Medical Jurisprudence.....	61
Mental Health Studies.....	62
Body-Mind Connection.....	62
Nutritional Studies.....	62
Orthomolecular Nutrition.....	63
Nutrition and Health.....	64
Diet and Nutrition.....	64
Children’s Health.....	64
Nutritional Philosophy.....	65
Nutritional Wellness.....	65
Conclusion.....	65
ESSAY 3: Multimodalities in a Healer’s Evolution.....	73
Introduction: Our Changing World.....	73
A Case for More in a Healer’s Toolbox.....	73
Not Enough—We Need More!.....	74
Emotional Freedom Techniques (EFT).....	76
EFT History.....	79
The Discovery Statement.....	82
The Tapping Points.....	83
The EFT Process.....	84
EFT on a Page.....	86
BE SET FREE FAST (BSFF).....	89
What is BSFF?.....	90
BSFF History.....	90
About BSFF.....	92
Basic Principles of BSFF Theory.....	93
BSFF Targets the Subconscious Mind.....	94
Definition of BSFF Terms.....	95
Overview of a First Session.....	98
Conclusion.....	103
ESSAY 4: The Healing Continuum Evolving— Summary of the Three Essays ...	111
Introduction.....	112
Plot Points and Patterns for the Time of Being.....	113
We are Continuous.....	114
Observing Form Following Function.....	116
More than the Sum of Its Parts.....	117
Responding to Pulses from the Continuum.....	118
The Looking Back of Parts.....	119

The Picture Comes into Focus	123
What is Energy Medicine?.....	123
What is an Energy Medicine Practitioner?	125
About Energy Medicine	125
What to Expect.....	126
How Can Energy Medicine Help?	128
My Nous-Based Healing (NBH): Evolving on the Continuum	132
Turning Points.....	136
Denouement	143
REFERENCES and BIBLIOGRAPHY	144
APPENDIX A -- An Act of Congress	153
APPENDIX B -- Be Set Free Fast	154

LIST OF FIGURES

Figure		Page Number
Figure 1.	Reflexology chart.....	32
Figure 2.	Holistic Iridology chart.....	34
Figure 3.	Iridology chart.....	36
Figure 4.	EFT on a Page!.....	87
Figure 5.	Sacred Geometry.....	138

LIST OF TABLES

Table	Page Number
Table 1. Basic Program of Study for Doctor of Naturopathy (ND).....	25

DISCLAIMERS

The information contained in this paper is for instructional and educational purposes only and is not medical or psychological advice. Any information presented in this paper about Energy Medicine is not intended to represent it is used to diagnose, cure, treat, or prevent any medical problem or psychological disorder nor is Energy Medicine intended as a substitute for seeking professional health care advice.

Quotes and Information

These four essays are a long view of one healer's journey in the healing continuum. The writer's applications of quotes are her opinions and interpretations of the text from which they were taken. A large number of the quotes are sourced from books about or by physicists, mathematicians, chemists, and biochemists, which she is not.

We each view the world through our own set of colored lenses. As a lifelong student of the esoteric and metaphysical, as an intuitive and a psychic, it is important for me to honor and faithfully describe the energetic patterns I have observed from my own studies and experiences as they apply to these writings. In my effort to make observations, to catalyze, and to bring new awareness and possibilities, there may be individuals who find their interpretation of the words different from mine. Communication in any form, and at its best, is open to individual interpretation. Humanness leaves room for the possibility that some quotes may have missed the apparent mark.

All content, information, descriptions, names, places, quotes, references, and dates in this document or related documents are represented accurately to the best of my ability and knowledge. Any omissions or inaccuracies are unintentional.

Any alleged use of proprietary information is unintentional. Therefore, please contact me if you need to discuss any wording that you feel is yours exclusively and needs to be referenced to you.

The field of energy psychology/medicine/healing is growing rapidly, with many people simultaneously developing related modalities. It is not uncommon for books, discoveries, and inventions to come to fruition with several people producing nearly identical items at the same time. It is worthy to note that this may result in similar wording or statements but not always with the same meaning.

Reprint Permission

Reprint permission will be made available to responsible scholars upon request.

A SACRED JOURNEY

These essays are a series of snapshots pointing toward my sacred journey and evolution as a certified multimodality energy medicine practitioner, spiritual and pastoral counselor, intuitive, medium, and guide, naturopathic minister with a degree in human ecology and education, a student of esoteric studies, a therapist, psychic, and metaphysician. The essays and my practice are set in the larger frame of my own Nous-Based Healing (NBH).¹ (*Nous*, by my own definition and application as a metaphysician, refers to the source of life force energy, a divine substance, which holds the uncreated potentiality to manifest the seen and the unseen.) NBH synthesizes my formal training and God-based gifts to work in the Healing Slipstreams² and quantum fields.

It is my clients' positive outcomes in response to my energy medicine practice that propel me forward as a twenty-first-century healer.

"I don't feel my shoulder discomfort anymore."

"My family is amazed; I am eating at restaurants without any fear."

"I can't even think about that car accident anymore."

"The doctor can't find any sign of scoliosis."

Nous-Based Healing (NBH), its tools, and terminology are uniquely mine. Some of the general observations, summaries, information, labels, and overview statements about energy psychology/medicine/healing in these essays are more universal as those of us in the field are all seeking to move to a higher ground in healing.

It is my belief and my heart-centered knowingness, that the information you read about my services and tools, the concepts, and the associated skills (seen and unseen)

came with me when I came into this world. Their sharing is a part of my larger spiritual calling, vision, and mission for greater wholeness.

Endnotes: A Sacred Journey

¹ NBH, Healing Slipstreams, and all of the associated tools, descriptive phrases, and language are trademarked and copyrighted material, not to be duplicated or used without permission.

² Slipstream(s), as defined by the author, describes a nonlocal potential (i.e....meeting place and field of action) subject to an alchemical, mystical, and mental transmutation and transition; plastic in nature; obeying laws of divine and universal operation. The phrase healing slipstream(s): The two words placed sequentially conjoin to offer a boundless field of potentiality. Their reciprocal synergy occasions a resonance greater than the sum of its parts as they birth (bifurcate) into a new unique field. It is my experience that this phrase grows itself as it is thought, spoken, or written.

PRELUDE

The reading of sacred literature supports us in the search for our divine life mission. We use it as a link to understand the world around us, to understand how we have come to where we are, and to understand where we hope to go both in this lifetime and in the ones to follow. It comforts us in our darker times and emboldens us in our brighter more joyful times. It catalyzes us to expand our visions and missions in world serving. Reading sacred literature links us to the “wisdom givers” from all ages. It is a spiritual foundation, a map to help find the way, and a springboard in our “earth time” journey.

The “Twin Verses” from *The Dhammapada* are an ageless set of distilled wisdoms. The verses serve as a touchstone in my journey and evolution as a twenty-first-century healer. They represent the full intent of my heart in writing these four essays. It is the best way I know to prepare and invite the reader toward a sharing and understanding of the nature and content of these master’s essays.

Twin Verses

Our Life is shaped by our mind; we become what we think. Suffering follows an evil thought as the wheels of a cart follow the oxen that draw it.

Our life is shaped by our mind; we become what we think. Joy follows a pure thought like a shadow that never leaves.

“He was angry with me, he attacked me, he defeated me, he robbed me”—those who dwell on such thoughts will never be free from hatred.

“He was angry with me, he attacked me, he defeated me, he robbed me”—those who do not dwell on such thoughts will surely become free from hatred.

For hatred can never put an end to hatred; love alone can. This is an unalterable law.

People forget that their lives will end soon. For those who remember, quarrels come to an end.

As a strong wind blows down a weak-rooted tree, Mara the Tempter overwhelms weak people who, eating too much and working too little, are caught in the frantic pursuit of pleasure.

As the strongest wind cannot shake a mountain, Mara cannot shake those who are self-disciplined and full of faith.

Those who put on the saffron robe without purifying the mind, who lack truthfulness and self-control, are not fit to wear the sacred garment.

But those who have purified their minds and are endowed with truth and self-control are truly fit to wear the saffron robe.

The deluded, imagining trivial things to be vital to life, follow their vain fancies and never attain the highest knowledge.

But the wise, knowing what is trivial and what is vital, set their thoughts on the supreme goal and attain the highest knowledge.

As rain seeps through an ill-thatched hut, passion will seep through an untrained mind.

As rain cannot seep through a well-thatched hut, passion cannot seep through a well-trained mind.

Those who are selfish suffer here and in the hereafter; they suffer in both worlds from the result of their own actions.

But those who are selfless rejoice here and rejoice hereafter; they rejoice in both worlds from the results of their own actions.

Those who are selfish suffer in this life and in the next.

They suffer seeing the results of the evil they have done, and more suffering awaits them in the next life.

But those who are selfless rejoice in this life and in the next. They rejoice seeing the good that they have done, and more joy awaits them in the next life.

Those who recite many scriptures but failed to practice their teachings are like a cowherd counting another's cows. They do not share in the joys of the spiritual life.

But those who know few scriptures but practice their teachings, overcoming all lust, hatred, and delusion, live

with a pure mind and the highest wisdom. They stand without external support and share in the joys of the spiritual life.

—The Dhammapada¹

Endnotes: Prelude

¹ Eknath Easwaran, comp., *God Makes the Rivers to Flow: Selections from the Sacred Literature of the World* (Tomales, CA: Nilgiri Press, 1991), 43–45.

ESSAY 1: VALUES, EDUCATION, PHILOSOPHY, AND PHYSICS IN A HEALER'S EVOLUTION:

*A Case for Values in the Curriculum through
Observing History, Physics, and Philosophy*

The four quotes and the Betty Lamp below are the catalysts that prompted me to research and write this paper. They make a statement about ourselves, our families and our societies that are worthy of reflection.

We are rediscovering the link between private character and public life.
—Thomas Lickona¹

There is today a widespread, deeply unsettling sense that children are changing—in ways that tell us much about our society ... many young people growing up in this kind of media culture are stunted in their moral judgment.
—Thomas Lickona²

Lasting social change is only possible when individual consciousness has first been changed.
—Gloria Karpinski³

Just as character is the ultimate measure of an individual, so it is also the ultimate measure of a nation.
—Thomas Lickona⁴



In colonial days, the Betty Lamp provided light for all household industries. Representing the light in the home and the light of the mind, the Betty Lamp is an appropriate logo for *AAFCS and all the associated disciplines. Early in the twentieth century, the Betty Lamp was adopted as a “symbol of learning.” The beam of this Betty Lamp symbolizes....:

The need of exact knowledge

The appreciation of beauty

The spirit of joy

The power of strength

The blessing of fellowship

The satisfaction of achievement

The value of service

The bond of cooperation

— *American Association of Family and Consumer Sciences⁵

Introduction: Moral Literacy

Thomas Lickona, an international authority on moral development and education, opens his defense for values education in his book, *Education for Character*, by quoting Theodore Roosevelt: “To educate a person in mind and not in morals is to educate a menace to society.”⁶ Lickona next quotes Bill Honig, then state superintendent of public instruction in California: “The pendulum is swinging back from the romantic idea that all societal values are oppressive. But educators went along with all this craziness, so we’ve ended up with students who are ethically illiterate.”⁷ I agree with Roosevelt, Lickona, and Honig that we have found ourselves in an era in which the students are morally illiterate.

Therefore, this first essay has evolved into an ethical defense for teaching values in the schools. The research for this paper led me through an exhausting personal values clarification as a precursor to integrate the classical Aesop’s Fables into home economics curricula. What were the reasons I chose these stories? Why did I feel my choice was a good one for the student? In *Models of Moral Education*, Hersh, Miller, and Fielding write, “Values emanate from social experience ... they are guides grounded in an individual’s personal and social experiences.”⁸

Thus this essay takes the stance, my position as a licensed teacher, that history, philosophy, and the immutable laws of physics support the reasons why it is imperative to teach values in the schools as well as in every level of our societal life. Intuitively, this felt correct to me but, as in any good moral defense, facts were needed to support my conclusions, so I went looking inside myself and in the libraries in search of material to substantiate my position.

Historical Overview of Our Evolution toward Globalism

The search began with examining the historical aspects of our educational system that saw our country swayed as history unfolded. The evolution of our sciences, politics, and economics directly influences our educators and then our curricula. Historically, character education began to decline when people engaged their thoughts toward Darwinism and continued the thought pattern into morality as evolving and non-static. Einstein's theory encouraged relativity according to one's own point of view. Empirical psychology research revealed marked inconsistencies between predicted and observed moral (cheating) behavior of children. This led psychologists Hugh Hartshorne and Mark May, of Yale University to the doctrine of "specificity" which challenged the existence of character. Logistical positivism reflected that value judgments were just personal opinions and not valid.⁹

We, as a nation, were responding to our own evolution. As we learned more about our physical world, we incorporated the information into our lives. We continued to look to our scientists and philosophers for answers in a world moving so fast that we saw cars, telephones, electricity, television, rockets, and computers become part of our lives in the blink of an eye of human evolutionary history. We were in more of a race than just for outer-space exploration; we were in a race to define our own parameters, morally/ethically and physically. All of a sudden there were atomic bombs and black holes. We could destroy ourselves so many times over it did not really matter who would start such a holocaust or why: the bottom line was annihilation for the world and its people.

We could no longer stay in our safe little corner of the earth. We had become global by default. We were big, we were strong and rich as a country, and prior to this scientific explosion of knowledge and technology we were safe. We were the bullies of the world, rich in almost every resource.

We were forced to come to realize we were connected. “We realize it’s all of us together—not some faceless ‘they’—who are creating our group realities, from our communities on up to planetary realities.”¹⁰

We began to feel vulnerable, not sure of whether there might be a tomorrow, whether our children might have the chance to grow up, or whether we might have the opportunity to finish out our own lives. We became insecure, unsure of our own backyard. Who would go into our bomb shelters with us? The Industrial Revolution and technological changes affected our daily lives in such short order that our vision was still blurred. When we reached our arms out to find the edges of our world, to touch the walls, the boundaries were gone. If we couldn’t find or feel those boundaries, who could? The “they” became us; we were the educators. If we didn’t know for ourselves, how could we begin to teach our students and children? One cannot give that which one does not yet possess, and that was our problem. Our world was spinning so quickly underneath us, we didn’t know what we needed or what we should value for ourselves or our society.

Eisenberg and Lickona spoke of the media as both an influence and a teaching tool. Because of the media we have become global, if only through default. We have a global economy; therefore, we must certainly have a global educational system, although it may not yet be formally recognized.

The 1950s brought the issue of divorce to our society in more ways than one. Academia and morality were now being viewed separately, akin to the separation of church and state. Educators became afraid (or at least reluctant) to impose values upon their students.

The 1960s and the 1970s were difficult times of evaluation for Americans emphasizing personal freedom and individuality as a priority. Any type of personal restriction began to be viewed as infringement. Though values clarification existed theoretically in the schools, measurement was not possible because there was no standard.¹¹

Facts began to appear that supported the decline of moral values. Lickona specifically cites and statistically documents ten signs of moral decline from violence and vandalism to self-destructive behavior as well as bad language, sexual precocity and abuse, increasing self-centeredness and declining civic responsibility, peer cruelty, cheating, and stealing.

Applying Philosophy and Physics to Our Legacies

Lickona quotes a teacher as saying, “Somewhere between Sputnik and computers ... morality got lost.”¹² Having been a student during that time, I agree. Lickona said, “These days, when schools don’t do moral education, influences hostile to good character rush in to fill the values vacuum.”¹³ There is a physical law to support this: “Nature abhors a void.”

Values of one kind or another, good or bad, will fill these spaces (voids) in our schools, lives, families, society, and nations! This natural law of science is of a high order, requiring observance in the same sense as we observe polarity, gravity, and nuclear

reaction. Just because we have not always abstracted physical sciences to human behavior does not excuse us or allow us to stop observing these laws. Indeed it is time to pay attention to these wonderful formulas of our physical universe, the laws that our physical scientists have devoted their lives to further testing and proving. “From physics, biology, and ecology comes the same message: Our lives and destinies are irrevocably linked to each other. Our well-being, our very survival, depend on how well we cooperate, not how well we subjugate nature or each other.”¹⁴

Let us capitalize on nature’s laws and cooperate with them. They will work for us positively or negatively; let’s step in and choose the direction of the flow and not have it chosen for us by default. There are many paths out there. The energy will flow down one of them. We have the ability to choose which direction we can encourage it to go. We can use atomic reactors to light our homes or destroy our planet; so we can choose our education and curriculum energies to lead the way in our world or to tear down our societies.

I believe we can develop a format and begin to re-teach values in our school system. We can create a scientific chain reaction starting with one and increasing exponentially. Values in the schools can indeed be “caught,” especially through modeling and storytelling with careful planning and integration.¹⁵ “Good education is easier to espouse in the abstract than to provide in the concrete.”¹⁶

As Aristotle taught, people do not naturally or spontaneously grow up to be morally excellent or practically wise. They become so, if at all, only as the result of a lifelong personal and community effort.¹⁷

In our evolutionary process, both as educators and in our personal lives, we are shaped while being the shaper. The physicist David Bohm, creator of the theory of

“implicate order,” the hidden order behind the universe or “enfolded order,” seems to be saying essentially the same thing as Aristotle but using his esoteric scientific principles and vocabulary. Bohm sees the deep consciousness of mankind enfolding and unfolding in the implicate order manifesting into the super-implicate with a consciousness. This evolution shapes us (our communities, morals, and ethics) and we shape it interconnected as One.

Yatri, mystic and author of *Unknown Man*, states:

The Implicate order is a boundless whole which can be envisioned as a great holo-movement which continually enfolds and unfolds. Future and past are within the Implicate order, which of itself just Is. David Bohm, feels that there is even a super-implicate order, or maybe even a series of levels ... One suggestion is that the super-implicate order might be one of consciousness.¹⁸

Yatri, affirms his position by quoting Bohm.

Let me propose that consciousness is basically in the implicate order as all matter is and therefore it's not that consciousness is one thing and matter is another. Rather consciousness is a material process and consciousness is itself in the implicate order, as is all matter, and consciousness manifests in some explicate order as does matter.¹⁹

Yatri proposes that Bohm is pointing to the consciousness of mankind as One. We are the product and result of evolution and we are the shaper of evolution.

This is fundamental to a possible explanation of the next evolutionary direction....What Bohm seems to be saying from his standpoint of theoretical Quantum physics, is that in non-manifest reality (Implicate order) all is interpenetrating, interconnected and One.²⁰

Yatri again quotes Bohm.

So we say deep down the consciousness of mankind is one. This is a virtual certainty because even in a vacuum, matter is one; and if we don't see this it is because we are blinding ourselves to it.²¹

Yatri comments, “In this revolutionary model we are not only shaped by evolution, but we are the shapers.”²² As educators we are shapers even more so since we carry a responsibility of transference and repetition.

Given that David Bohm was a leading world physicist, that he conceived and brought us from theory to everyday understanding, can we not begin to feel what he means when he says, “We’re part of the movement, there is no separation between us and it, we are part of the way in which that shapes itself.”²³

To Bohm’s oneness theory, I would like to add Rupert Sheldrake’s equally impressive work and hypothesis of “morphic resonance.” The two theories together give us a more holistic picture of the necessity of choosing positive values in the schools. Sheldrake states, “When one thing forms, a crystal for example, or any animal learns a new behavior, it will influence the subsequent learning or formation of all other crystals or animals of the same kind.”²⁴ Evidence of this is the observation that, when mice in one country were trained in a water maze at Harvard in the 1920s, mice in both Scotland and Australia appeared to continue where the last generation of rats at Harvard left off, with no direct contact.²⁵

If we combine Bohm’s consciousness and oneness with Sheldrake’s morphic resonance then we have what is called a bifurcation point (creative moment in the universe).

So it is proposed that the field and the individual probably come into being together. Once a field has been repeatedly re-enforced, it becomes increasingly habitual....The forms also seem to affect one another—and here Sheldrake offers another radical insight. Just as violin strings of lengths and tension vibrate in time when one is plucked, so similar forms resonate and influence one another....When one organism succeeds in an environment, it sets up a resonance, and similar organisms, either in the near vicinity or even in geographically far-removed locations, resonate in

sympathy.... We are surrounded by examples of habitual fields of behavior from driving cars to stacking deck chairs along the beaches of northern Europe.²⁶

Let's learn from our own history, our physicists, and our biochemists and create our own "habitual fields of behavior" in the schools. If our great scientists can speak of the immutable laws of science that exist in the universe and insist upon obedience,²⁷ if we are organisms subject to scientific law at the cellular level, if $a = b$ then c , then as educators we know we can set off our own chain reaction starting with each one of us and exponentially increasing. It is our responsibility to fill the void with values of a positive nature.

If we are destined to be educators, parents, and models, then let these roles resonate with a positive nature rather than one of negativity. Let's capitalize upon these natural laws and, as Karpinski says (reflecting upon Bohm's enfoldment, consciousness theory):

Anyone who desires to bring harmony, peace and love into the Earth needs to learn to move personal awareness to that place of "enfolded order." To do this is to move beyond the appearance of separateness. Time and space are meaningless, because there is no here and there, no yesterday or tomorrow. There is only here and now. We blend with the beingness of someone living in Japan or Australia at that level as easily as we can our dearest friend or next-door neighbor.²⁸

There is every reason to open our minds to history and physics and use these facts in an educational reasoning system as to how and why we can make positive changes in our curriculum and institute values in the schools once again.

Let's remember some of Eisenberg's findings about pro social behavior that suggest modeling and storytelling as being two of the most effective ways to inspire the continuation of pro social behavior. What better way to encourage and capitalize upon

encouraging “habitual fields of behavior”? If Bohm and Sheldrake are correct, then these fields of behavior (values, ethics, and morals) will exist in one form or another and it then becomes our conscious choice which way to direct them.

“Stories teach by attraction rather than compulsion; they invite rather than impose.”²⁹ The reading of Elizabeth Stone’s book *Black Sheep and Kissing Cousins* was instrumental to me in understanding the role of stories (legacies). Stone “shows how stories about our most ancient ancestors may provide guidance at milestone moments [in our lives]...”³⁰ The book is a testimonial to storytelling, to legacies we create and pass on, and to the profound influence these legacies have upon us.

In 1994, the International Year of the Family adopted the statement “Building the Smallest Democracy at the Heart of Society” as a legacy, a growth tool, and a byline to propel itself forward. I saw the value of creating a similar legacy in the classroom for students to take with them as a universal tool to be applied throughout their lives, to be layered, told to their peers, told to their own children and family, and used in the workplace as well.

Therefore, it made sense to create a home economics classroom with a legacy atmosphere by using classic universal stories. I felt they would be a most welcomed, familiar, and accepted forms of stories. In literature, Aesop’s Fables³¹ fit these criteria. The fables are stories reflecting morals, they are memorable, meaningful to all age levels, and they can be used in the classroom. They are generally accepted at home, are easily repeatable and remembered, and encourage ownership of the learning experience because they can be repeated and therefore modeled in the repeating. I went looking for a universality like the Golden Rule that could be espoused in slightly different words in

each of the major world religions. The criterion was to find the same universal moral values reflected in an activity that encouraged the most pro social behaviors and continued itself through itself—storytelling. In other words it could propagate, catch itself, and reproduce itself through its own retelling.

Aesop's Fables are morally defensible values to be used in the classroom. The fables are Sufi stories, which means they have a unique meaning to each person at whatever level their values evolution. In educational terms, the story will have meaning to readers/listeners no matter where they are in Kohlberg's Five Stages of Moral Reasoning and continue to have meaning to them as they hopefully move down the scale.³² I view the fables as a human behavioral manifestation of Bohm's theory of enfoldment and Sheldrake's morphic resonance. Therefore we have ethical values (Aesop's Fables) in a historically long-standing habitual behavior (stories already told) that are already ingrained, only waiting for reinforcement (the educator in the classroom) and a bifurcation point in the universe. "Convinced of the power of storytelling as a tool for moral education, some school systems have brought in professional storytellers to teach their art to faculty."³³

As human ecologists we have a greater opportunity to introduce ethical issues and values through the many subjects we teach. We have a wonderfully flexible atmosphere within our subject matter. I feel we are coming full circle with the country now seeing that family is indeed the "smallest form of democracy." Our nation begins at this point at home; it becomes the inner circle prototype for the larger outer circle. The necessary components, according to Lickona, are good materials, lesson plans with effective teaching strategies, and good follow-up.

Toward World Serving with Education

With our recent history supporting the need for values in the schools, the time-honored philosophers of old and new, and a scientific theory base to explain human actions, I feel I have substantiated the necessity of values in the schools. We should fill the values void in the schools. If we don't, what are the consequences? As Karpinski says:

World servers create environments—intellectual, fiscal, political, emotional, and educational—in which life can come to fruition. Simply by being in the world, far more than a philosophy they may espouse, world servers are doing their job. A person living a transformed life is a world server...They walk the line between intuitively knowing the promise of a better world and not knowing the outcome of their efforts...All of them are straddling two worlds—the one they envision and the one that is passing ... World servers are frequently for something rather than against something ... When they do choose to “fight,” they are often found using the tools within the system, organizing a focus for protest and offering alternatives, and educating the public.³⁴

We are a Reflection of the Times: Observations about the Fables

I found Aesop's Fables in two forms, verse and story. The verse format is badly translated and often not reflective of the original story or moral intended and thus discounted. The enduring and popular story version I settled upon is *The Aesop for Children*.³⁵ But there were many instances in which the moral at the end of the story did not accurately reflect the story and was in need of values clarification. The original copyright of the book is 1919, with republication in 2008 with no revisions. It came to light that the espoused morals were a frozen reflection of the values in our economic, religious, and political times in the early decades of the 1900s. Educational theory and practice courses teach that curriculum in the schools is generally an echo of the times. This led to the understanding that the mismatches between some of the stories and their

morals were most probably a reflection of the times. Some of the more glaring historical values differences were: “Do not attempt the impossible,” “Be content with your lot,” “Even the weakest may find means to avenge a wrong,” “Do not let your hopes carry you away from reality,” “Poverty with security is better than plenty in the midst of fear and uncertainty,” “Stick to your trade,” “Better to bear a lesser evil than to risk a greater in removing it,” and “Might makes right.”

It is interesting to note that this popular and continuously published book has had no updates or revisions to reflect our values growth. One wonders how many parents are reading these stories to their children while unthinkingly accepting and preaching the moral printed at the end of each story. This could fill voids in a less than ideal way and be potentially worse than not reading the fables at all.

It is time to be definite in education,
It is time to be definite in the study of man.
It is time to be definite in talking, writing, or
preaching about human questions—HIGH TIME.
To be definite is to understand the elements of human nature.
—High Time to Be Definite³⁶

Endnotes: Essay 1

¹ Thomas Lickona, *Education for Character* (New York: Bantam, 1991), 49.

² *Ibid.*, 4-5.

³ Gloria Karpinski, *Where Two Worlds Touch* (New York: Ballantine, 1990), 316.

⁴ Lickona, *Education for Character*, 22.

⁵ American Association of Family and Consumer Sciences Pennsylvania Affiliate, accessed July 28, 2012, <http://www.pafcs.org/betty-lamp>.

⁶ Lickona, *Education for Character*, 3.

⁷ *Ibid.*

⁸ Richard Hersh, John Miller, and Glen Fielding, *Models of Moral Education* (New York: Longman, 1980), 76.

⁹ Lickona, *Education for Character*, 7, 230.

-
- ¹⁰ Karpinski, *Where Two Worlds Touch*, 309.
- ¹¹ Lickona, *Education for Character*, 235–239.
- ¹² *Ibid.*, 8.
- ¹³ *Ibid.*, 20.
- ¹⁴ Karpinski, *Where Two Worlds Touch*, 311.
- ¹⁵ Nancy Eisenberg, “The Development and Socialization of Prosocial Behavior,” (Working paper, Arizona State University, Tempe, 1988), Class notes, Home Economics Ed 843.02, Ohio State University, 1992.
- ¹⁶ Lickona, *Education for Character*, ix.
- ¹⁷ *Ibid.*, xiii.
- ¹⁸ Yatri, *Unknown Man: The Mysterious Birth of a New Species* (New York: Simon & Shuster, 1988), 220.
- ¹⁹ *Ibid.*
- ²⁰ *Ibid.*, 220-221.
- ²¹ *Ibid.*, 221.
- ²² *Ibid.*, 221.
- ²³ *Ibid.*, 221.
- ²⁴ Karpinski, *Where Two Worlds Touch*, 211.
- ²⁵ Yatri, *Unknown Man*, 226.
- ²⁶ *Ibid.*, 224, 226.
- ²⁷ Obeysance is a word coined by the author to describe an attitude or mindset/posture of obeying (in response to / by choice of / from a point of understanding according to universal principles or divine law); less harsh than the word obedience (to authority) that may infer a punitive tenor; stronger than the word obeisance which might suggest more of a nod or inclination toward.
- ²⁸ Karpinski, *Where Two Worlds Touch*, 211.
- ²⁹ Lickona, *Education for Character*, 79.
- ³⁰ Elizabeth Stone, *Black Sheep and Kissing Cousins* (New York: Random House, 1988), Back cover.
- ³¹ *The Aesop for Children*, 1984 ed. (Chicago: Rand McNally, 1947).
- ³² Lickona, *Education for Character*, 243.
- ³³ *Ibid.*, 83.
- ³⁴ Karpinski, *Where Two Worlds Touch*, 314-315.
- ³⁵ *The Aesop for Children*, 1984 ed. (Chicago: Rand McNally, 1947.)
- ³⁶ Bernard Jensen, *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods* (Warsaw, IN: Whitman Publications, 2005), 43.

ESSAY 2: NATUROPATHY IN A HEALER'S EVOLUTION

All diseases are curable, but not every patient.
—Bernard Jensen¹

Health means “full of light.”
—Rosalyn L. Bruyere²

Premum no nocere—First do no harm!
—Old naturopathic adage

All cures start from within out and from the head down
and in reverse order as symptoms have appeared.
—Hering's Law of Cure

Therefore to him that knoweth to do good, and doeth it not,
to him it is sin.
—James 4:17 (King James Version)

The course of nature is the art of God.
—Edward Young³

Introduction: Naturopathy as First Method



In my multimodality energy medicine practice and as a board certified naturopath, I am often asked: What is a naturopath? What is naturopathy? What can it do for me? What can I expect? What do all these words mean? How do I know if it will help me? How do I know which method or combination of them to use? Many questions need many answers. A thirty-second elevator speech lacks sufficient information to permit inquirers to make an informed decision as to whether naturopathy would be a wise choice on their personal health and wellness journey.

Purpose and How to Use this Document

Empowering the client by teaching about the body and how to support it through natural means underlies the theory and practice of naturopathy. The purpose of this second essay is to develop a readily accessible tool, this present document, which explains naturopathy and its content through facts and presentation. This information is presented to the reader with the intention to share in the same format that naturopaths study as they train. Each subtitle is a standalone informational piece designed to help the reader gather data. This document is incomplete, however; to complete it would require book length, which is beyond the scope of this essay.

It is my intention that this essay serve as a beginning resource for those interested in learning how naturopathy can help them in framing a healthy forward-moving

lifestyle. It is my intention to provide a fun, educational, and easily accessible information tool, rich with references that will propel readers forward to find more answers to their questions.

- The document can be interfaced independently at any point of its presentation to find specific information and answers about the many modalities, methods, and approaches in naturopathy.
- Its purpose is to provide a broad understanding with a sweeping educational overview of naturopathy to those interested in accessing and engaging its tools on their wholeness journey.
- Table 1, “Basic Course of Study for the Doctor of Naturopathy (ND),” is an overview of this essay. It is hyperlinked and serves as an easy visual reference and map for the reader to locate quickly a particular area of naturopathy.
- Each area of specialty/topic has a heading in the table of contents. Each title or subtitle has an overview describing the area of study that will enable the reader to understand the scope of study and nature of the specialty/topic. *Course descriptions are reprinted with permission from Trinity School of Natural Health.*
- Following most topic overviews is a subentry marked “You Might Like to Read,” which directs the reader to additional sources of information about the topic. Additionally, there are several entries for DVD/CD options labeled “You Might Like to View.”
- Many specialties have been expanded and hyperlinked from table 1 for easy access. Some have illustrations to enable the reader a more in-depth understanding of the presented method.

- Lastly, there is an educational tool presented in a fun format throughout the essay called “Did You Know?” It is in an easy-to-read format and serves as a vehicle for presenting valuable and interesting knowledge about the human body.

Disclaimer

This document is a reflection of my journey and path. As in any area of specialty and study, human nature seems to dictate and provide a set of diverse opinions. These opinions are certainly worthy of investigation in another venue and time for those interested in debate and comparison. My interest and intention are one of information, education, and support for those wishing to know more about what will best serve them on their life journey. It is important to acknowledge there are many different approaches to healing and equally important to be thankful for the many options available to us.

Health

Health is generally defined as the absence of disease, but this is really an unsatisfactory definition. The word “health” means “wholeness.” Health implies much more than freedom from disease. A complete definition of health must include vitality, appropriate feelings, clear thinking and reasoning, and a willingness to embrace change. Responsibility and creative self-expression, intuitive understanding and a vital spiritual life are also essential if we are to be whole and healthy.

—Rosalyn L. Bruyere⁴

Why do people get sick? What is the cause of disease? How do people get well? What do we need to know and do to return them to wellness? Bernard Jensen, DC, ND, PhD, a naturopath and “the father of modern iridology,” describes a foundational way of thinking that underpins and flows throughout naturopathy’s many branches of healing methods: “Theory amounts to very little if we cannot find a way to back it up by practical means. If theory and practice do not work hand-in-hand, then the theory must be

changed.”⁵ The intent of naturopathy is simple, direct, and without distraction for the practitioner or client—wellness! A single goal for all.

Doctor of Naturopathy as Teacher

The first annotation in the dictionary defines “doctor” as a teacher of natural means for enhancing health, wellness and longevity. Naturopathy is not a system of medicine, diagnosis or treatments such as are held by the medical societies, but a lifestyle of practices which build immunity, improve mental health and enhance body function. Our belief is that every person has the right to learn of the natural God-given, life-enhancing practices embodied in naturopathy which will help him/her maintain mental, physical and emotional health. To this end, the Trinity College of Natural Health offers training which shall first be used by the individual for his/her own personal development after which time, at the individual’s own discretion, may be used to educate others.⁶

Did You Know?

- Naturopaths educate others in natural and organic methods to encourage maximal health with optimal wellness and longevity. The naturopathic methodology is directed toward holism with emphasis on sustaining wellness while actively engaging in prevention of disease.
- The term “doctor” has its origins from the Latin word *docere* meaning “to teach.”⁷

Naturopathy as a Study

Trinity School of Natural Health program literature describes the naturopathic doctor (ND) program of study as a comprehensive health approach:

Total health is achieved by understanding the intricate relationships of the body (physical), mind (emotional) and spirit (spiritual). It is no accident that the Creator has numerous methods of analyzing our complex body. The Scripture says, “At the mouth of two witnesses, or at the mouth of three witnesses, shall the matter be established” (Deuteronomy 19:15). This program encompasses the awareness of a multitude of modalities to observe circumstances in the body as well as a detailed study of nutrition, herbs and other available natural resources. The student learns how to

determine the best of all natural options according to the knowledge gained from numerous information-gathering techniques.⁸

The Mental, Physical, and Spiritual Approach

Our philosophy is that when one is able to fully develop the physical, mental, and spiritual aspects of the whole person, true health is achieved. We've designed our courses of study to support the integration of all three.⁹

You Might Like to Read:

Jensen, Bernard. *The Chemistry of Man*, 2nd ed. Winona Lake, IN: Whitman publications, 2007.

Table 1 parallels the table of contents for this essay. Titles are hyperlinked for easy access. It serves as an easy visual reference and map for the reader to quickly locate any area of naturopathy.

Table 1. [Basic Program of Study for Doctor of Naturopathy \(ND\)](#)

Basic Program of Study for Doctor of Naturopathy (ND)	
Alternative Medical Studies Choices in Therapies Dry Blood Cell Analysis Health Assessment	Historical Survey History, Philosophy & Overview of Naturopathy
Analytical/Anthropological Studies Reflexology Eye Analysis Kinesiology	Homeopathic Studies Homeopathy Bach Flower Remedies
Anatomy & Physiological Studies Medical Terminology Anatomy & Physiology—Advanced	Medical & Legal Studies Medical Jurisprudence
Biomechanical Studies Acupressure	Nutritional Studies Orthomolecular Nutrition Nutrition & Health Diet & Nutrition Children's Health Nutritional Philosophy Nutritional Wellness
Botanical Studies Herbal Materia Medica Herbology Herbal Preparations Chinese Herbology Aromatherapy	Mental Health Studies Body-Mind Connection
Chemistry of Nutrition	Dissertation

Chemistry of Health Enzyme Health Chemistry of Man	
--	--

History, Philosophy, and Overview of Naturopathy

This course will be of interest to all who wish to learn about the historical roots of naturopathy, the writings of its founders on a variety of natural therapies and modalities, as well as the modern applications and validations of naturopathic techniques. It includes works by J. H. Kellogg, M. V. Kulkarni, Royal Lee, G. J. Drews, J. H. Tilden and other early naturopathic pioneers.¹⁰

You Might Like to Read:

Thiel, Robert J. *Combining Old and New: Naturopathy for the 21st Century*. Warsaw, IN: Whitman Publications, 2000.

Did You Know?

- On February 7, 1931, an act of Congress defining naturopathy was passed and enacted without a dissenting vote. It remains fully intact on the books to this day.

... this Act at once exempts any and all Naturopathic Practitioners from the medical and legislative restrictions in the various States; giving Naturopaths freedom to practice Naturopathy in any and all its departments according to their professional schooling and training.¹¹
Reprinted with permissions from Whitman Publications.
(See [Appendix A](#).)

According to Robert Thiel, PhD, ND, author of *Naturopathy for the 21st Century*, naturopathy was the first known healing system. Before surgery and before modern chemistry gave us synthetic isolates, the use of water, food, and herbs was the healing mainstay. Kelp, because of its iodine content, was used three thousand years ago by the Chinese for its beneficial effects on the thyroid. We don't know if the Egyptians knew about the value of vitamin A, but they prescribed liver for night blindness. Herbs have been employed by most all cultures since the beginning of time to promote healing.

Hydrotherapies and mineral baths have been popular therapies in countries around the world for thousands of years and they continue to enjoy a strong presence to this day.¹²

Naturopathy is a drugless healing approach to health that teaches, inspires, and promotes wellness.¹³ All the means of naturopathy such as food, air, relaxation, sun, sleep, and herbs are natural and are adapted to the best combination for each individual case.¹⁴ Naturopathy is a large area of study directing itself across many specialties always with one goal: to increase the vital life force.

Naturopathy embodies philosophies and principles involving pure water, clean air, wholesome food, proper diet and nutrition, exercise, proper living, appropriate rest, right thinking, absence from toxic substances, body ecology, effective management of stress and a number of other natural subjects which lead to a balanced living concept....We believe that physical health is primarily a reflection of God's universal law of cause and effect. A man reaps what he sows. How we care for our bodies is both a physical and spiritual issue which impacts our health and the health of our offspring. In cases where health principles have been violated the only true "cure" is for the body to restore its own protective mechanisms by removing those physical and spiritual roadblocks which hinder proper restoration and/or healing.¹⁵

Did You Know?

Bernard Jensen gives three important principles of cure:

1. The body must have a healthy blood stream, for without this the body cannot have a healthy cell structure....What flows in the arteries determines whether the body's needs can be met.
2. The blood must circulate rapidly enough to supply cell structures with all the necessary building elements. It must circulate fast enough to give the body the opportunity to build and repair as rapidly as is required.
3. Rest cures....rest allows the body to recuperate and regenerate. Tiredness was given to us as a barometer and fatigue is the first symptom of all disease.¹⁶ *Reprinted with permission from Bernard Jensen International.*

Alternative Medical Studies

Choices in Therapy

The course is designed to explore anecdotal evidences concerning the use of various therapies which are not used by the orthodox medical community and yet demonstrate promise in the treatment of various anatomical and metabolic disorders.¹⁷

You Might Like to Read:

Frahm, Anne E., with David J. Frahm. *A Cancer Battle Plan: Six Strategies for Beating Cancer from a Recovered "Hopeless Case."* New York: Tarcher/Putnam, 1997.

Null, Gary. *The Complete Encyclopedia of Natural Healing.* New York: Twin Streams Books, 1998.

Dry Blood Cell Analysis

The course involves the study of human blood and the various drying patterns which may be evidence of nutritional or organ weakness. One drop of blood can supply information useful to a health practitioner in confirming suspected health risk and enable a proper referral. Otherwise, the blood analysis, although not supplying information obtained in a hospital blood test, can reveal bodily conditions which can be corrected with nutrition.¹⁸

You Might Like to Read:

Certified Natural Health Professionals, comp., ed. *Dried Blood Cell Analysis: Study of Dried Blood.* Warsaw, IN: Whitman Publications, 2004.

Health Assessment: Biologic Ionization

This course is a study of the work of Dr. Carey Reams and is designed to help the students understand acid and alkaline balancing. Students will learn to obtain pH values from urine and saliva. Using this information they will learn to match foods and supplements to the individual's numbers.¹⁹

You Might Like to Read:

Beddoe, Alexander F. *Biologic Ionization as Applied to Human Nutrition.* Warsaw, IN: Whitman Publications, 2002.

Analytical and Anthropological Studies

Reflexology Studies

The course examines the practice of working the reflexes in the feet which are believed to correspond to other parts of the body. The student will learn specific hand and finger techniques which, used in conjunction with the proper reflex points on the feet, will assist the body's return to a state of equilibrium.²⁰

Reflexology: ... is a method of massage of the feet and/or hands in an attempt to stimulate the body to restore normal (healthy) physiology.²¹

You Might Like to Read:

Faure-Alderson, Martine. *Total Reflexology: The Reflex Points for Physical, Emotional, and Psychological Healing*. Translated by Jon E. Graham. Rochester, NY: Healing Arts Press, 2008.

Wills, Pauline. *The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet*. Rochester, NY: Healing Arts Press, 1995.

Did You Know?

- “In Europe, it [reflexology] has greatly reduced absenteeism in the workplace.”²²
- Reflexology is used to address disease, stress, tension, and tiredness.
- Acupuncture and reflexology are alike in that they can both be used as a preventive measure against ill health.²³
- The body is divided into ten equal energy zones for reflexology, five on either side of the median line, extending from the fingers up to the brain and down to the toes.²⁴
- Gently rotating the big toes or thumbs can relieve neck tension.²⁵

Reflexology is directed at functionally treating illnesses of imbalanced organs.

An imbalanced organ will be reflected in crystalline deposits or soreness on the corresponding zone of the hands and feet. These tender spots are called reflex points.

Treatment of these points takes effect by means of the musculo-cutaneous-visceral reflex. Pressure applied to the reflex point creates an electromagnetic wave that follows nerve pathways to reach the spinal cord and then the hypothalamus, which regulates the autonomic nervous system. The hypothalamus processes the information received and induces physiological reactions throughout the body to restore the balance of the autonomic nervous system.²⁶

Reflexology is comprehensive and natural, causing the body to come to a more stable equilibrium in its daily functioning. It causes movement of the body fluids thus restoring balance at the cellular level, in the blood system, in the lymphatics, in the cerebrospinal fluid, and in the hormonal and the nervous systems. Reflexology follows naturopathic principles of detoxification by stimulating the process of elimination, which cleanses the body and allows for self-healing on the physical, emotional, mental, and spiritual levels.²⁷

Historically, reflexology is said to have been in use in China and India some five thousand years ago. It seems to have then been lost as a practice, possibly due to the rise of acupuncture therapies. Some believe Egypt is the home of reflexology. There is strong evidence to support this in an Egyptian tomb dating to 2330 BC. The tomb contains a relief drawing showing people being treated with foot and hand massage. Others believe that the Incas, as far back as 12,000 BC, used zone therapy and passed it down to North American Indians.²⁸

American physician, William Fitzgerald, MD, born 1872, is responsible for bringing zone therapy back into use. While in Vienna, he studied the research of H. Bresslar, MD, and his book *Zone Therapy*, which linked pressure points on the feet to internal organs as far back as the fourteenth century. Fitzgerald used the Chinese zone therapy concept, adding pressure massage to normalize physiological function.²⁹

Reflexology was originally called “reflex zone therapy” because each of the ten fingers and toes is connected through vertical zones from head to toe. These zones apply to the interior of the body as well as to the surface. The body can be thought of as being sliced into ten zones.³⁰

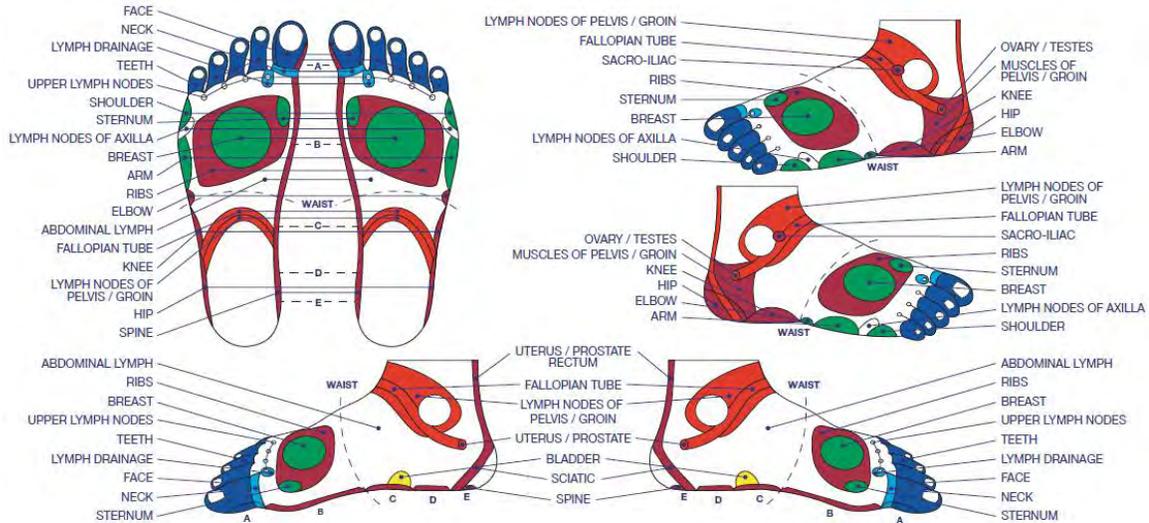
Reflexology is a holistic healing method using pressure and massage on reflex points found on the hands and feet. These reflex points act as small mirrors reflecting the entire organism.³¹

When the energy currents that flow through the longitudinal zones build up at certain points, they create an accumulation of energy, or blockage, at those points. Referred to as energy blocks, they interrupt the smooth flow of energy throughout the body, causing the pain, disorder, disease or whatever problems which requires healing.³²

Eunice Ingram was responsible for refining Fitzgerald’s system in the 1930s and publishing *Stories the Feet Can Tell* and *Stories the Feet Have Told*.³³ In the 1960s, one of her students brought a school of reflexology to Great Britain and Europe.³⁴ In 1970, German reflexologist Hanne Marquarett added three imaginary transverse zones across the body to correspond to the feet and hands charts. In her book *Reflex Zone Therapy of the Feet*, she explained that it would aid in the precision of finding reflex points.³⁵

There are several approaches to ascertaining which reflex points to work on. One is to apply a deep circular motion across the hands and feet and along the sides until a tender point is found to focus on. The other approach is to massage that part of the hands or feet that correspond to the affected areas of the body (see figure 1). The reflexologist then applies pressure to these points for several minutes during weekly sessions.³⁶

Figure 1. [Reflexology chart](#)



In the twenty-first century, reflexology has gained greater worldwide recognition. It is especially popular in northern Europe, less so in the United States and southern Europe. “Reflexology is experiencing growing recognition because of its effectiveness in the management of stress and pathological conditions. It is practiced in hospitals and businesses and is reimbursed by some health insurance companies.”³⁷

Eye Analysis Studies: Iridology

The course is an in-depth study of the iris as a means to locate and diagnose areas of weakness, discomfort and disease within the body and how the stages of degeneration are shown in the eyes by means of color. Using the principles of iridology, the student will learn to integrate his/her knowledge of anatomy and herbology into a holistic understanding of treatment and cure.³⁸

You Might Like to Read:

Jensen, Bernard. *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods*. Warsaw, IN: Whitman Publications, 2005.

Did You Know?

- Iridology has been used clinically in Europe for generations.³⁹
- Iridology use to be taught in leading medical schools including Harvard.⁴⁰
- It is often exclaimed that “the eye is the window to the soul;” it is also “the window to health.” Matthew 6:22 declares: “The eye is the lamp of the body. Therefore, if your eye is healthy, your whole body will be full of light.”⁴¹

What is Iridology? “The assessment of health by examining the iris.”⁴² “The science and practice of iridology is performed by analyzing the iris along with the sclera (sometimes referred to as Sclerology).”⁴³ Iridology was once a part of allopathic medical training in America but has long been removed from the curriculum. It still retains popularity in Europe and around the world.

What’s new? In the last twenty-five years, David J. Pesek, PhD, founder of the International Institute of Iridology, has developed a dynamic system called Holistic Iridology that is being used in prevention oriented universities, academies, colleges, and schools around the globe.⁴⁴

Holistic Iridology is not used for diagnosis of diseases; rather, it is used as a means of assessment for conditions and levels of health. This system is used to evaluate genetically inherited physical, emotional and mental predispositions that can be in a person’s conscious awareness or subconscious. It is a non-invasive procedure and economical to perform. Holistic Iridology is an excellent system for preventive and integrative healthcare that can be used by a wide variety of healthcare disciplines.⁴⁵

Today, many are unaware that looking into the iris and other parts of the eye can provide a history of past illnesses, identify current health status, and predict a potential future imbalance or illness.⁴⁶ “Since prevention is the best ‘cure,’ iridologists believe that people can be warned about problems in time to prevent development of medically detectable diseases.”⁴⁷

The science of iridology is not directed toward disease diagnosis or specifying the names of disease conditions. Iridology and its related sciences focus on the location in the body and the stage of inflammation: “white for acute, light gray for sub-acute, dark gray for chronic, and black for the destructive or last stages of disease.”⁴⁸ Skilled iridologists are able to discover how the information they observed in the multilayered iris came to be and whether the treatment they have chosen has eliminated it. The eye reflects whether a condition or organ in the body is responding or getting worse. “If the proper treatment is administered, healing signs will develop in the iris.”⁴⁹

The topographic map of the irises has representation and location for all the structures of the body. This map or chart bears a correlation to the embryological development of the human fetus.⁵⁰

Iridology has the advantage of being painless, noninvasive, and quite economical in cost. It is modular by nature. It can be an adjunct to any other method of analysis or test procedure that is available today.⁵¹ Iridology answers the need of our health care system to provide a simpler way of determining a condition while supporting preventative health.

Iris analysis is most effectively done by imaging both eyes with a specialized microscope and digital camera. The pictures are then enlarged and carefully examined by a qualified iridologist who possesses the highest skills and standards.⁵²

Seven zones of the body are seen in the eye: 1) stomach area; 2) intestinal area—small and large; 3) adrenal glands, heart area and aortic, solar plexus, kidneys, pancreas; 4) bronchial tubes, pituitary gland, pineal gland; 5) brain and reproductive organs; 6) spleen, thyroid, liver; 7) Skin area, lymphatic and circulatory systems, sweat glands, motor and sensory nerves. The right side of the body is seen in the right eye and the left side the body in the left eye. The Autonomic Nerve Wreath separates the second and

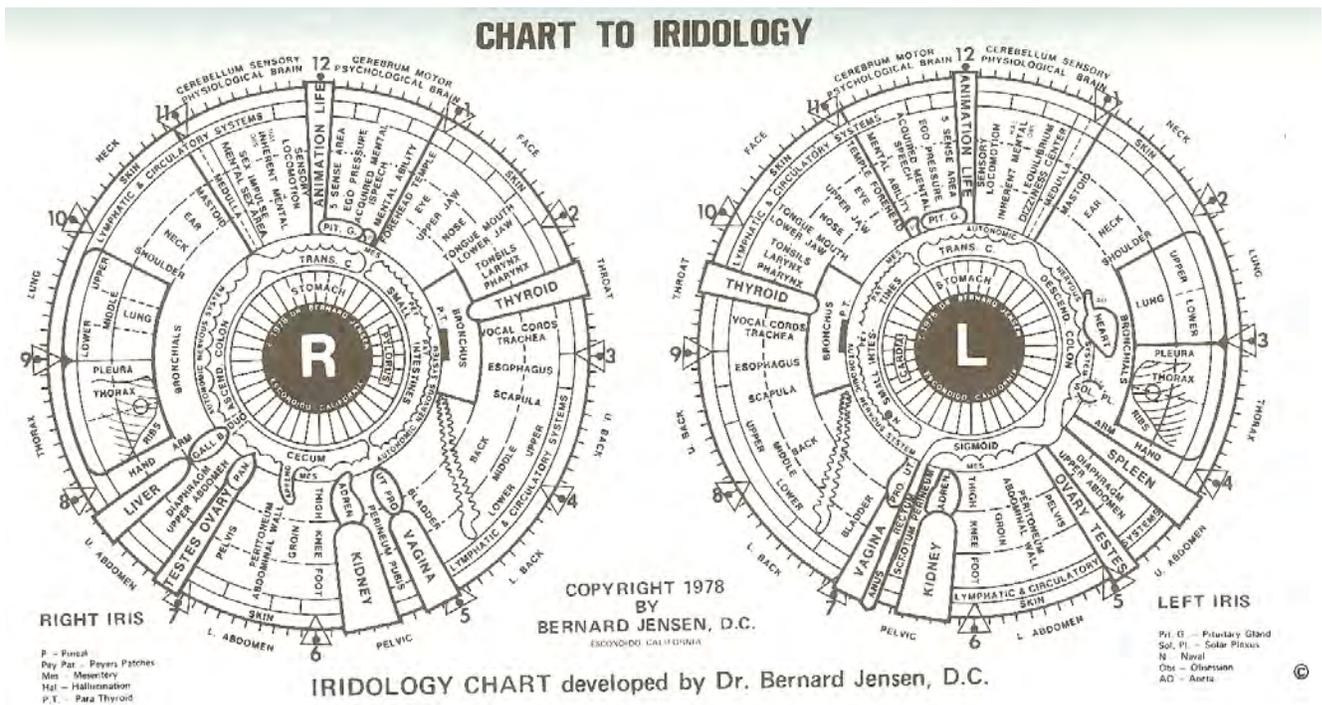


Figure 3. [Iridology chart](#)

Chart reprinted with permission from Bernard Jensen International.

third zones of the eye and represents a sympathetic nervous system.⁵³

From the physiological aspect the eyes are connected and continuous with the brain's dura mater through the fibrous sheath of the optic nerves. The eyes are connected directly with the sympathetic nervous system and spinal cord. The optic tract extends to the thalamus area of the brain. This creates a close association with the hypothalamus, pituitary and pineal glands. These endocrine glands, within the brain, are major control and processing centers for the entire body. Because of this anatomy and physiology, the eyes are in direct contact with the biochemical, hormonal, structural and metabolic processes of the body via the nerves, blood

vessels, lymph and connective tissue. This information is recorded in the various structures of the eye, i.e. iris, retina, sclera, cornea, pupil and conjunctiva. Thus, it can be said that the eyes are a reflex or window into the bioenergetics of the physical body and a person's feelings and thoughts.⁵⁴ *Reprinted with permission from David J. Pesek, PhD, International Institute of Iridology.*

The oldest records of iris interpretation reach back nearly three thousand years ago to 1000 BC in Mesopotamia (Central Asia). Hippocrates, the father of medicine, born in Greece in 460 BC, is known to have looked into his patients' eyes to determine their health status. In 1670, Philippus Meyens, physician, published *Physiognomia Medica*, which designated the areas of the iris according to the organ regions of the body. In 1813, George Joseph Beer, a Viennese ophthalmologist, published the *Textbook of Eye Diseases*, in which he states "Everything that affects the organism of an individual cannot remain without effect on the eye and vice versa."⁵⁵ In 1880, a Hungarian medical doctor, Ignaz Péczy, published *Discovery in Natural History and Medical Science, a Guide to the Study and Diagnosis from the Eye*. Many consider him one of the fathers of modern iridology.⁵⁶

Iridiagnosis, as it was called in the first half of the twentieth century, was a common medical tool in the United States. Around 1919, Henry Lindlahr, MD, stated: "The 'regular' school of medicine (allopathic), as a body, has ignored and will ignore this science (of iridology), because it discloses the fallacy of their favorite theories and practices and because it reveals unmistakable the direful results of chronic drug poisoning (pharmaceuticals) and ill-advised operations."⁵⁷ Iridology soon succumbed to the political and economic pressure of the new pharmaceutical industry and was removed from the teaching curriculum.⁵⁸

While it was lost as an art and science in allopathic medicine in the United States, the naturopathic physicians were responsible for its continuation throughout the second half of the twentieth century. American-born Bernard Jensen, DC, ND, PhD, was responsible for emboldening the art and science of iridology with his writings and practice. His books are still the standard for today's students. Finally, in our twenty-first century, another American, David J. Pesek, PhD, developed Holistic Iridology, which goes beyond the traditional physical assessment. Through his system it is possible to understand the "whole" person. Mental, emotional and spiritual aspects can also be interpreted along with the physical.⁵⁹

In summary:

Iridology has many advantages over any other form of diagnosis: The iridologist can determine the inherent structure and the working capacity of an organ, can detect environmental strain, and can tell whether a person is anemic and in what stage the anemia exists ... Determine the constructive ability of the blood ... Determine the nerve force; responsive healing power of tissue, inherent ability to circulate blood ... The iris can show acute, sub-acute, chronic, and destructive stages in the body....Organic and functional changes, inherent weaknesses, and how we respond to our environment with the body we possess. It foretells the development of many conditions long before they have manifested into disease symptoms. It reveals the suppression of disease through maltreatment ... Through iridology patients can be warned in time for prevention of disease.⁶⁰ *Reprinted with permission from Bernard Jensen International.*

The eyes are the bridge between the spiritual, mental, emotional and physical aspects of our human nature. This 3,000 year old art and science may seem new and different to you. I encourage you to be open-minded and explore the possibilities. The eyes have been proclaimed through the ages as the "windows of the soul" and now we acknowledge them as the window to the physical, mental and emotional characteristics as well.⁶¹ *Reprinted with permission from David J. Pesek, PhD, International Institute of Iridology.*

Kinesiology Studies

The course studies the use of kinesiology to analyze human metabolic problems and allergies. Kinesiology may be used to produce a nutritional regimen through which the application of diet, homeopathic remedies, herbs, vitamins and minerals may be helpful. The student will learn the application and location of test points on the body and the proper testing techniques for each point.⁶²

You Might Like to Read:

Lepore, Donald. *The Ultimate Healing System: The Illustrated Guide to Muscle Testing and Nutrition*. Salt Lake City, UT: Woodland Publishing, 1985.

You Might Like to View:

Anstett, Thomas. "Muscle Response Testing." DVD. Palm City, FL: Anstett, n.d.

Newkirk, Elaine. "Muscle Response Testing: Step By Step." DVD, 2. Springwater, New York: New Life Nutrition, 2004.

In this muscle testing course, Donald Lepore's manual *The Ultimate Healing System* refines basic muscle testing with the intention of providing the student or reader with the technique to 1) pinpoint a Metabolic Antagonist (allergen), 2) determine the needed nutrient or clearing to neutralize the Metabolic Antagonist, and 3) measure the amount of support nutrient needed.⁶³

Overview: Muscle response testing (MRT) is a technique based upon accessing the subconscious mind. The purpose is to use it as a tool in moving toward wellness. The assumption is that the information is already encoded in our subconscious and we just need to access it to learn what the body needs to get well. The subconscious, according to Bradley Nelson, DC, author of *The Emotion Code*, can be viewed as a large binary computer with which we can access information to yes and no questions.

How it works: MRT results are based upon a practitioner applying gentle pressure, usually to the wrist of an extended arm, while lightly holding or touching

designated places on the body. The muscle will then either hold strong (not move) or go weak (the arm will drop or move downward) according to the client's response to what is being tested. If an organ is being tested and the arm has moved down, this indicates there is an imbalance in that organ. If a Metabolic Antagonist (allergen) is being tested, the weakened arm indicates a sensitivity to that item.⁶⁴

Accurate MRT results are directly dependent upon the skill of the practitioner. Learning and using the mechanical process of muscle testing does not ensure accurate results. It is essential that practitioners be aware of their own physical, mental, emotional, and spiritual evolution. Training and practice in setting aside one's personal issues coupled with current awareness of one's thought processes are critical to providing accurate responses to their client.

MRT is the most basic form of muscle testing. Energy testing, which is not muscle dependent, is the next step, and a more advanced application of muscle testing. It is an entire specialty and science unto itself that one can spend a lifetime studying and refining. Energy testing can be done locally on the client or at a distance or through a surrogate with the same results. Its accuracy, as with MRT, is skill dependent according to the practitioner. It is my professional observation that the more inner work a practitioner has engaged in, the more proficient he or she is in energy testing.

There are books and videos available to learn basic MRT skills. One may also consider reading books about intuition and healing energy as a foundation for inner growth to clear oneself of fears, beliefs, and traumas that may be interfering with one's ability to act as a clear channel for testing, whether locally or at a distance.⁶⁵

Anatomy and Physiological Studies

Medical Terminology

This course is designed to provide the student with a clear understanding of the vocabulary associated with human anatomy and physiology. The student will become familiar with prefixes, suffices, word roots, and word forms that are the building blocks for many of the terms used in the health field.⁶⁶

You Might Like to Read:

Dennerll, Jean Tanis. *Medical Terminology Made Easy*, 4th ed. (Adapted from *Medical Terminology: A Programmed System Approach*, 9th ed.). New York: Thomson Delmar Learning, 2007.

Did You Know?

- Aristotle said, “Let us first understand the facts, and then we may seek the cause.”

Anatomy and Physiology

A systematic approach to the study of human structure and function is presented. Attention is given to the nervous system, skeletal, muscular, circulatory and respiratory systems; in addition, basic chemistry, cell biology and metabolism are reviewed.⁶⁷

You Might Like to Read:

Kapit, Wynn, and Lawrence M. Elson. *The Anatomy Coloring Book*. Glenview: Benjamin Cummings, 2002.

Keeffe, Emmet. *Know Your Body: The Atlas of Anatomy*. Berkeley, CA: Ulysses Press, 2008.

Marieb, Elaine N. *Human Anatomy and Physiology*. San Francisco, CA: Pearson Benjamin Cummings, 2004.

Roberts, Alice. *The Complete Human Body: The Definitive Visual Guide*. New York: D. K. Publishing, 2010.

Did You Know?

All of the PanAmerican University of Natural Medicine quotes and paraphrases in this essay are reprinted with permission from the founder Charles McWilliams, MD.

- We are made up of over thirty trillion cells.⁶⁸

- No engineer can reproduce a pump like the one-pound human heart that sits in our chest. It pulses seventy times a minute, forty million times a year; seven thousand quarts of fluid pass through it a year, equaling 200,000 tons in a lifetime.⁶⁹
- No industrial manufacturer can produce a high pressure filter with two million filter units capable of filtering nearly a hundred quarts a day of fluid that can also fit into the palm of the hand (our kidneys).⁷⁰
- Our engine, with its six hundred muscles, burns a high-grade fuel called glucose. The arterial system supplies the glucose. This conversion of fuel to energy is called metabolism.⁷¹
- We are a:

self-regulating, self-servicing engine that manufactures its own fuel out of raw materials gathered by itself, does its own cleaning and its ordinary—and sometimes extraordinary repairs, replaces its own worn cellular units by the millions every day, and reproduces itself—with the collaboration of another engine of the same basic design plus certain complementary parts called a sexual partner.⁷²
- Our potential is carried in an egg cell weighing about one millionth of an ounce with the sperm cell 100,000 times smaller.⁷³

The study of anatomy is essential to understanding how the human body functions and, ultimately, to maintaining a healthy body. The miracle and wonder of how and why our bodies work is unending and amazing. There are many wonderful anatomy books and interactive programs to help us understand the functioning of our bodies. Marieb presents the classic college textbook for anatomy.⁷⁴ Older editions of the book can be purchased online for a couple of dollars. The Internet provides countless free sources of anatomy interactives for all ages. There are colorful animations for every part and

function of the body. The ability to access and learn about ourselves is now unparalleled and no longer limited to the one-dimensional print page. We can download onto our cell phones free apps about the body. Basic anatomy books help us understand how our bodies work and are good tools to use on our wellness journey.

Biomechanical Studies

Acupressure

A study of the use of deep finger pressure over acupuncture points on the body for the treatment and relief of chronic painful conditions. The student will learn the location of points, direction and amount of finger pressure and how the stimulation of each point affects the function of a particular organ through the ancient Chinese meridian energy connection theory.⁷⁵

You Might Like to Read:

Burmeister, Mary. *Introducing Jin Shin Jyutsu Is: Book III...* Scottsdale, AZ: Jin Shin Jyutsu, 1985.

———. *Introducing Jin Shin Jyutsu Is: Book I.* Scottsdale, AZ: Jin Shin Jyutsu, 1994.

———. *Introducing Jin Shin Jyutsu Is: Book II.* Scottsdale, AZ: Jin Shin Jyutsu, 1981.

Kenyon, Julian. *Acupressure Techniques: A Self-Help Guide—Well-being and Pain Relief at Your Fingertips.* Rochester, NY: Healing Arts Press, 1988.

Did You Know?

- An average acupressure session may last up to twenty minutes depending upon practitioner and client.⁷⁶
- The direction of the pressure is important.⁷⁷
- Deep pressure of the thumb is the best way to stimulate the area.⁷⁸
- The Chinese refer to the tender points as “Ah shi” or, literally, “ouch” points.⁷⁹

- Acute conditions can be treated hourly. Chronic conditions are treated two or three times a week.⁸⁰
- Asking a friend or relative to massage the points for you is often more effective than doing it yourself, especially on hard to reach areas.⁸¹

Acupressure (without needles) uses acupuncture points and theory as its underlying system. Acupuncture was originally intended for chronic pain conditions. The Chinese call the energy circulating in the body *chi*. The specific channels through which the chi circulates are called “meridians.” It is of great importance that the massage occur along and in the same direction as the flow of the meridians. Occasionally, the massage needs to be done in a circular fashion. Acute conditions may readily respond to acupressure with a few treatments, whereas chronic conditions take a longer time, with more sessions.⁸²

The Chinese consider of great importance the balance in the body from side to side, top to bottom, and from the inside out. They describe these relations and opposites as *yin* and *yang*. This is a highly complex system of well-being and balance, with the energy or life force (*chi*) being able to circulate freely around the twelve paired meridians. Six run over the arms and into the torso and six run up and down the legs and into the torso. There are two unpaired meridians. One meridian (Conception) runs on the front of the body and the other (Governing) runs on the back. Thus there are a total of fourteen meridians. These meridians are really one large meridian. They are categorized and assigned to related organs and systems for treatment purposes.⁸³ A break in the circulation of the energy through these meridians results in illness.

Acupressure, a highly successful approach, has served millions with relief from symptoms ranging from chronic to acute.⁸⁴ Kenyon feels “acupuncture/acupressure is not a complete system of medicine in its own right”⁸⁵ but can dramatically affect many conditions to the positive.

Botanical Studies

All peoples on the face of this earth, all races and nations have made use of herbs for both food and cure. Botanical application and studies were the first source of health remediation. For thousands of years medicinal plants have continued to be the first choice for alleviating human suffering and are at the core of promoting health and well-being.⁸⁶

“See, I give you every seed-bearing plant on the earth and every tree which has seed-bearing fruit to be your food. To every bird of the air, and to every creature that crawls on the earth and has the breath of life, I give the green plants for food.” And so it was. Genesis 1:1, 11–13, 29–30.⁸⁷

Historically, the Chinese and the Aryans of India developed and categorized thousands of herbs, taking their practice of herbal medicine to the highest form. In the fourth century BC, Hippocrates, the father of modern medicine, said, “Nature is the healer of all disease” and “Let your foods be your medicine and your medicine be your foods.”⁸⁸ The native peoples of the Americas have traditionally lived close to the earth and have always been expert herbalists. They taught the curative powers of plants, berries, and roots to the first white settlers.

Did You Know?

- Sick or wounded animals seek out selected berries, barks, grasses, stems, and flowers to eat to heal themselves.

Herbal Materia Medica

The course gives a systematic approach to herbalism with a focus on the difference between drug and herbal therapy, the use of nutrients in the treatment of disease and the biochemical effects of herbs in the body. Includes a comprehensive description of an exhaustive number of herbs, their application and remedial effects.⁸⁹

You Might Like to Read:

Christopher, John. Lecture Transcript of Dr. John Christopher, 1978, on Herbalism. Available at <http://www.schoolofnaturalmedicine.info/mod/resource/view.php?id=1583>

Pedersen, Mark. *Nutritional Herbology: A Reference Guide to Herbs*. Warsaw, IN: Whitman Publications, 2008.

Did You Know?

- The mongoose does not die from a cobra bite. Why? It immediately takes itself to find a plantain plant to eat. The plantain quickly neutralizes the cobra venom and the mongoose goes about its day.⁹⁰

- Our literature greats wrote of herbs:

Geoffrey Chaucer referenced the healing power of plantain in his works as did William Shakespeare (1564–1616) who spoke of plantain in his plays *Love's Labour's Lost* (iii,i), *Two Noble Kinsmen* (I,ii) and *Romeo and Juliet*. From *Romeo and Juliet* “Radish, Raphanus sativus Romeo. Your Plantain leaf is excellent for that, Benvolio. For what, I pray thee, Romeo? For your broken skin.”⁹¹

- Native Americans began using plantain when the white man brought it from Europe. They dubbed it “White Man’s Footsteps” because it followed him wherever he went. Henry Wadsworth Longfellow wrote about plantain in *Hiawatha*: Chapter 21 is called “White Man’s Foot.”⁹²

Herbology I and II

A comprehensive overview and understanding of the distinction of organic and inorganic substances and their effect on the human body. The use of

herbs in the restoration of health to broken down constitutions will be studied. The...classifications of herbs, descriptions of their properties, actions, effects and applications for the treatment and prevention of disease will be studied in this course to provide a classic background in traditional herbology.⁹³

You Might Like to Read:

Christopher, John. *School of Natural Healing: The Reference Volume on Herbal Therapy for the Teacher, Student or Practitioner*. Springville, UT: Christopher Publications, 1976.

Duke, James A. *Herbs of the Bible: 2000 Years of Plant Medicine*. Ed. Mary Ann Telatnik. Warsaw, IN: Whitman Publications, 2007.

Fritchey, Philip. *Practical Herbalism: Ordinary Plants with Extraordinary Powers*. Warsaw, IN: Wendell W. Whitman, 2004.

Shook, Edward E. *Advanced Treatise in Herbology*. Warsaw, IN: Wendell W. Whitman, N.D.

Did You Know?

- Blue cohosh root, an oxytocic (stimulates uterus), is used to produce contractions in labor.⁹⁴
- Aspirin, the most-used medication in the world, is a salicylate, originally derived from the bark of the white willow tree. Native Americans used white willow bark to relieve headaches, fever, aches, pains, and rheumatism. “Willow appears frequently in prescriptions on the 4,000-year-old Sumerian tablet from Nippur, in the famous Ebers Papyrus (16th Century BC) from Egypt, and in ancient Assyrian Tablets.”⁹⁵ Greek physician, pharmacologist, and botanist, Pedanium Dioscorides (circa 40–90 AD) called aspirin by its Latin name, *Salix*, and used it for earaches, corns, and gout. Greek physician, Claudius Galen (AD 129–c.200/c.216) used it to treat inflammation of the eyes. Greek physician, Hippocrates (c. 460 BC – c. 370 BC) used it for pain and fever.⁹⁶

- Alliin is the component in garlic that is responsible for the odor. Allinase is the enzyme that, when the garlic bulb is cut or chewed, with alliin forms the garlic odor.⁹⁷
- Native Americans were using herbs long before Europe knew about naturopathy. It is believed the ancient Mayas and Incas engaged these natural ways.⁹⁸

Herbology is using plants as medicine. It is the science and art of using plants for healing. Herbalists “use medicinal plants (herbs) to effect changes in the body systems to allow the body to heal itself.”⁹⁹ Herbs are generally given to the clients orally in a drink such as a tea or applied to the body externally such as a cream, or rub. Herbs enter the system by six avenues: 1) stomach (gastrointestinal); 2) skin (epidermatic); 3) skin (enepidermatic); 4) rectum (enemas, suppositories); 5) lungs (respiration, steams, vapors); 6) external application on skin (powders, liquids).¹⁰⁰

Herbology has a language of its own. You will hear and read such terms as: teas, effusions, extractions, tinctures, decoctions, and poultices. Herbology is expressed differently according to the individual lens of each culture and to the body type and climate of the geography. The common denominator across cultures and around the globe is the recognition of and agreement on the specific action of an herb upon the body.

Herbal Preparations

The course involves both the historical and medicinal uses of various herbal preparations. It will also focus on the identification of each herb, along with when and how best to collect the herb. Emphasis will be given to teas, effusions, extractions, tinctures, decoctions and poultices.¹⁰¹

You Might Like to Read:

Barlow, Max G. *From The Shepherds Purse: The Identification, Preparation, and Use of Medicinal Plants*. Hong Kong: Max Barlow, 1990.

Biser, Sam. *Ancient Cleansing Formulas That Work—After Vitamins And Medicines Have Failed!* Charlottesville, VA: University of Natural Healing, 1996.

—. *The Sam Biser Save Your Life Herbal Manual*. Charlottesville, VA: University of Natural Healing, 1996.

Green, James. *The Herbal Medicine-Maker's Handbook*. New York: Crossing Press, 2002.

Did You Know?

- Black walnut rind (hull) is used as a vermifuge (destroys parasites) and astringent and is high in iodine.¹⁰²
- Lobelia is called the “smart herb” as it responds to what the body needs. Lobelia relaxes the smooth muscles of the body. Herbalists use it both for asthma to relax the bronchia and in childbirth to allow the birthing muscles to relax.
- Cayenne is a powerful driver that can be used in conjunction with other herbs. It can act as a driver and carrier to help deliver herbs to the desired point in the body. Cayenne is known for its hemostatic properties; its ability to stop bleeding internally and externally is world-renowned. Tincture of cayenne has been said to bring heart attack victims back from the dead, especially when combined with lobelia. Many herbalists carry both for this purpose.

There are several ways of classifying herbs. A popular method is the five basic herbal classification system:¹⁰³

- 1) **Aromatic** with the active constituent of volatile oils. These herbs are identified by crushing the herb and smelling a hot or spicy “pungent” taste.
Examples: peppermint and valerian.
- 2) **Astringent** with the active constituent of tannins. They are identified with an astringent taste (often bitter too) and a constipating effect upon consumption.

Examples: white oak and bayberry.

- 3) **Bitter** with the active constituent of phenolic derivatives (laxative and diuretic) alkaloids and saponins. They are identified by a bitter taste, with generally a laxative or diuretic effect when taken.

Examples: cascara and goldenseal.

- 4) **Mucilaginous** with the active constituent of polysaccharides. They are identified by their sweet, slippery feeling in the mouth. They make slippery solutions and often expand in water.

Examples: psyllium and slippery elm.

- 5) **Nutritive** with the variable active constituents of proteins, fats, carbohydrates, vitamins, and minerals. They are identified with mild food stuffs and may be eaten in large amounts.

Example: alfalfa.

Chinese Herbology

The course involves a comparison and contrast between Western medical science and traditional Chinese and Ayurvedic herbal medicine. A study of holistic health through the promotion of herbal medicine gives this course a unique perspective. The student will gain an enhanced understanding of the classification of herbal properties with a focus on Chinese herbs and their action on the vital organs of the body.¹⁰⁴

You Might Like to Read:

Kaptchuk, Ted J. *The Web That Has No Weaver: Understanding Chinese Medicine*. Chicago: Congdon and Weed, 1983.

Tierra, Michael. *Planetary Herbology*. Ed. David Frawley. Twin Lakes, WI: Lotus Press, 1988.

Did You Know?

- Ginseng is called a “cure all” by the Chinese. It is known around the world for maintaining good health. Many believe it slows aging. It is an adaptogen, which means:

specific plant extracts that control excess cortisol levels during times of stress. Cortisol in excess amounts is highly toxic, attacks muscle mass and organs, lengthens recovery time, and diminishes strength as well as the immune system. To be considered an adaptogen, plant extracts had to meet three key criteria. First, they had to be totally non-toxic to human cells. Second, they had to support cells at a healthy state. And lastly, they had to help the body adapt to stress.¹⁰⁵

- Don Quai is next to licorice in frequency of inclusion in Chinese herbal preparations. They also inject don quai into acupuncture points to lower blood pressure.¹⁰⁶

The Chinese have been the most successful and have the most complex classification system of herbs. They have a system based upon chi and hot and cold humors accurately correlated to the body’s constitution.¹⁰⁷ The Chinese draw upon centuries of passed-down herbal knowledge to combine foods beneficially to support the body’s systems. “The Chinese physicians knew long ago that it is important to choose food according to the functional condition of the body...the present state of the body’s assimilate power.”¹⁰⁸

Aromatherapy

The course studies the history and effectiveness of aromatherapy (essential oils). Special attention is given to oils used in ministering to emotional and physical conditions. Aromatherapy is non-invasive and assists in stimulating natural healing thus lending itself to a natural healing approach.¹⁰⁹

You Might Like to Read:

Schnaubelt, Kurt. *Advanced Aromatherapy: The Science of Essential Oil Therapy*. Trans. Michael J. Beasley. Rochester, NY: Healing Arts Press, 1998.

Did You Know?

- The word “aromatic” is from chemistry and refers to a kind of carbon-carbon bond in a ring structure.¹¹⁰
- Not all chamomile is equal. Only German chamomile has an anti-inflammatory effect.¹¹¹
- The unique ability of essential oils to penetrate the skin gives aromatherapy its effectiveness.¹¹²
- Essential oils are produced from any part of the plant including the flower, the leaves, the stems, and the roots.¹¹³
- The esters found in lavender and clary sage have an antispasmodic effect.¹¹⁴
- Chemotypes are plants that are from the same species but have a different chemical composition.¹¹⁵
- Tea tree oil has great medicinal value because it is a strong antimicrobial and is unlikely to irritate the body.¹¹⁶
- Oregano is said to be an effective treatment for bacteria in the gastrointestinal tract.¹¹⁷
- Peppermint oil is said to be valuable with general nausea and motion sickness.¹¹⁸

Modern aromatherapists may feel they can help overcome the distance we have put between ourselves and nature in our techno-civilization by using aromatherapy to overcome the resulting separation of body and soul, mind and emotion. They believe aromatherapy helps us overcome this alienation. “For those stressed by civilization, aromatherapy offers nature in a bottle.”¹¹⁹

Historically, the only oils available were those from the flavor and the fragrance industry. Standardization has been an issue, with no differentiation between natural and

synthetic sources. In 1994, René–Maurice Gattefosse’s book *Gattefosse’s Aromatherapies* made aromatherapy into a discipline while Jean Valnet’s work in 1964 brought it to popularity. In 1978, Paul Belaiche published *Traite de Phystotherapie et d’Aromatherapie*, a three-volume study on “the clinical uses of aromatherapy for treating a wide range of infectious and degenerative illnesses.”¹²⁰ With this publication, a certain acceptance level by French insurance companies, their doctors, and conventional medicine came about in France.

By 1978 Henri Viaud, an important French aromatherapy pioneer, catalogued the conditions for purity for medicinal use of essential oils. The French manufacturers then began to produce oils according to these requirements. Thus was born modern aromatherapy.

The ISO (International Organization for Standardization)...defines an essential oil as follows: An essential oil is a product made by distillation with either water or steam or by mechanical processing of citrus rinds or by dry distillation of natural materials. Following the distillation, the essential oil is physically separated from the water phase.¹²¹

Quality control is essential to Aromatherapy. Most important to know is that “the composition of essential oils used for therapeutic purposes is of critical importance..., two oils of differing chemical composition will have markedly different pharmacological and healing effects....Defining and describing oils precisely is crucial...”¹²² Chemotypes and quality control are equally important.

Chemistry of Nutrition

Chemistry of Health

The course provides a study of the chemical reactions and the processes introduced in the body as a result of dietary habits. This course will provide insight into the reasons for the steady decline in health based on diet, as well as the study of the chemistry of fats, carbohydrates, proteins,

vitamins and minerals which contribute to health and wellness. Metabolic pathways for the utilization of nutritional substances are presented along with a study of the pH balance required to maintain good health. The focus of the course emphasizes the clinical application of the principles of proper nutritional chemistry in the human body.¹²³

You Might Like to Read:

Morter, Ted M. *Your Health...Your Choice*. Hollywood, FL: Fredrick Fell, 2009.

Did You Know?

- About 40 percent of Americans do not eat fruit on an average day.
- The pH of each of the body's different fluids is important. The pH of the urine reveals the conditions in which cells live and function.
- Red blood cells have the primary job of carrying oxygen from the lungs, have no nucleus, and live 120 days.¹²⁴
- More than 25 percent of protein in your diet places too much physiological stress on the body and compromises the natural healing process. This paves the way to developing the chronic diseases that plague us.¹²⁵

Your Health...Your Choice, by Ted Morter presents a complete personal guide to wellness, nutrition, and disease prevention. His pH-based program lets you choose the best food for your body chemistry. Morter states that we can change how we feel by what we eat. His series of wellness principles and health hints set a broad foundation to build a new viable approach to health through eating. This is for serious students who want to understand what is going into their mouths and how it affects them in the long term.

Enzyme Health

The course reveals the role of enzymes in the body's attempt to process food into assimilable material—useable for the maintenance and upkeep

of life. Nothing would happen in the body if it were not for the role of the little known enzyme. Enzymes provide for digestion, assimilation, and act as scavengers cleansing dead cells from the body. Enzymes are the basis for health.¹²⁶

You Might Like to Read:

Loomis, Howard F. *Enzymes: The Key to Health*. Madison, WI: 21st Century Nutrition, 2007.

Chemistry of Man

This course studies the life work of Dr. Bernard Jensen and V. G. Rocine and their pioneering research on the chemistry of food. The intimate association between food and health will be explored with a specific emphasis on how the chemical elements of food affect the shaping of human temperament.¹²⁷

You Might Like to Read:

Colborn, Theo, Dianne Dumanoski, and John Peterson Myers. *Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story*. New York: Plume, 1997.

Jensen, Bernard. *The Chemistry of Man*. Winona Lake, IN: Whitman Publications, 2007.

Did You Know?

- Food is a matter of vibration.¹²⁸
- Yellow vegetables are a natural laxative.¹²⁹
- The only alkaline nut is the almond.¹³⁰
- Chlorophyll is good for cleansing the body of radioactive contamination.¹³¹
- Juniper berries and sarsaparilla are a good combination of herbs for painful urination.¹³²

Bernard Jensen spent over fifty years of sanitarium practice verifying and demonstrating V. G. Rocine's work on the effectiveness of nutrition in restoring patients to normal health. Jensen said we must follow the natural path and "live close to the earth,

the vegetables, fruits, nuts, berries, flowers and herbs that transform the chemicals of the earth into living biochemicals, fit for our use.”¹³³

We spend a great deal of time and money patching and fixing up a broken-down physical vehicle that was designed to be self-repairing, self-rebuilding, self-rejuvenating. If we would only take care of it properly in the beginning it wouldn't develop so many problems.¹³⁴

In *The Chemistry of Man*, Jensen covers eighteen elements, trace elements, and biochemical notes. He is fascinating and unmatched in his exhaustive reporting of his observations and experiences, and the application of his knowledge to his clients. He passes on to the reader his fifty years of sanitarium work. He describes twenty chemical body types, along with the muscular types, the osseous man, the vital types, and the mental types. He also provides fundamental laws of health and a vital course on food. His overview on longevity is unparalleled and captivating. The last section of his book, “The Proof Is in the Healing,” provides the finale for any disbeliever and sets the believer on to a new way of living. This is a provocative informative book to help one understand the body and one's health choices and shouldn't be missed.¹³⁵

Homeopathic Studies

Homeopathy I

Homeopathy is a system of medicine which seeks to cure in accordance with the natural laws of healing and uses medicines made from natural substances. The student will learn the history of homeopathic medicine, the reasons for its development and the means by which to implement these medicines according to a specific diagnosis of health problems.¹³⁶

You Might Like to Read:

Panos, Maesimund B., and Jane Heimlich. *Homeopathic Medicine at Home: Natural Remedies for Everyday Ailments and Minor Injuries*. Los Angeles, CA: J. P. Tarcher, 1980.

Did You Know?

- These remedies are nontoxic and do not cause side effects. A child could take an entire bottle and not experience any ill effects.¹³⁷
- The royal family of England has their own private homeopathic physician on staff.
- Homeopaths do not use animals in testing because animals do not react to the remedies chemically and symptomatically the same way as humans.¹³⁸
- Nitroglycerine for heart ailments is one of the many homeopathic remedies adopted by allopathic medicine.¹³⁹
- Homeopathy lost its popularity with the advent of antibiotics.

Homeopathy is derived from the Greek word *homoios*, meaning similar, and *pathos*, meaning suffering or disease. “It is a system of medicine founded by the German doctor Samuel Hahnemann around 1790. It is based on a natural law of cure known as ‘similia similibus,’ which means let likes be cured by likes.”¹⁴⁰

Many modern doctors use a diagnostic palliative approach to disease.

Palliative: 1) To make (an offense or crime) seem less serious; excuse. 2) To alleviate without curing. (Encarta Dictionary) ... ‘according relief, also a drug that acts so.’ Dorland’s Medical Dictionary.¹⁴¹

The larger part of modern drugs prescribed for disease are symptom suppressive, directed toward medicating the symptoms away (palliative) without regard to the long-term effects on the patient or return to their natural constitution of health. Though a few forms of modern therapy, such as endocrinology, are directed toward the individual patient and his or her varying needs, most are prescribed according to the law of contraries.

Homeopathy does not necessarily view disease as an enemy. Disease is seen more as remedial, a process of purification and restitution. According to Charles McWilliams, MD, founder of PanAmerican University of Natural Medicine:

Disease is an action to be regulated, directed and expunged. As health is normal, vital action, disease is abnormal vital action. Remedial agents are those materials and influences which have normal or similar relations to the vital organs and their actions, not crude drugs, poisons, whose relations to these organs are abnormal or inimical.¹⁴²

There are many conditions that can be treated with commonly available nonprescription homeopathic remedies to support and bring the body back to its natural balance without suppression.

Homeopaths know there is an underlying imbalance or cause long before the patient's body presents with symptoms or disease. They are interested in the lifestyle, heredity, emotional makeup, and belief system of each patient because all of these contribute to the patient's health or disease picture. Mostly ignored by the modern doctor due to time constraints and diagnostic procedures required for health insurances, it is the "rare and peculiar" symptom that homeopaths seek in their extensive history taking. The patient's subjective symptoms are important and may bear out the key for the homeopath. Patients themselves reveal the unapparent salient nature of their *dis*-ease or suffering through the interview process with a skilled homeopath.

Homeopathy, depending on one's perspective, may be thought of as the original energy medicine. The preparation of homeopathic remedies is called "potentization." Each natural element, whether animal, vegetable, or mineral substance, is prepared in a carefully prescribed process of successive dilutions and succussions (shakings). Chemically, the resulting potentized remedy bears no molecular structure of the original

substance. Even more interesting is that the greater the dilution the higher the potency (power) of the remedy. High potency remedies are quite powerful in their action and not to be underestimated.¹⁴³

Homeopathic medicines are potentized in dilutions and trituration as per the principles laid down in the Homeopathic Pharmacopoeia. In this process of potentization, the inert substances become dynamic in their action. Trituration is the process of finely dispersing solids, e.g. gold, calcium carbonate, sulfur, etc. by mortar and pestle in a base of sac lac or other inert ingredient. Trituration is usually carried out to the sixth potency, or one part per million. From there, all homeopathics are generally dynamized in water by the act of succussion or violent shaking, up and down, in a container, ½ full of remedy, ½ full of air space.¹⁴⁴

Hahnemann lists Seven Laws of Homeopathy in his famous *Organon of*

Medicine:

1. Law of Similars: Let likes be cured by likes.
2. Law of Using Proven Remedies: "... use only those remedies which have been proved on a healthy person and whose action is well known to the physician and can be verified by any person according to the Law of Similars."¹⁴⁵ There is no concern for using remedies on healthy individuals since remedies are nontoxic.
3. Law of Single Remedy: Use only a single remedy at a time so there is no confusion and it can be antidoted by other remedies that have specific antidotal action for that remedy.¹⁴⁶
4. Law of Minimum Dose: "... give minimum dose of a remedy ... minimize the dose, better the result."¹⁴⁷
5. Law of Potentization: Succussion and Trituration as described.
6. Law of Vital Force: "A weaker dynamic affection (the disease) is permanently extinguished in the living organism by a stronger one (the

remedy), if the latter (while differing in kind) is very similar to the former in its manifestations.”¹⁴⁸

7. Theory of Miasms: After years of research Hahnemann concluded there are three miasms that are the real cause of all chronic diseases: Psora, Sycosis, and Syphilis. Psora (from Hebrew meaning “fault or groove”) is considered the most important since he believed it to be the oldest of the three miasms in humans. He felt there would have not been a Sycosis and Syphilis without the original Psora. Psora, skin disease, is activated by lack of good health habits, good hygiene, gross drugging, and vaccination and is then passed on generation to generation. The inherited miasm may then present in the current generation as an apparently different disease. The tuberculosis your great-grandfather suffered with may surface in your family as asthma.¹⁴⁹

In conclusion, homeopathy is a nontoxic form of energy medicine that has been in existence for over two hundred years. We are just now able to examine scientifically the lack of molecular resemblance that a high potency remedy has to its original molecular structure. It is then said the high potency has none of the “mother” of the original substance, while remaining more powerful than the original substance. We treat like with like, similar to setting a backfire to put out a forest fire. Homeopathy states that we carry from generation to generation miasms that are responsible for our diseases. Homeopathy recognizes and looks for the primal cause of disease while listening to the patient to reveal the “rare and peculiar” in his or her symptom and history giving. Perhaps the

following Bible passage reflects the nature of like as to like with the bite of the serpent ameliorated by the same serpent on a pole:

Therefore, the people came to Moses, and said, We have sinned, for he has spoken against the Lord, and against thee; pray unto the Lord, that he take away the servants from us. And much Moses prayed for the people. And the Lord said unto Moses, Make the fiery serpent, and set it upon a pole; and it shall come to pass, that every one that is bitten, when he looked upon it shall live. And Moses made a serpent of brass, and put it upon a pole; it came to pass, the serpent had bitten any man, when he beheld the serpent of brass he lived. (Numbers 21:7–9)

Bach Flower Remedies

The student will study the work of Edwin Bach, MD, and his study of flower remedies. Bach believed that there was an emotional component to most disease processes. His non-invasive approach discovered in the twentieth century has won acclaim from the masses and is used around the world. He believed that the body would respond with healing by correcting the emotion component of disease.¹⁵⁰

You Might Like to Read:

Bear, Jessica. *Practical Uses and Applications of the Bach Flower Emotional Remedies*. Las Vegas, NV: Balancing Essentials Press, 2001.

Blome, Gotz. *Advanced Bach Flower Therapy: A Scientific Approach to Diagnosis and Treatment*. Rochester, NY: Healing Arts Press, 1999.

Did You Know?

Bach Flower Remedies, like homeopathy, are energetically based, with weight and emphasis directed toward the emotional component of the client.

Medical and Legal Studies

Medical Jurisprudence

This course outlines the legal responsibilities and restrictions the student must be aware of to protect himself/herself and act legally in the natural health field. The student will learn how to use proper terminology in communicating and interacting with others and how to educate others in the natural health field.¹⁵¹

You Might Like to Read:

There are no designated medical jurisprudence books for practitioners. Each set of legal specifications will vary according to the country, state, province, or physical area of intended practice. However, listed here are two ethics and professional standards books that are applicable to most practitioners without regard to geographic boundaries. Again, please note that some cultural and religious practices differ (and ultimately legal ramifications) from the assumed reference base of these books and should be taken into consideration.

Feinstein, David, and Donna Eden. *Ethics Handbook for Energy Healing Practitioners*. Fulton, CA: Energy Psychology Press, 2011.

Hover-Kramer, Dorothea. *Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners*. Santa Rosa, CA: Energy Psychology Press, 2011.

Mental Health Studies

Body-Mind Connection

The student will study the theory of psycho-immunology which explores the mystery of the mind and its impact on healing the body. This course will challenge the student to consider the spiritual element of proper health and show how what we think and believe can influence our physical well-being.¹⁵²

You Might Like to Read:

Wright, Norman H. *A Better Way to Think: Using Positive Thoughts to Change Your Life*. Grand Rapids, MI: Revell, 2011.

Nutritional Studies

Did You Know?

- “2500 years ago, Hippocrates, the ‘Father of Medicine’, said to his students, “Let thy food be thy medicine and thy medicine be thy food.”¹⁵³

- Deficiency in iron is the most prevalent nutrient deficiency in the world.¹⁵⁴
- Benjamin Franklin said: “Wouldst thou enjoy a long life, healthy body, and a vigorous mind, and be acquainted also with wonderful works of God, labor in the first place to bring thy appetite to reason.”¹⁵⁵

Orthomolecular Nutrition

The orthomolecular concept of nutrition is based on diets and food supplements of essential vitamins and minerals specifically selected to solve individual problems and needs. The overall goal of this course is to promote optimal health and longevity for the individual. Course topics include: dangers of conventional diets and treatments, optimal diets and anti-stress supplementation.¹⁵⁶

You Might Like to Read:

Hoffer, Abram, and Morton Walker. *Putting It All Together: The New Orthomolecular Nutrition*. New Canaan, CT: Keats, 1978.

Did You Know?

- “During the nineteenth century, iodine was considered the universal remedy. ‘If nothing else works, try iodine’ was the adage.”¹⁵⁷
- Laetrile is also known as amygdaline or vitamin #17. It has become a focus of interest since Krebs used it for curing cancer. In the United States, its use for cancer treatment dates as far back as 1843. The Chinese have been using bitter almonds, which contain significant amounts of this vitamin, for tumors and especially lung cancer treatments for over three thousand years.¹⁵⁸
- Diatomaceous earth is a safe, nontoxic vermifuge (kills parasites) for humans and other animals. Diatomaceous earth is safe for long-term human and pet consumption and will detoxify the body over time. It is also an anticaking agent used in silos to prevent the stored seeds and grains from clumping. It successfully gets rid of bedbugs without dangerous chemicals. It works by desiccating the

exoskeleton of insects such as ants, scorpions, and spiders. It is often used along with Bentonite clay as a facial mask.

Nutrition and Health

A comprehensive study which will educate the student in achieving and maintaining the greatest level of health through careful dietary planning and nutritional supplementation. The student will learn to diagnose vitamin and mineral deficiencies as they correlate to specific health problems and be able to suggest the proper supplementation. An emphasis on building and keeping a strong immune system is key to proper nutrition.¹⁵⁹

You Might Like to Read:

Balch, Phyllis. *Prescription for Nutritional Healing: A Practical A to Z Reference to Drug-Free Remedies ...* London: Avery, 2006.

Diet and Nutrition

This course studies a possible parallel between dietary derangement and disease. The student will study the nutritional components of major disease states, both physical and psychological, and then examine the optimal diet for good health. Special emphasis will be given to the scientific data which correlate to disease and nutritional deficiencies.¹⁶⁰

You Might Like to Read:

Ballentine, Rudolph. *Diet & Nutrition: A Holistic Approach*. Honesdale: Himalayan Institute Press, 2007.

Children's Health

Evidence continues to accumulate that nutrition can alter behavior. Eating correctly can help maximize intellectual potential. This course will study the nutritional requirements necessary for children to reach and maintain optimal physical and mental health. With an emphasis on the twelve learning nutrients, you will learn how to use nutrition to improve a child's ability to think, remember and problem solve.¹⁶¹

You Might Like to Read:

Schauss, Alexander G., Barbara Freidlander Meyer, and Arnold Meyer. *Eating for A's: A Delicious 12-Week Nutrition Plan to Improve Your Child's Academic and Athletic Performance*. New York: Pocket Books, 1991.

Nutritional Philosophy

This course explores the theory that the basic cause of all disease is essentially linked to poor nutrition. Proper nutrition in conjunction with the specific needs of the individual is studied as a means to restore and maintain true healthfulness.¹⁶²

You Might Like to Read:

Donsbach, Kurt W. *Nutrition in Action*. Oklahoma City, OK: TRC Publishing, n.d.

Nutritional Wellness

By combining ancient and modern biological modalities, this course explores the practical and proven methods for the effective, drugless treatment of the most common ailments through the therapeutic use of foods, vitamins and food supplementations including juices and herbs.¹⁶³

You Might Like to Read:

Haas, Elson M., with Buck Levin. *Staying Healthy with Nutrition: 21st Century Edition; The Complete Guide to Diet and Nutritional Medicine*. Berkeley, CA: Celestial Arts, 2006.

Null, Gary. *The Complete Encyclopedia of Natural Healing*. New York: Twin Streams Books, 1998.

Conclusion

Come forth into the light of things. Let nature be your teacher.
—Wordsworth

Naturopathy, as alternative medicine, speaks to my heart as an extension of my calling to raise the vibration of the world toward peace and health for a new earth. Expanding my education into naturopathy echoes my vision of a new natural health platform that embraces education and accessibility at a global level within the

underpinnings of healing empowerment. The naturopathic philosophy expresses my Energy Heart toward wholeness, my clarity, and my long-term commitment and desire to further focus and immerse myself professionally in healing—my life calling. Naturopathy is foundational to my vision for wellness and empowering others to realize their highest potential. It is also an opportunity to work with and be among like-minded individuals seeking to express their highest level of service in the healing arts.

He that has a truth and keeps it.
Keeps what not to him belongs.
But performs a selfish action.
And a fellow mortal wrongs.
—Andrew Jackson Davis¹⁶⁴

Endnotes: Essay 2

¹ Bernard Jensen, *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods* (Warsaw, IN: Whitman Publications, 2005), 43.

² Rosalyn Bruyere, *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*, ed. Jeanne Farrens (New York: Fireside, 1994), 100.

³ Jensen, *The Science and Practice of Iridology*, 77.

⁴ Bruyere, *Wheels of Light*, 22.

⁵ Jensen, *The Science and Practice of Iridology*, 43.

⁶ “Programs,” Trinity School of Natural Health, accessed August 9, 2010, <http://trinityschool.org/programs.php?id=2> (page deleted)

⁷ “Trinity College Catalog,” last modified September 9, 2012, accessed March 14, 2013, <http://trinityschool.org/pdf/TrinityCatalog.pdf>, 5.

⁸ “Trinity College Catalog,” last modified September 9, 2012, accessed March 1, 2013, <http://trinityschool.org/pdf/TrinityCatalog.pdf>, 10.

⁹ “Programs,” Trinity School of Natural Health, accessed August 9, 2010, <http://trinityschool.org/programs.php?id=2> (“Naturopathy as Study” page deleted).

¹⁰ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.

¹¹ Robert J. Thiel, *Combining Old and New: Naturopathy for the 21st Century* (Warsaw, IN: Whitman Publications, 2000), 5.

¹² *Ibid.*, 1.

¹³ *Ibid.*, 11-18.

-
- ¹⁴ Ibid., 8.
- ¹⁵ “Programs,” Trinity School of Natural Health, accessed August 9, 2010, <http://trinityschool.org/programs.php?id=2> (page deleted).
- ¹⁶ Jensen, *The Science and Practice of Iridology*, 43.
- ¹⁷ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹⁸ Ibid.
- ¹⁹ Ibid.
- ²⁰ “Course Detail—SNH121,” Trinityschool.org, accessed March 17, 2013, http://trinityschool.org/course_detail.php?id=SNH121.
- ²¹ Thiel, *Combining Old and New*, 136.
- ²² Martine Faure-Alderson, *Total Reflexology: The Reflex Points for Physical, Emotional, and Psychological Healing*, trans. Jon E. Graham (Rochester, NY: Healing Arts Press, 2008), 4.
- ²³ Pauline Wills, *The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet* (Rochester, NY: Healing Arts Press, 1995), 7.
- ²⁴ Ibid., 9.
- ²⁵ Ibid., 43.
- ²⁶ Faure-Alderson, *Total Reflexology*, 6.
- ²⁷ Ibid., 6.
- ²⁸ Wills, *The Reflexology Manual*, 8.
- ²⁹ Ibid.
- ³⁰ Ibid., 8-10.
- ³¹ Ibid., 7.
- ³² Ibid., 11.
- ³³ Ibid., 10.
- ³⁴ Ibid., 10.
- ³⁵ Ibid., 11.
- ³⁶ Thiel, *Combining Old and New*, 137.
- ³⁷ Faure-Alderson, *Total Reflexology*, 4.
- ³⁸ “Course Detail—SNH222,” Trinityschool.org, accessed March 17, 2013, http://trinityschool.org/course_detail.php?id=SNH222.
- ³⁹ David Pesek, “Iridology—An Overview,” International Institute of Iridology, last modified 2008, accessed March 30, 2013, <http://holisticiridology.com/core/wp-content/uploads/2010/07/overview.pdf>.
- ⁴⁰ “The Science of Iridology,” accessed March 28, 2013, <http://www.marysherbs.com/heal/heal-iri.shtml>.
- ⁴¹ “Compare Translations for Matthew 6:22,” Bible Study Tools.com, accessed March 28, 2013, <http://www.biblestudytools.com/matthew/6-22-compare.html>.
- ⁴² Thiel, *Combining Old and New*, 83.

-
- ⁴³ Pesek, “Iridology—An Overview.”
- ⁴⁴ David Pesek, “About the International Institute of Iridology,” accessed April 18, 2013, <http://holisticiridology.com/about-the-institute/>.
- ⁴⁵ David Pesek, “Frequently Asked Questions,” accessed March 30, 2013, <http://holisticiridology.com/faqs/>.
- ⁴⁶ Thiel, *Combining Old and New*, 83.
- ⁴⁷ *Ibid.*, 83.
- ⁴⁸ Jensen, *The Science and Practice of Iridology*, 15.
- ⁴⁹ *Ibid.*, 13.
- ⁵⁰ Pesek, “Iridology—An Overview.”
- ⁵¹ *Ibid.*
- ⁵² *Ibid.*
- ⁵³ Jensen, *The Science and Practice of Iridology*, 94, 96.
- ⁵⁴ Pesek, “Iridology—An Overview.”
- ⁵⁵ *Ibid.*
- ⁵⁶ *Ibid.*
- ⁵⁷ *Ibid.*
- ⁵⁸ *Ibid.*
- ⁵⁹ *Ibid.*
- ⁶⁰ Jensen, *The Science and Practice of Iridology*, Introduction.
- ⁶¹ Pesek, “Iridology—An Overview.”
- ⁶² “Course Detail—SNH325,” Trinity School of Natural Health, accessed April 1, 2013, http://trinityschool.org/course_detail.php?id=SNH325.
- ⁶³ Donald Lepore, *The Ultimate Healing System: The Illustrated Guide to Muscle Testing and Nutrition* (Salt Lake City, UT: Woodland Publishing, 1985), 1.
- ⁶⁴ *Ibid.*, viii–15.
- ⁶⁵ Anne Salisbury, *Eureka! Understanding and Using the Power of Your Intuition* (Golden, CO: Lively Spirit, 2013), 79, 110.
- ⁶⁶ “Programs,” Trinity School of Natural Health, accessed August 9, 2010, <http://trinityschool.org/programs.php?id=2> (page deleted).
- ⁶⁷ “Programs,” Trinity School of Natural Health, accessed March 17, 2013, <http://trinityschool.org/programs.php?id=2#SNH332>.
- ⁶⁸ Charles McWilliams, “Man, Miracle and Bodily System,” accessed September 23, 2011, <http://schoolofnaturalmedicine.info/course/view.php?id=4>.
- ⁶⁹ *Ibid.*
- ⁷⁰ *Ibid.*
- ⁷¹ *Ibid.*
- ⁷² *Ibid.*

-
- ⁷³ Ibid.
- ⁷⁴ Elaine N. Marieb, *Human Anatomy & Physiology*, 6th ed. (San Francisco, CA: Pearson Benjamin Cummings, 2004).
- ⁷⁵ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ⁷⁶ Julian Kenyon, *Acupressure Techniques: Well-being and Pain Relief at Your Fingertips* (Rochester, NY: Healing Arts Press, 1988), 7.
- ⁷⁷ Ibid., 11.
- ⁷⁸ Ibid., 7.
- ⁷⁹ Ibid., 21.
- ⁸⁰ Ibid., 22.
- ⁸¹ Ibid., 22.
- ⁸² Ibid., 8–13.
- ⁸³ Ibid., 11–13.
- ⁸⁴ Ibid., 1–22.
- ⁸⁵ Ibid., 11.
- ⁸⁶ Charles McWilliams, “Herbalism,” accessed September 8, 2011, <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=1572>.
- ⁸⁷ Thiel, *Combining Old and New*, 212.
- ⁸⁸ Ibid., 212–213.
- ⁸⁹ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ⁹⁰ School of Natural Healing and Christopher Publications, “Plantain,” accessed April 10, 2013, http://www.herballegacy.com/Ahlborn_History.html.
- ⁹¹ Ibid.
- ⁹² Ibid.
- ⁹³ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ⁹⁴ Mark Pedersen, *Nutritional Herbology: A Reference Guide to Herbs*, rev. ed. (Warsaw, IN: Whitman Publications, 2008), 53.
- ⁹⁵ Ibid., 170.
- ⁹⁶ Ibid., 170.
- ⁹⁷ Ibid., 96.
- ⁹⁸ Thiel, *Combining Old and New*, 213.
- ⁹⁹ Pedersen, *Nutritional Herbology*, 6.
- ¹⁰⁰ Edward E. Shook, *Advanced Treatise in Herbology* (Warsaw, IN: Wendell W. Whitman, n.d.), 18.
- ¹⁰¹ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.

-
- ¹⁰² Pedersen, *Nutritional Herbology*, 50.
- ¹⁰³ *Ibid.*, 8.
- ¹⁰⁴ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹⁰⁵ School of Natural Healing & Christopher Publications. “Ginseng,” accessed April 10, 2013, http://www.herballegacy.com/Holland_Medicinal.html.
- ¹⁰⁶ Pedersen, *Nutritional Herbology*, 81.
- ¹⁰⁷ *Ibid.*, 8.
- ¹⁰⁸ Charles McWilliams, “Herbalism,” accessed September 8, 2011, <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=1572>.
- ¹⁰⁹ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹¹⁰ Kurt Schnaubelt, *Advanced Aromatherapy: The Science of Essential Oil Therapy*, trans. Michael J. Beasley (Rochester, NY: Healing Arts Press, 1998), 20.
- ¹¹¹ *Ibid.*, 15.
- ¹¹² *Ibid.*, 12.
- ¹¹³ *Ibid.*, 13–14.
- ¹¹⁴ *Ibid.*, 23.
- ¹¹⁵ *Ibid.*, 15.
- ¹¹⁶ *Ibid.*, 36.
- ¹¹⁷ *Ibid.*, 83.
- ¹¹⁸ *Ibid.*, 85.
- ¹¹⁹ *Ibid.*, 6.
- ¹²⁰ *Ibid.*, 8.
- ¹²¹ *Ibid.*, 10–11.
- ¹²² *Ibid.*, 14–16.
- ¹²³ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.)
- ¹²⁴ Ted M. Morter, *Your Health... Your Choice* (Hollywood, FL: Fredrick Fell, 2009), 137–138.
- ¹²⁵ *Ibid.*, 27–29.
- ¹²⁶ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹²⁷ *Ibid.*
- ¹²⁸ Bernard Jensen, *The Chemistry of Man, Vol. II*, 2nd ed. (Winona Lake, IN: Whitman Publications, 2007), 28.
- ¹²⁹ *Ibid.*, 32.
- ¹³⁰ *Ibid.*, 43.
- ¹³¹ *Ibid.*, 50.

-
- ¹³² Ibid., 92.
- ¹³³ Ibid., “A moment with you.”
- ¹³⁴ Ibid., “A moment with you.”
- ¹³⁵ Ibid., Table of Contents.
- ¹³⁶ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹³⁷ Maesimund B. Panos and Jane Heimlich, *Homeopathic Medicine at Home: Natural Remedies for Everyday Ailments and Minor Injuries* (Los Angeles, CA: J. P. Tarcher, 1980), 7-8.
- ¹³⁸ Ibid., 12.
- ¹³⁹ Ibid., 18.
- ¹⁴⁰ Charles McWilliams, “School of Natural Medicine–Homeopathy,” accessed September 15, 2011, <http://schoolofnaturalmedicine.info/course/view.php?id=30>.
- ¹⁴¹ Ibid.
- ¹⁴² Ibid.
- ¹⁴³ Panos and Heimlich, *Homeopathic Medicine at Home*, 12.
- ¹⁴⁴ McWilliams, “School of Natural Medicine–Homeopathy.”
- ¹⁴⁵ Ibid.
- ¹⁴⁶ Ibid.
- ¹⁴⁷ Ibid.
- ¹⁴⁸ Ibid.
- ¹⁴⁹ Ibid.
- ¹⁵⁰ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹⁵¹ Ibid.
- ¹⁵² Ibid.
- ¹⁵³ Charles McWilliams, “Principles of Clinical Nutrition,” accessed January 10, 2012, <http://schoolofnaturalmedicine.info/course/view.php?id=10>.
- ¹⁵⁴ Pedersen, *Nutritional Herbology*, 20.
- ¹⁵⁵ Alice Hubbard, *The American Bible*: (East Aurora, NY: Roycrofters, 1918), 30.
- ¹⁵⁶ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹⁵⁷ McWilliams, “Principles of Clinical Nutrition.”
- ¹⁵⁸ Ibid.
- ¹⁵⁹ “Programs,” Trinity School of Natural Health, accessed April 1, 2013, <http://trinityschool.org/programs.php?id=2#SNH334>.
- ¹⁶⁰ Ibid.
- ¹⁶¹ Ibid.

¹⁶² Ibid.

¹⁶³ Ibid.

¹⁶⁴ Bernard Jensen, *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods* (Warsaw, IN: Whitman Publications, 2005), 1.

ESSAY 3: MULTIMODALITIES IN A HEALER'S EVOLUTION

All powerful initiators have perceived in one moment of their lives the radiance of central truth, but the light which they drew from it was refracted and colored according to their genius, their mission, their particular time and place.

—Rosalyn Bruyere¹

The primary factor in bringing about scientific discovery is not necessity or individual genius but the relentless pressure of accumulating knowledge.

—Aaron J. Idhe²

Introduction: Our Changing World

A Case for More in a Healer's Toolbox

Our world is changing faster than we can take historical notation into print. We live in an expansive new world in the twenty-first century. As healers in this time, we need an equally expansive set of tools to help our clients. Our fast-moving, high-tech, chemically driven world has left us with a whole new set of physical and emotional issues that we could not have conceived of a century ago. Yatri aptly refers to these issues as “technological and social overflows.”³ These new complex illnesses and diseases call for an innovative arsenal of healing techniques to be added to the healer's repertoire.

Though we have been left with new challenges, we have also gained a greater scientific understanding about our beliefs and biology.⁴

The biochemical underpinnings of awareness—of sensations such as pleasure and pain, drives such as hunger and thirst, emotions such as anger and joy, and “higher” states such as awe and spiritual inspiration—have been identified. “Informational substances” such as hormones, peptides, and neurotransmitters find their way—in one of nature's most stunning designs—to receptor molecules that are on the surface of every cell in the body.

These “molecules of emotions” shape mood and thought. Significantly, it is a two-way process. Emotions and thoughts initiate a series of cascading chemical and cellular events—including the formation of new neurons—that are the basis of other emotions and thoughts.⁵

What was once a one-dimensional knowledge base of books on a shelf in a healer’s library now spans the globe into our homes and offices. Today we can support our clients in more ways than ever. We can choose to study the newly accepted concept of energy medicine, the ancient bush shaman, remote viewing, past life work, psychic surgery, spiritual attunements, angel therapies, mediumship, subtle energies, and more. Our clients are in need of and rightfully demanding a health care and healing system that provides choices that can support and help them move to a higher level of physical, emotional, psychological, and spiritual well-being.

Not Enough—We Need More!

As a twenty-first-century healer, it came to my attention that approximately 60–90 percent of today’s illnesses are related to mind-body stress. Classic medical treatments using drugs and surgery are helping less than half of the time.⁶ What about the other half? “More” was the answer I heard in my head. We need more effective approaches to put into our healing toolbox—more and greater measures.

In response, I set about to find the most efficacious way to meet my clients’ needs. I directed my focus to finding modalities that address the underlying causes while allowing the individual to move toward well-being. The goal was and is tools that empower clients to find and step onto their own upward spiral of wise health choices in their “becoming.” Though it is important to provide an immediate solution to their ills, it is equally important to help them find the entrance to and step onto their own new path of

wellness. This is a journey, a partnership with healer and healee walking a sacred path toward realizing their highest divine potential.

There are currently over 250 energy-related modalities recognized in the United States.⁷ There are many more approaches and methods, perhaps thousands to consider from all reaches of the globe. Norman Shealy and Dawson Church's book *Soul Medicine*, and its subtitle *Awakening Your Inner Blueprint for Abundant Health and Energy*, said it all and spoke my intent. Larry Dorsey's endorsement of the book reflects my own sense of the breadth of healing that is unfolding: "A new medicine is arising—one which embraces spirituality and consciousness as emphatically as conventional medicine has dismissed them."⁸

"More," I heard. Not for the sake of the process or to fill space but a need to respond to the call to add energy-related modalities to be better able to serve. I needed to fill my arms with more tools beyond my skills as a boarded naturopath and a licensed public school teacher with a degree in human ecology. Instinct said this was not enough, my toolbox inventory said it was short of the tools my trade required. There was a wide-open space for healing tools in my practice.

Clean food, exercise, herbs, and balanced living can often be enough to bring about a return to health. But in our twenty-first-century techno-driven society, the "often enough" is quickly becoming "less often," less successful, leaving a greater gap between illness and well-being. It became apparent a tool was needed to successfully support my clients at all levels while serving multiple arenas: the emotional, the physical, the mental, and the spiritual.

Off to meditation, prayer, meetings, and internet searches to find a panacea. It was not there. What I found was far more than 250 possibilities. After looking and looking, it became apparent that the vision for a single algorithm tool may not exist. Careful evaluation found an initial twenty or so that I felt could be called upon or combined together to fill the emotional, physical, mental, and spiritual realms of the clients' needs in my practice. Richard Gordon, founder of Quantum-Touch, says that the nice thing about natural healing tools is they can all be mixed and used with each other. He says the ones that don't work together are not the "good ones."⁹ My choices were fluid, flexible, and fit nicely with each other.

I began at the beginning, which for me was Emotional Freedom Techniques (EFT), a pivotal energy psychology method developed by Gary Craig. Next I added another complementary energy psychology to my toolbox, BE SET FREE FAST (BSFF), created by Larry P. Nims, PhD. I have continued to study, add, and integrate the twenty plus energy-related modalities that I originally identified along with other techniques that facilitate the spiritual, emotional and physical life shifts my clients are seeking. Underpinning my journey is my own Nous-Based Healing (NBH)¹⁰ which synthesizes my formal training and God-based gifts to work in the Healing Slipstreams and quantum fields.

Emotional Freedom Techniques (EFT)

Together we will build within you a bridge to the land of personal peace.
—Gary Craig

I began learning EFT on my own from Gary Craig's DVD library. As a historically poor test taker, I used EFT to "tap" on any study blocks and the inability to retain the information I read as I studied for a large national exam. A delightfully high

set of test results confirmed the approach and my efforts. I continued to use EFT to reduce the charges on my own life issues and traumas, with great success. My phobias and fears began disappearing. With these positive outcomes, I then chose to study for multiple EFT certifications and add them to my professional toolbox for my clients, who experienced the same amazing results.

Dawson Church, author of *The Genie in Your Genes*, said, “EFT is destined to be one of the top items in the toolkit of the best doctors in the coming generation.”¹¹ I agree with his statement and that of Norman Shealy, coauthor of *Soul Medicine*: “By removing emotional trauma, EFT helps heal physical symptoms too.”¹² I concur with Candace Pert, author of *Molecules of Emotion*, who says, “EFT is at the forefront of the new healing movement.” Bruce Lipton, author of *The Biology of Belief*, states, “EFT is a simple, powerful process that can profoundly influence gene activity, health, and behavior.”¹³

Gary Craig, the founder of EFT, promotes EFT as a common-sense approach. It does not involve surgery, needles, pills, or chemicals, and no one is exerting force or holding any part of the body.¹⁴ It is “a few harmless procedures that involve tapping on various points on your body, while processing emotional memories.”¹⁵ Because of its simplicity, therapists and energy practitioners can teach it to their clients to use at home, coaches are teaching it to their teams, parents are using it with their children. Doctors are teaching it to their patients for pain control; alternative practitioners such as acupuncturists, chiropractors, and body therapists are blending it into their existing practices. Clergy are using it on themselves and teaching it to their congregations.¹⁶

While EFT is considered experimental, initial research has indicated that EFT appears to be a highly effective way to reduce the negative emotions that may be underlying mental, physical and spiritual issues that could be blocking the way to healing. Researchers are finding increasing scientific evidence that many diseases have a significant emotional trauma base. EFT is an energy psychology based on tapping Chinese acupuncture points. It is “a collection of self-help techniques that address the mind-body connection using acupressure with mental-emotional focus.”¹⁷

Thousands of individual reports have shown that EFT is able to reduce rapidly the negative emotional impact of memories and past incidences that trigger emotional and physical distress.¹⁸

The reduction, release, or reframe of these negative memories and traumas often leaves the body energetically freed up and able to use its energy to rebalance itself and accelerate healing. Simply put, through tapping, EFT allows a person to reduce the negative impact of memories and, as a result, the person frequently experiences less physical and emotional pain.¹⁹

EFT works by the individual stimulating (tapping) specified areas on the body’s energy pathways (meridians) at the points where they come closest to the skin, while focusing his or her thoughts on a negative issue. The stimulation of tapping balances the negative response, leaving the client rebalanced and often free of or with reduced emotional or physical pain. EFT has many advantages and is often a solution when other efforts fail. It does not involve drugs or chemicals.²⁰ “EFT is usually rapid, long lasting, and gentle ... can be easily learned by anyone, even children,” requires no equipment, is easily self-administered and available anywhere, anytime, and “you do not have to believe in it for it to work.”²¹

Even though EFT is still considered an experimental technique, more than fifty investigators in seven countries have researched and investigated EFT. Peer-reviewed journals such as the *Journal of Clinical Psychology* and the APA journal *Psychotherapy: Theory, Research, Practice, Training* have published the results. Harvard Medical School, Walter Reed Army Medical Center, and Texas A&M University are a few of the investigator-affiliated institutes.²²

Testimonials and anecdotal reports show EFT has been successfully used for fears, phobias, traumas, posttraumatic stress disorder (PTSD), depression, anger, addictions, insomnia, physical conditions, and diseases.²³ The low-cost and self-help nature of it make it especially appealing to those who have exhausted their medical benefits and savings and find themselves still ill, in pain, and in need of relief.

EFT History

Sigmund Freud, with his work on the subconscious, brought awareness that emotional suffering might involve the brain. In the 1950s behavioral psychologists explored how stimuli could affect behavior and behavior could change neural pathways; and changing neural pathways caused thoughts, emotions, and behavior to change. In the following decades the idea of our minds affecting our body, the mind-body connection, brought about methods such as Eye Movement Desensitization and Reprocessing (EMDR), Thought Field Therapy (TFT), and Advanced Integrative Therapy (AIT), in addition to EFT.²⁴

Acupuncture, the basis of EFT, was first noted in *The Yellow Emperor's Classic of Medicine* between 475 and 221 BC.²⁵ The explanation of how EFT interacts with the

meridians in unblocking chi is delightfully explained by the Infinity Healing Center of Wisconsin:²⁶

The ancient Chinese believed that there is a universal life energy called Chi or Qi present in every living creature. This energy is said to circulate throughout the body along specific pathways that are called meridians. As long as this energy flows freely throughout the meridians, health is maintained, once the flow of energy is blocked, the system is disrupted and pain and illness occur. Acupuncture therefore works to ‘reprogram’ and restore normal functions by stimulating certain points on the meridians in order to set up the Chi energy. These disruptions along the meridians can be unblocked with EFT allowing the energy to flow freely and bring emotional, as well as physical, benefits.²⁷

George Goodheart, an American chiropractor, was introduced to acupuncture in 1962 through a British book. He began combining manual muscle testing to determine where on the body he could use manual pressure or tapping instead of needles. He named his process emotional stress release (ESR). Australian psychiatrist John Diamond, MD, took a class from Goodheart in the 1970s and began meridian-based therapies called “Behavioral Kinesiology.” He discovered “reverse muscle testing,” wherein his patient would muscle test positive for a negative statement. He dubbed it the “reversal of the body morality.”²⁸

An American psychologist, Roger Callahan, PhD, learned Applied Kinesiology from a Goodheart-trained psychiatrist, Harvey Ross, MD. Callahan recognized the value of Applied Kinesiology and further developed the work of Goodheart and Diamond into the “Callahan Technique,” or Thought Field Therapy (TFT). Callahan used muscle testing to find a specific tapping algorithm for each client. He then rechecked the strength of the muscle, repeating his sequence until the muscle tested strong. Like Diamond, he found clients with the same reversed muscle testing that blocked the

effectiveness of his treatment. He developed methods to deal with this “psychological reversal.”²⁹

He found his new system far more successful than traditional therapies and continued to develop his techniques. He discovered that similar emotional issues used similar tapping points. Callahan used the classic affirmative statement to accompany his clients’ tapping: “Even though I have *X* problem, I deeply and completely accept myself.”³⁰ He later dropped these kinds of statements, believing that it was the tapping on the points that brought issue resolution. He continued to develop and refine his techniques and has copyrighted some of them. He has many variations that can be complex and costly.³¹

Gary Craig, a Stanford engineer with a lifelong interest in how our thoughts influence our reality, was a student of self-help methods and a neuro-linguistic programming (NLP) master. American psychologists Richard Bandler, MA, and John Grinder, PhD, developed NLP in the 1970s. They broke down the actions of successful therapists such as Milton Erickson, MD, Fritz Perls, MD, and Virginia Satir into the teachable pieces “so that the skills and behaviors could be duplicated.”³² The language and reframing patterns of NLP were a strong influence for Gary Craig and can still be seen in his work.³³

Gary Craig then studied with Callahan and simplified TFT into a single algorithm called EFT.³⁴ He started the free and open-source website www.emofree.com and began dialoguing with therapists, counselors, doctors, and other facilitators around the world to spread the therapeutic power of EFT. Importantly, Craig has focused much time, money, and effort on working to relieve the war trauma and PTSD of our American veterans. His

free instructional manual has been downloaded by well over a million people and is available now to the entire world in a free continually updated tutorial form along with videos and information on his website, www.emofree.com.

EFT is compact, concise, easy to learn, easy to remember, and easy to use for everyone of all ages. Most of all, its fluid and flexible nature allows it to be adjusted according to the needs of the situation. It may be done in person, over the phone, or distantly from anywhere in the world with equal success. EFT can be done on yourself or someone else, on an animal, a plant, or a nonorganic item, in a group, alone, or in borrowing benefits from another by tapping along with that person's live or recorded session, again with equally great results. EFT works with our energies in more ways than we can explain from the scientific research to date. We have yet to understand whether EFT defies or defines physics. We are a bit like the blind men describing the elephant, each with his own rendition of what he is experiencing. EFT is a unique forerunner in energy techniques that has turned our footsteps permanently onto a new path of both promise and exploration.

The Discovery Statement

The basic components to EFT include a Discovery Statement, tapping points, and a set of instructions called the Basic Recipe. The Basic Recipe is a set of easy-to-follow instructions that Gary Craig likens to following a recipe for baking a cake. The important but easy key, is to follow the recipe by adding the right amount of ingredients in the correct sequence, and there you have it!³⁵

The basic premise of Emotional Freedom Techniques is that “the cause of all negative emotions is a disruption in the body's energy system.” In EFT, this is called the “Discovery Statement,” and I can't emphasize this concept enough. When our energy is flowing normally without

obstruction, we feel good every way. When our energy becomes blocked or stagnant or is otherwise disrupted along one or more of the body's energy meridians, negative or damaging emotions can develop along with all types of physical symptoms. This idea has been the centerpiece of Eastern medicine for thousands of years.³⁶

The Tapping Points

The tapping points are either the end points or close by the end points of each of the twelve meridians running throughout the body, plus the governing and conception vessels. They are points we are familiar with and use every day without realizing it. Also used is a point on the top of the head, which was added to the tapping round in later years. Remember that tapping these end points clears energy disruptions. Thus we are reducing or resolving physical or emotional issues where the “negative emotion created by the energy disruption is fear, anger, grief, anxiety, sadness, worry, guilt, or traumatic memories.”³⁷

The basics of EFT are simple. In a very short time, you can learn the tapping points and wording and begin applying them to your life and your issues with reasonable success. The art and skill of using EFT for situations in which EFT is working slowly, appears not to work at all, takes longer.... To become truly proficient requires additional training and extensive practice.³⁸

For our purposes here we will use the “Basic Recipe,” which consists of tapping on seven meridians points (plus two other points) rather than the full fourteen used in the “Full Basic Recipe,” which can be used when the shortcut method is not successful.³⁹

1. Karate Chop, **KC**: The soft fleshy part of the outside of your hand below the little finger.
2. Eyebrow, **EB**: The start of your eyebrow just above the nose.
3. Side of the Eye, **SE**: The side of your eye just outside the eye socket.
4. Under the Eye, **UE**: The bone just below the center of your pupil.

5. Under the Nose, **UN**: The area in the little groove below your nose.
6. Chin, **CH**: The little groove between your lower lip and bottom of chin.
7. Collar bone, **CB**: One inch below the *V* in the collarbone and one inch over.
8. Under Arm, **UA**: The side of your body four inches below the armpit.
9. Top of Head, **H**: The crown of the head.⁴⁰

You can tap with either hand or both hands on either side of the body. You can switch from side to side while tapping or use a rubbing motion. You can also use the “Touch and Breathe” technique developed by John Diepold, which involves lightly touching a point as you take a slow breath and then moving on to the next point.⁴¹

The EFT Process

1. Define the problem. Begin with choosing a “time when” you have a specific emotion or physical discomfort or a memory of the problem. The more specific the memory the better.
2. Rate the intensity of the problem from 1 to 10, with 10 being the most intense, and write it down. The same scale works for physical or emotional. It is a good idea to define every problem to determine how much progress you are making. If you have trouble rating the intensity, then “guess.” Your guess will probably be quite accurate. You can also stretch your arms out as far as possible and bring them in to represent where you are in feeling the issue. This is also a good technique for children.
3. The Basic Recipe is like baking a cake. You need a certain amount of ingredients in a specified order for the cake to come out tasty and light. Same here!⁴²

Ingredient #1 is the Setup:

This is vital to the whole process. Gary Craig describes it as setting the pins up in a bowling alley. There is nothing to aim the bowling bowl at if there are no pins first set up. “I present this bowling analogy only to give you a sense of the purpose of the Setup and the need to make sure your energy system is properly oriented before attempting to remove its disruptions.”⁴³ A similar example would be like putting batteries in a flashlight backward—nothing happens! This is called psychological reversal (discussed earlier) and Gary Craig believes it is why some diseases do not respond well to conventional treatments, why some people have trouble losing weight, and why athletes do not realize their full potential. “Psychological reversal is caused by self-defeating, negative thinking that often occurs subconsciously and thus outside of your awareness.”⁴⁴ This occurs about 40 percent of the time. Some people are affected very little by it and others seem to carry it as a theme.⁴⁵

The Affirmation: The psychological reversal cause is negative thinking, so the correction includes a neutralizing affirmation. There are many variations for this affirmation:

“Even though I have this _____, I deeply and completely accept myself.

(or)

“I’m Okay, I’ll feel better soon, I’ll be OK, Everything’s improving...”⁴⁶

Correcting the Psychological Reversal: To add to the effectiveness of the affirmation, tap the Karate Chop (KC) point while saying the affirmation with emphasis three times.⁴⁷

Ingredient # 2 is the Sequence: Now tap each energy meridian point.

H–top of Head (optional)

EB–Eyebrow

SE–Side of Eye

UE–Under Eye

UN–Under Nose

CH–Chin

CB–Collarbone

UA–Under Arm⁴⁸

The following diagram shows the Basic Recipe points along with the Full Basic Recipe points. It is a delightful overview that you can come back to when you are finished reading to guide you through your EFT rounds. It will prompt you to redirect yourself when you have finished a sequence but still have symptoms or if you are unsure what to say or where to go next.

EFT on a Page

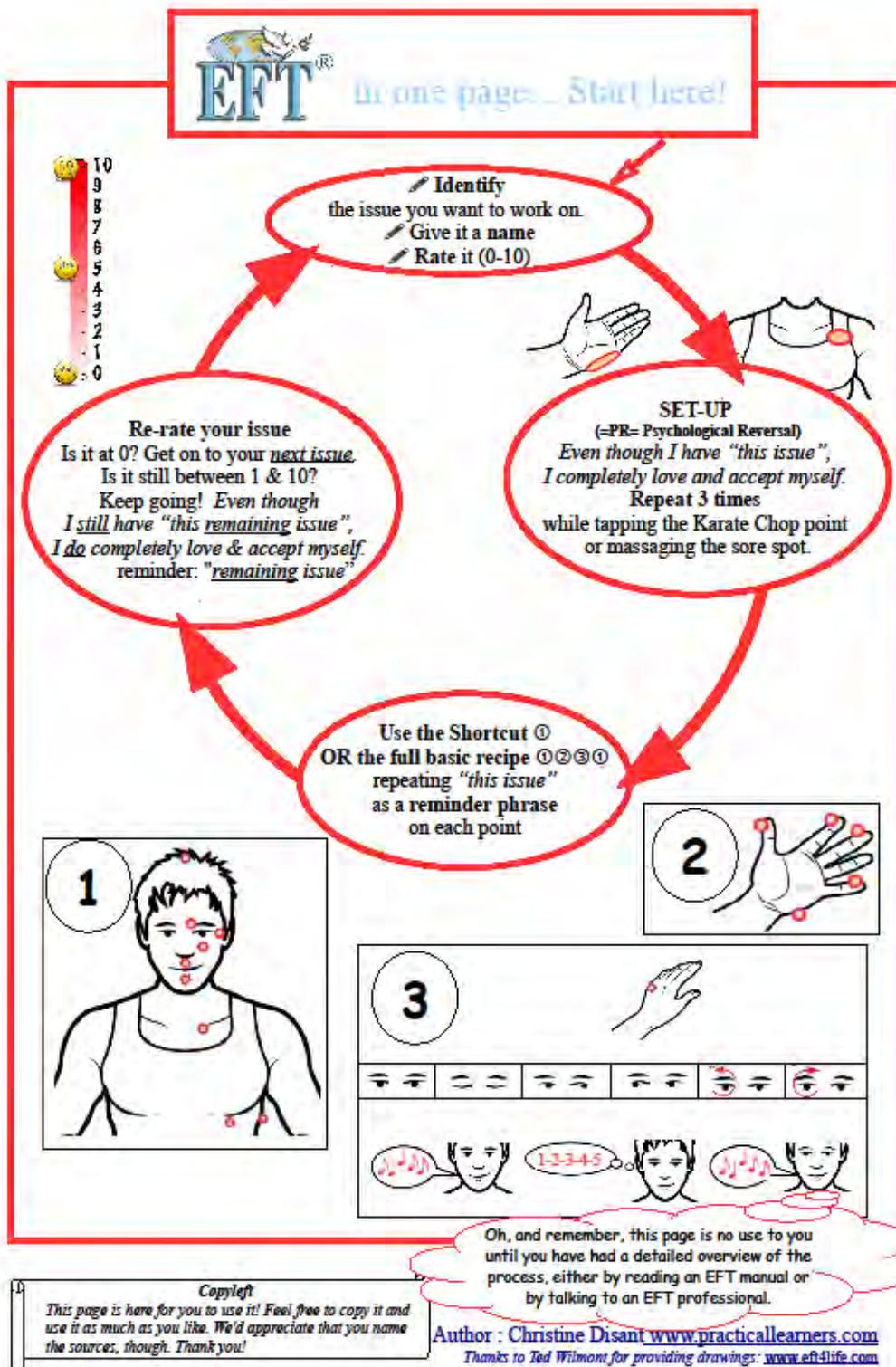


Figure 4. [EFT on a Page!](#)

The Reminder Phrase: Like a quarterback aiming his pass at a receiver, likewise we need to aim the Basic Recipe at a specific problem. We tune into the problem and tell our system which problems need to be received. We can simply think about the negative problem to tune into it while applying the basic process. It may feel difficult to consciously think about the problem while tapping, so we use a simple and short Reminder Phrase from the same words you used in the affirmation. For example in the affirmation, “Even though I have this fear of barking dogs, I deeply and completely accept myself.” the Reminder Phrase is “fear of barking dogs”. The Reminder Phrase is not usually necessary but there are some cases when it is required and then it is really essential for success. It is easy to assume it is always needed and include it with each round.⁴⁹

Test for results: At the end of one or two rounds of the sequence, stop and measure where you are now on the 1–10 scale. If the issue doesn’t bother you any more, great. If you have only partial relief or a lower number but still have a charge, then do the following.⁵⁰

Successive Round Adjustment: This is where psychological reversals show up. They are now blocking any remaining progress. You may have experienced reduction in pain or emotional issues, but the psychological reversal is preventing further resolution.⁵¹

“Even though I **still** have **some** of this (remaining) _____, I deeply and completely accept myself.”⁵²

Now pick an issue that is bothering you and give it a try! Remember, EFT can be done alone, to you, on another person, in groups and at a distance, on animals, plants, places, and things, with equally successful results.

The concise, easy-to-use overview of EFT presented here is called Mechanical EFT. It is a simple and effective approach for people new to EFT. Further study will teach the tapper about aspects, core issues, the Gamut Procedure, the generalization effect, the Movie Technique, the Tell the Story Technique, the Tearless Trauma Technique, secondary gains, Borrowing Benefits, the Personal Peace Procedure, and many more tools to help the tapper learn “The Art of EFT” and experience the often quick but permanent results for which EFT is so well known.⁵³

My EFT articles, techniques, free manual and tapping sheets on my websites:

www.EnergyMedicineForYou.com or www.HealingSlipstreams.com

Gary Craig, founder of EFT, for a free training tutorial, videos and his latest information:

www.emofree.com

Dawson Church’s EFT for the latest energy medicine research, free manual, videos, workshops, training and certifications, Veterans Stress Project, and more:

www.eftuniverse.com.

BE SET FREE FAST (BSFF)

The second addition to my energy toolbox, BE SET FREE FAST (BSFF), is an empowering and potent self-help tool. It is a gentle, easy-to-learn, easy-to-use energy psychology method “for rapidly eliminating total distress including freedom from mental//psychological/emotional issues and all kinds of personal limitations.”⁵⁴

According to founder, Larry P. Nims, PhD, BSFF provides permanent and effective solutions to a constellation of previously difficult psychotherapy treatment problems.

“Anyone can easily learn to use and apply BSFF for themselves and others.”⁵⁵ It is a

twenty-first-century energy tool for increasing one's well-being and effectiveness as a person.

What is BSFF?

BE SET FREE FAST (BSFF) is a highly focused energy therapy method for eliminating the emotional roots and self-limiting belief systems that are embedded and operate as automatic programs in the subconscious mind. These programs automatically determine and control most of our experience, self-expression and behavior. These unresolved negative emotions and beliefs create and maintain psychological symptoms, which automatically result in mental, emotional, physical, energetic, spiritual, and life adjustment problems, including many medical, and health problems. BSFF eliminates these subconscious programs quickly and gently.

—Larry Nims, founder of BSFF⁵⁶ *All of the Larry Nims quotes in this section are reprinted with permission from the founder of BSFF, Larry P. Nims, PhD.*

BSFF History

Bernard Jensen, the father of modern iridology, tells a classic rendition of the role of timing in the coming-of-age process that has accompanied so many discoveries and inventions. It is not an uncommon scenario to find two inventors sitting side by side in the patent office waiting to register their all but identical inventions. Jensen describes a similar occurrence in iridology history in the mid-1800s when two doctors independently spent years researching and refining iris diagnosis, with each subsequently publishing his own book. “It is interesting to note that although these men lived many miles apart and did not know each other, they wrote similar books at the same time, even writing alike word for word in many instances.”⁵⁷

Likewise, Larry P. Nims, PhD, founder of BSFF, began training with Callahan in February 1990, fifteen months before Gary Craig, and became the first psychologist to complete the Callahan training. Nims first trained as a psychology research scientist and

then as a clinical psychologist. He became discouraged and saddened after using traditional treatments for over twenty years in his clinical psychology practice and became determined to find a better way to help his clients.⁵⁸

Quite quickly after training with Callahan, Nims shortened Callahan's Thought Field Therapy (TFT) to his own more efficient treatment version. In 2000 Nims eliminated tapping altogether. Though he acknowledged that acupuncture meridians were involved in psychological problems, he did not feel they were the actual source of the problems. "Conceptually, I believed—and then experientially confirmed—that tapping is not required in order to achieve successful treatment results. I believe that the root cause of the problem(s) was somewhere deeper. I did not publicize or market my work until I presented at Gary's seminar in 1998."⁵⁹ Nims found he could eliminate Callahan's complex "9 Gamut" routine and still experience the same successful results. He also came to realize that Callahan's psychological reversal was a form of resistance or psychological block and could be easily treated like any other psychological problem with the same easy-to-use BSFF treatment procedure.⁶⁰

In 1997 Gary Craig and Nims discovered they had each been doing similar work independently. Sometime after Craig's seminar, the early developers agreed to name this new genre of treatments "energy psychology."⁶¹

Fifteen years ago Gary Craig, creator of EFT, organised a unique event attended by many people who have since become the leading figures in the Energy Psychology field. Back then, he proposed that we are "on the ground floor of a healing high-rise...." Since Gary made that statement, there have been many revolutionary new developments in Energy Psychology....many of whom were present at that initial event organised by Gary Craig, have all explored and developed their own innovative and effective ways of helping people using Energy Techniques.⁶²

Nims saw amazing results in his research as he quietly worked on himself and his clients in his office. Working independently, he became determined to find the causal source of his clients' issues and to understand his astounding treatments outcomes.⁶³

BE SET FREE FAST is an acronym for Behavioral and Emotional Symptom Elimination Training for Resolving Excess Emotion: Fear, Anger, Sadness, and Trauma.⁶⁴ This acronym is a good descriptor of what BSFF can do for you but not for all that this powerful tool can help you achieve.⁶⁵ "BSFF treats by accessing and redirecting the subconscious (unconscious) mind with one simple treatment step to eliminate each identified problem."⁶⁶ It is a gentle, simple, and effective self-administered technique that brings about surprisingly rapid progress on problems that have been resistant to traditional therapy.⁶⁷

BSFF is an efficient and effective way to "access and use the amazing mechanisms of the mind to be set free."⁶⁸ It is a tool that is easy to learn and easy to use, and is yours for the rest of your life—whenever you need it. "BSFF readily eliminates the same emotionally based problems as all of the energy therapies. [Nims believes that] BSFF works at deeper psychological levels than other energy therapies by specifically and purposefully treating the unresolved emotional roots and the belief systems which are operating automatically in the person's subconscious mind."⁶⁹

About BSFF

BSFF is listed as one of the seven systems of energy psychology in Fred Gallo's *Energy Psychology in Psychotherapy* source book.⁷⁰ "BSFF is based on the concept that all psychological issues are caused by the unresolved negative emotions and limiting beliefs that lie buried in our subconscious."⁷¹ All the history of our experiences, both

internal and external, is stored in our subconscious. Nims describes the subconscious as “your faithful servant.” It responds to whatever it is told. It follows orders. For instance, if you have an underlying belief that you never do anything right, your subconscious will be your faithful servant and spend the rest of your life creating and affirming events to prove this belief. The subconscious is programmed to respond in specified ways in specific situations.⁷²

BSFF is also based on the concept that “everything is energy. Our thoughts are the highest form of human energy. Our thought energy can now be harnessed to directly address, and alleviate, the source of our psychological problems at the deepest levels – specifically, in the negative and self-limiting programs of our subconscious minds.”⁷³

BSFF addresses the four major areas in which clients most often seek psychotherapy:

- Reduction of negative and disruptive emotions
- Elimination and replacement of negative, debilitating thoughts, and self-limited beliefs
- Elimination of dysfunctional habits and behaviors
- Development of effective and adaptive daily living skills, attitudes, and beliefs⁷⁴

Basic Principles of BSFF Theory

All of the Larry Nims quotes in this section are reprinted with permission from the founder of BSFF, Larry P. Nims, PhD.

BSFF applies the following premises to the elimination of virtually all psychological problems. Here are some basic principles and concepts that underlie the creation and/or activation of most human psychological experiences as well as the maladaptive behavioral reactions that are often created:

- Every psychological problem consists of a set of unresolved emotions from past experiences and these emotions combined with the belief system (thoughts).

- Over time, these unresolved emotions and beliefs form programs which activate and operate without the individual's conscious awareness or permission.
- The only causal source of all psychological problems is programming in the subconscious mind.
- The individual's subconscious mind creates, maintains, and activates each program and determines the timing, intensity, and duration of each manifestation of the program specific reaction. (Examples: maladaptive thoughts, emotions and behaviors)
- Manifestation of one psychological problem creates a new psychological injury and automatically triggers the manifestation of new psychological problems.
- Each problem (i.e., program of thought energy and related emotional energy) can be eliminated by signaling the individual's subconscious through his/her intention. The subconscious will eliminate the psychological problem instantly each time it is cued to do so.
- Sometimes multiple psychological problems occur simultaneously as a symptom complex or syndrome. Often these multiple problems can be simultaneously eliminated with one use of the person's cue.

Therefore, it is axiomatic that...

No thorough and permanent change in any psychological problem (maladaptive thoughts, emotions, and behavioral reactions) can be eliminated unless and until the causal, controlling, subconscious program is eliminated.

This means that any treatment method that does not fulfill all of these principles and axioms cannot achieve complete and durable psychological change and freedom.⁷⁵

BSFF Targets the Subconscious Mind

Paramount and pivotal to successful BSFF is the reading of a prescribed set of definitions prior to beginning the first session. BSFF uses a set of terms and definitions that target the subconscious mind. In BSFF it is essential for the subconscious mind to be exposed to these specific definitions and terms used in treatment. The client needs to read them or the practitioner needs to read them to the client one time. It is only necessary for the subconscious to hear it and not necessary for the person to understand fully the meanings of the terms.⁷⁶

However, re-reading the definitions again from time to time will be quite helpful for your conscious mind understands of what BSFF and your subconscious can do for you. It will help you to more readily recognize possible problems that you could be treating and also to discover new strategies for your BSFF treatment.⁷⁷

Definition of BSFF Terms

Psychological Problem: a set of emotional roots combined with the controlling belief. The problem is under the complete control of the subconscious. The conscious mind can only occasionally and temporarily override this subconscious programming.⁷⁸

It is important to remember that we did not choose or give ourselves permission to have these negative thoughts and feelings we call problems. We are not responsible for them. We had no conscious awareness of the process as the subconscious developed these complex problems. We can, however, accept ownership and take responsibility to eliminate them.⁷⁹

A problem may have a huge number of emotional roots working together with a controlling belief. The unresolved emotions along with this belief are eliminated simultaneously with one use of your BSFF cue. They are all instantly neutralized and made inoperative.⁸⁰

Issue: consists of two or more problems operating together in a given situation or circumstance. An issue can consist of just a few problems or a very large number of problems ... especially in complex issues such as self-image and self-confidence. Each problem has an extensive number of emotional roots combined with a governing belief. This means that 'the faithful servant,' the subconscious, is doing a huge amount of treatment work on your behalf.⁸¹

Intention: refers to the act or instance of mentally determining some action or result. Intention relates to what one has in mind to do or bring about. "Intent" means having the mind or will fixed upon some purpose or goal. "Intend" is defined as having in mind something to be done or brought about. BSFF includes all of these meanings.⁸²

Subconscious: is a functioning part of the mind that operates automatically below our conscious level of awareness ... Remember that the subconscious embraces all of our thoughts, feelings, beliefs, attitudes, images and energetic impressions. It makes no difference to the

subconscious whether the incoming information is positive or negative, helpful or unhelpful, adaptive or maladaptive. The subconscious is totally neutral and just records our experiences, impressions, emotions.⁸³

It is also important to remember that the subconscious is a free agent, not a friend nor enemy, but operates totally independent of our wants and desires faithfully carrying out its programming. The subconscious operates automatically below our conscious level of awareness. It is but a “faithful servant” neutrally conveying the incoming information.⁸⁴

It even causes us to create situations and circumstances that have been subconsciously programmed along with automatic reactions to these experiences. There is an ongoing stream of creation and activation.⁸⁵

Emotional Roots: are sets of unresolved emotions from past experiences. These consist of old emotions—both negative and positive—that have not been fully and completely expressed and released. Eventually this accumulation of emotional energy becomes attached to a specific belief. The combination of the belief and the set of unresolved emotions (the problem) is then controlled by the subconscious mind. When triggered automatically, the problem instantly manifests and presents as what we call a psychological problem.⁸⁶

Our “free will” that we think we are operating under, is often a programmed misperception. We are really often re-acting rather than pro-acting. We think we are exercising our free will when we are actually reacting to the programs in our subconscious. While we like to think we are making choices, we are frequently responding to old programs that we had nothing to do with creating.⁸⁷

BSFF Cue Word: is a word or phrase used as a signal to the subconscious. It may also be an image in the conscious mind or physical action in the body. The cue word is quite an efficient tool. Your cue words signals the ever faithful subconscious to do all the work gently and instantly.⁸⁸

Treat or Treatment: “refers to the process of intentionally activating the subconscious to neutralize and/or eliminate the problem or issue...”⁸⁹ Treating is the use of your cue word by saying, thinking, writing or whispering it. Nothing else needs to be done for the subconscious to do the whole treatment instantly. You may or may not consciously feel the shift in the energy system that has just taken place in your body. Either way, the subconscious has faithfully carried out the treatment.⁹⁰

The Fail-Safe System is like a rocket back up system in that it operates to prevent a change in the subconscious programming of the issue. The Fail-Safe System acts to prevent treatment progress and is active in 10–15 percent of treatment issues.⁹¹

Fail-Safe System: is a specific sequential set of problems that sometimes operates to maintain especially resistant or chronic patterns—often in recurring or cyclical issues. For example, most every type of addictive process involves a set of fail-safe problems. The purpose of the fail-safe system is to prevent a change in the subconscious programming of the issue. In other words, that system of problems prevents treatment progress.⁹²

There are twelve Fail-Safes that operate in a hierarchy requiring sequential treatment. It is not required or necessary to automatically treat for a Fail-Safe for every issue or problem. It is only necessary to use it on the rare occasions when problems/issues do not resolve.⁹³ The first nine should be treated in the following order:

1. I want to be free of this problem.
2. I am willing to be free of this problem.
3. I am willing to be free of this problem from now on.
4. I give myself permission to be free of this problem from now on.
5. It’s okay for me to be completely free of this problem from now on.
6. I deserve to be permanently free of this problem from now on.
7. I am willing to give up, permanently, all the benefits of keeping this problem.
8. I am willing always to receive all of the positive benefits of being free of this problem.
9. I willingly do everything necessary to ensure that I am free and remain continually free of this problem from now on.⁹⁴

Then treat the following three additional “global issues.” Note that #12 is always operating and must be treated every time.

10. I still have one or more problems that will make me keep or take back this problem.
11. There is still something within me that will make me keep or take back this problem.
12. I am still vulnerable to taking this problem back sometime.⁹⁵

The Stoppers are included in the BSFF Closing Sequence after all treatments for the session. Stoppers can undo BSFF treatments and cause us to take back treated problems.

Stoppers: refer to common problems that occur within each of us and stop us from using the treatments or maintaining the treatment progress that we achieve during our current treatment session. Untreated stoppers can quickly undo BSFF treatments and set us up to take back treated problems.⁹⁶

As with any problem, the stoppers come from previous subconscious programming.⁹⁷

They are as follows:

- I am afraid that these treatments won't work for me.
- I am afraid that these treatments won't last.
- I doubt that they will work.
- I doubt that they will last.
- I don't trust myself to do things effectively in these new ways.
- I doubt that I will do things effectively in these new ways.
- I doubt my ability to live out these changes in my life.
- I am vulnerable to taking back one or more of these problems I have just treated.
- I have one or more other problems that would directly or indirectly stop me from maintaining my treatment gains.⁹⁸

Overview of a First Session

1) **Read Definitions to prepare the subconscious mind:** The first step is to read or scan the entire treatment protocol that includes the definitions.⁹⁹

2) **Choose Cue Word:** After you read the definitions, you can now choose any cue word or short phrase. This will be your cue word throughout the treatment. It may be changed in the future or you may have more than one cue word set up, as long as you instruct the subconscious that you're going to use other cue words.¹⁰⁰

3) **Read Instructions to the subconscious mind:** Now read the instructions to your subconscious mind that are provided. You only need to read these instructions once, as your subconscious mind will carry out the instructions. Larry Nims created the following shortened version for doing demonstrations, seminars, and conferences from his "BSFF Treatment Protocol."

This is an instruction to you, my subconscious mind. Whenever I think or say my "cue word," which is _____, for any psychological problem that I ever choose to eliminate, this will signal to you my intention for you to eliminate all the unresolved emotions and beliefs that are controlling each problem or issue that I just noticed and that prompted me to use my cue word. You will do this whether I consciously identify or understand the problem or issue; and you will do this from now on, under any conditions or situations I may be in at the time of treatment.

Disclaimer: Please be aware that this quick start version works with minor issues such as simple phobias. It is imperative to use the full length version to address more critical problems and issues.

4) **Use Cue Word:** Use your cue word once to confirm your intention that your subconscious will do all the treatments as instructed from this time onward. Your "faithful servant" always does this for you.¹⁰¹

5) **Notice Problem:** Noticing the problem is the essential first step. Now you are ready to use your conscious awareness to notice the problem. You may use the subjective units of distress (SUD) scale or muscle testing to detect the problem. Nims uses muscle testing

extensively with his clients either in person or by distance testing over the phone.

Alternatively, clients may train and learn to do their own muscle testing.¹⁰²

Each separate past experience or event may have several emotions stored with it. For instance, if a dog chases and bites a child, there may be several automatic emotional reactions such as anger, fear, sadness ... These emotions may be experienced simultaneously or sequentially.

6) **Treat:** Now treat the problem by thinking, whispering, speaking, visualizing, or writing your cue. Your subconscious will do the treatment work. At this point, treat any or all other problems that are occurring at the same time as time permits. “Keep treating until there is no further negative experience or sense of limitation of any kind...[around the issue/problem]. That is, treat until any negativity in your mind, emotions, body, and/or spirit have been resolved.”¹⁰³ Don’t put pressure on yourself to treat every possible problem you can think of in one session. If you are distressed realizing there are so many treatments that need doing, treat for that. Remember, they will come to your attention and show back up again.¹⁰⁴

7) **Be Thorough:** Thoroughness is most important to prevent any problems or issues from returning in your life or having the subconscious rebuild the problem/issue.¹⁰⁵ Again, thoroughness is the key to not taking back or rebuilding problems or issues. Notice, treat, and continue, notice treat and continue again until all issues or problems have been neutralized including Fail-Safes.¹⁰⁶ Continue the process using the SUD scale and/or muscle testing until no charge is revealed. Continue “until you feel in balance, in harmony, peaceful, and neutral about the issue that you just treated. Do this with every problem or issue that you treat.”¹⁰⁷

Be careful not to “settle for less” than complete freedom in whatever issue or problem you are treating. Thinking that feeling better is good enough is dangerous. That’s because you will likely be leaving one or more problems involved untreated regarding the issue. Any untreated aspects of the issue will be a set up that can enable the entire issue to return.¹⁰⁸

Here are two comprehensive treatment statements that are an excellent place to start to treat most problems or issues:

- a. I am treating every thought, feeling, attitude, belief, imagination, fantasy, and every other problem about or toward ... a person(s), an experience, an event, a situation, an organization, etc.
- b. I am treating every thought, feeling, attitude, belief, imagination and every other problem that I have ever had as a result of this person, event, situation, organization, etc.¹⁰⁹

You will become proficient at treating “instantly” as issues/problems arise in any circumstances, without anyone knowing.¹¹⁰

8) **Closing Sequence:** End each session with the Closing Sequence of five essential treatments to diminish the return of the treated problems/issues. It is quick and easy and can be done silently or aloud in less than fifteen seconds. Do the Closing Sequence as soon as possible after the session. Problems can return rather rapidly if it is not done. If you find yourself forgetting to do the Closing Sequence, treat for that until you see yourself naturally including the closing at the end of every session.¹¹¹

Treat everything from this session saying:

- “I forgive everyone and everything”¹¹² (everyone you are holding accountable or responsible consciously or unconsciously), then use your cue word once.¹¹³
- “All Stoppers”¹¹⁴ then use your cue word once. The first few times test each one of the listed Stoppers. Assume that some of them will remain operative for a long while before eventually ceasing to operate.¹¹⁵

- “Angry at myself or mad at myself”¹¹⁶ (this includes all anger, judgment, and criticism; each time anger is treated, the accompanying/related judgment and criticism will also be removed), then use your cue word once.¹¹⁷
- “Forgive myself,”¹¹⁸ then use your cue word once. “Unforgiveness is one of the most psychologically damaging experiences we can have ... [both] for ourselves and others.”¹¹⁹
- “All traumas”¹²⁰ (this includes posttraumatic stress effects), then use your cue word once.¹²¹

“Get up. Dust yourself off. And go enjoy your new freedom! Be alert, notice, and quickly treat every problem that reveals itself to your conscious awareness at any time in your daily life.”¹²²

Nims takes great joy in sharing his “energy psychology method for rapidly eliminating total distress including freedom from mental/psychological/emotional issues and all kinds of personal limitations.”¹²³ He says BSFF can do many remarkable things to dramatically increase your well-being and your effectiveness as a person. His clients and peers concur with him through their own direct experience and newfound freedom in life.¹²⁴

A Psychiatric Nurse and Therapist writes, My practice has been revolutionized by the use of BE SET FREE FAST.

A BSFF client says, This is the most amazing psychotherapeutic methodology I’ve ever seen (and feel free to quote me anytime). It really is simpler, more effective and goes deeper than anything I’ve ever been exposed to, despite years as a therapist and over thirty years in full-time hypnosis.

A psychotherapist writes, I am using your BSFF with great success. I love the wholeness of it and its simplicity.¹²⁵

Nims is aware that his assertions about this powerful and elegant technique may challenge a first-time reader. But he also brings his experience from a forty-nine-year, and counting, career as a professional psychologist as a base for his method. His beginnings as a research scientist in psychology and his more than twenty-three years of experience in this method, combined with his extensive training, study, personal, and professional experience leave him well-placed as one of the founders of energy psychology. He does not take personal credit for his work but gives credit to God as his source.¹²⁶ He feels BSFF is a beautiful, potent, and powerful self-help tool designed to give everyone the opportunity to achieve the personal psychological freedom in every area of their life that they need and desire.

Although the length of this paper and copyright limitations do not provide for more session nuances, it does fulfill the intent of this essay to give the reader a solid introduction to and an overview of the nature of a BSFF treatment. More information and videos sessions may be viewed at Nims' website www.BeSetFreeFast.com and on www.Youtube.com. (See [Appendix B](#) for BSFF "Quick Start" sheet.)

Conclusion

And, therefore as a stranger give it welcome. There are more things
in heaven and earth, Horatio, than are dreamt of in your philosophy.

—Shakespeare, *Hamlet*, Act I, Scene V

The energy psychology modalities, BSFF and EFT, are an excellent foundation and great choices for first tools in a healer's toolbox. They are complementary and broad tools that can be used on almost anything, anytime, and anywhere and even with low cost! In summary, adding multimodalities to a twenty-first-century healer's repertoire is essential if they are to resolve the new techno-driven emotional, physical, mental, and

spiritual problems of their clientele. Our once-clean air, pesticide-free food, and no additive and corn-syrup-free ingredients are a distant memory. Nuclear waste and synthetic hormones in our “clean” mountain streams capture our attention and strain our nervous systems. Our “technological and social overflows” are flowing into our health and longevity equation in a negative way that begs consideration sooner than later.

Finding solutions to combat the stress and maintain mind-body health presents new challenges to our health practitioners and health care systems. The playing fields for health and longevity, which were once level, are now “complexed” with both emotional and physical contaminants. We have chemical and oil spills, radiation levels, weather patterns, sick office buildings, the stress of a global economy, and terrorism combined with the fast-paced twenty-first-century lifestyle. We do have options available to handle these new multiple stressors. We can choose our approach to how we want to live. But more important, we can choose our response to our new “complexed” world.

Our diverse world calls for a diversity of methods. While more is not necessarily more, wise selection of a set of synergistic tools that will respond to the new wellness challenges of this century puts practitioners in good stead on their path of helping those in need.

In response to our changing world and along with naturopathy, I continue to weave the threads of multimodalities certifications, trainings, and studies into my practice that include: Certified Angel Card Reader (CACR), certified Angel Therapy Practitioner (ATP), BE SET FREE FAST (BSFF), Certified Body Code Practitioner (CBCP), Controlled Remote Viewing (CRV), Certified Emotion Code Practitioner (CECP), Certified Family and Consumer Sciences (CFCS), certified Emotional Freedom

Techniques (EFT), Human Ecologist (HEC), certified Integrated Energy Therapy (IET), Intuitive and Guide, Jin Shin Jyutsu, certified Lymphologist, Master Herbalist (MH), certified Medium, Nambudripad's Allergy Elimination Technique (NAET), Certified Natural Health Professional (CNHP), Pastoral and Spiritual Counselor, Quantum-Touch Certified Practitioner and Instructor (QTCP / QTCL1I), Tai Chi, registered Therapeutician, Secondary, Vocational and Prekindergarten teaching certificates, Eden Energy Medicine foundational studies, Shafaw Healing, Nous-Based Healing (NBH), and Ordained Minister with Master of Theology in Spirituality and Holistic Health (ThM – September 1, 2013). www.HealingSlipstreams.com or www.EnergyMedicineForYou.com

My personal response to the times in which we live continues to call for more. As a Specialized Generalist,¹²⁷ it is my delight to respond to our evolving world vision by “en-gulping” these many tools into my energy practice. My own NBH (Nous-Based Healing) techniques give me nearly the full “roundness” of tools for my practice. NBH allows me to synthesize my formal trainings with the energy tools I have developed, and my God-based gifts to work in the Healing Slipstreams and quantum fields. NBH techniques are a powerful, mathematically congruent set of love-based tools to enable my clients to step out of their imbalances and into realizing their greatest potential now!

Endnotes: Essay 3

¹ Rosalyn Bruyere, *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*, ed. Jeanne Farrens (New York: Fireside, 1994), 56.

² Bernard Jensen, *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods* (Warsaw, IN: Whitman Publications, 2005), 15.

-
- ³ Yatri, *Unknown Man: The Mysterious Birth of a New Species* (New York: Simon & Shuster, 1988), 18.
- ⁴ Dawson Church, *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*, 2nd ed. (Santa Rosa, CA: Energy Psychology Press, 2009), 62.
- ⁵ David Feinstein, Donna Eden, and Gary Craig, *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change* (New York: Jeremy P. Tarcher/Penguin, 2005), xii.
- ⁶ Sources in addition to personal experience: Church, *The Genie in Your Genes*; Donna Eden, with David Feinstein, *Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality* (New York: Jeremy P. Tarcher/Penguin, 2008); Feinstein, Eden, and Craig, *The Promise of Energy Psychology*; Bradley Nelson, *Body Code System: A New Breakthrough in Natural Healing—Mind Maps* (Mesquite, UT: Bradley Nelson & Wellness Unmasked Publishing, 2011). Bradley Nelson, *The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness* (Mesquite, NV: Wellness Unmasked Publishing, 2007); Norman Shealy and Dawson Church, *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*, 2nd ed. (Santa Rosa, CA: Energy Psychology Press, 2008).
- ⁷ Dorothea Hover-Kramer, *Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners* (Santa Rosa, CA: Energy Psychology Press, 2011), 221.
- ⁸ Shealy and Church, *Soul Medicine*, front cover endorsement.
- ⁹ Richard Gordon, “Quantum-Touch,” Blog, Q & A Call, March 28, 2013, accessed April 13, 2013, <http://blog.quantumtouch.com/Portals/146904/docs/richardgordon.03.27.13.mp3>.
- ¹⁰ Nous-Based Healing is a metaphysical paradigm, an expanded awareness umbrella that encompasses but is not limited to time, dimensions, energy healing, spirituality, intuition, and the quantum fields.
- ¹¹ Gary Craig, *The EFT Manual*, 2nd ed. (Santa Rosa, CA: Energy Psychology Press, 2011), back cover.
- ¹² *Ibid.*
- ¹³ *Ibid.*
- ¹⁴ *Ibid.*, xiii.
- ¹⁵ *Ibid.*, xiii.
- ¹⁶ *Ibid.*, xiii.
- ¹⁷ Ann Adams and Karin Davidson, *EFT Level I Comprehensive Training Resource* (Fulton, CA: Energy Psychology Press, 2011), 10.
- ¹⁸ *Ibid.*, 11.
- ¹⁹ *Ibid.*, 11.
- ²⁰ *Ibid.*, 10–12, 26–27.
- ²¹ *Ibid.*, 11.
- ²² *Ibid.*, 11–12.
- ²³ *Ibid.*, 11–12.
- ²⁴ *Ibid.*, 12–13.
- ²⁵ *Ibid.*, 13.
- ²⁶ *Ibid.*, 14.

-
- ²⁷ Ibid., 14.
- ²⁸ Ibid., 14-15.
- ²⁹ Ibid., 15-16.
- ³⁰ Ibid., 16.
- ³¹ Ibid., 16.
- ³² Ibid., 17.
- ³³ Ibid., 14–17.
- ³⁴ Ibid., 14–17.
- ³⁵ Craig, *The EFT Manual*, 76–77.
- ³⁶ Ibid., 71.
- ³⁷ Adams and Davidson, *EFT Level I Comprehensive Training Resource*, 26–27.
- ³⁸ Ibid., 27.
- ³⁹ Ibid., 27.
- ⁴⁰ Ann Adams and Karen Davidson, *EFT Level 2: Comprehensive Training Resource* (Fulton, CA: Energy Psychology Press, 2011), 21.
- ⁴¹ Ibid., 26.
- ⁴² Craig, *The EFT Manual*, 74–76.
- ⁴³ Ibid., 78.
- ⁴⁴ Ibid., 79.
- ⁴⁵ Ibid., 79.
- ⁴⁶ Ibid., 80–82.
- ⁴⁷ Ibid., 83.
- ⁴⁸ Ibid., 83–88.
- ⁴⁹ Ibid., 88.
- ⁵⁰ Ibid., 92.
- ⁵¹ Ibid., 93.
- ⁵² Ibid., 93.
- ⁵³ Ibid., 74–109.
- ⁵⁴ Larry P. Nims, *BSFF Treatment Protocol* (Goodyear, AZ: Larry P. Nims), 2013.
- ⁵⁵ Ibid.
- ⁵⁶ Larry Nims, “BE SET FREE FAST,” accessed April 15, 2013, <http://www.besetfreefast.com>.
- ⁵⁷ Jensen, *The Science and Practice of Iridology*, 1.
- ⁵⁸ Larry P. Nims, “BE SET FREE FAST Treatment Protocol” (paper presented at Life Energy: Next Level of the Healing Highrise Event in Brussels, Belgium, May 6–8, 2013), 2.
- ⁵⁹ Ibid., 2.

-
- ⁶⁰ Fred P. Gallo, ed., *Energy Psychology in Psychotherapy: A Comprehensive Source Book* (New York: W. W. Norton, 2002), 78.
- ⁶¹ Nims, "BE SET FREE FAST Treatment Protocol," 2.
- ⁶² "Next Level of the Healing High Rise Event Brussels, May 6–8, 2013," Healing Highrise, accessed April 15, 2013, <http://www.healing-highrise.com/>.
- ⁶³ Nims, "BE SET FREE FAST," 2.
- ⁶⁴ Larry Nims, "Tell Me about BE SET FREE FAST Self-Help," accessed April 15, 2013, <http://www.besetfreefast.com/faq.html>.
- ⁶⁵ Larry P. Nims, interview by R Leah Moon, "The Evolution and Future of BSFF: BE SET FREE FAST," March 4, 2013, unpublished.
- ⁶⁶ Gallo, *Energy Psychology in Psychotherapy*, 77.
- ⁶⁷ Nims, "BE SET FREE FAST Treatment Protocol," 1.
- ⁶⁸ Larry Nims, BSFF phone consultation and training with author.
- ⁶⁹ Larry Nims, "Tell Me about BE SET FREE FAST Self-Help," accessed April 15, 2013, <http://www.besetfreefast.com/faq.html>.
- ⁷⁰ Gallo, *Energy Psychology in Psychotherapy*, Contents, v.
- ⁷¹ Larry Nims, "BSFF and How Can It Help People?," Goodyear, AZ. (received electronically May 25, 2012)
- ⁷² Nims, interview by R Leah Moon.
- ⁷³ Larry Nims, "BSFF and How Can It Help People?," Goodyear, AZ. (received electronically May 25, 2012)
- ⁷⁴ Gallo, *Energy Psychology in Psychotherapy*, 77.
- ⁷⁵ Nims, "BE SET FREE FAST Treatment Protocol," 3.
- ⁷⁶ *Ibid.*, 4.
- ⁷⁷ *Ibid.*, 4.
- ⁷⁸ *Ibid.*, 4.
- ⁷⁹ *Ibid.*, 5.
- ⁸⁰ *Ibid.*, 5.
- ⁸¹ *Ibid.*, 5.
- ⁸² *Ibid.*, 5.
- ⁸³ *Ibid.*, 5–7.
- ⁸⁴ *Ibid.*, 5–7.
- ⁸⁵ *Ibid.*, 5.
- ⁸⁶ *Ibid.*, 7.
- ⁸⁷ *Ibid.*, 8–9.
- ⁸⁸ *Ibid.*, 9.
- ⁸⁹ *Ibid.*, 9.

-
- ⁹⁰ Ibid., 9.
- ⁹¹ Ibid., 9–11.
- ⁹² Ibid., 9–11.
- ⁹³ Ibid., 9–11.
- ⁹⁴ Ibid., 9–11.
- ⁹⁵ Ibid., 9–11.
- ⁹⁶ Nims, *BSFF Treatment Protocol*, 4–12.
- ⁹⁷ Nims, “BE SET FREE FAST Treatment Protocol,” 11–12.
- ⁹⁸ Ibid.
- ⁹⁹ Ibid., 13.
- ¹⁰⁰ Ibid., 13.
- ¹⁰¹ Ibid., 16–18.
- ¹⁰² Ibid., 16–18.
- ¹⁰³ Nims, “BE SET FREE FAST Treatment Protocol,” 8.
- ¹⁰⁴ Ibid., 16–20.
- ¹⁰⁵ Nims, *BSFF Treatment Protocol*, 11–17.
- ¹⁰⁶ Ibid.
- ¹⁰⁷ Nims, “BE SET FREE FAST Treatment Protocol,” 16–18.
- ¹⁰⁸ Ibid.
- ¹⁰⁹ Ibid., 16.
- ¹¹⁰ Ibid., 18.
- ¹¹¹ Ibid., 18–20.
- ¹¹² Ibid., 18–19.
- ¹¹³ Ibid., 18–19.
- ¹¹⁴ Ibid., 18–19.
- ¹¹⁵ Ibid., 18–19.
- ¹¹⁶ Ibid., 18–19.
- ¹¹⁷ Ibid., 18–19.
- ¹¹⁸ Ibid., 18–19.
- ¹¹⁹ Ibid., 19.
- ¹²⁰ Ibid., 18–19.
- ¹²¹ Nims, “BE SET FREE FAST,” 18–20.
- ¹²² Gallo, *Energy Psychology in Psychotherapy*, 82.
- ¹²³ Nims, “BE SET FREE FAST Treatment Protocol,” 1.
- ¹²⁴ Ibid., 1–20.

¹²⁵ Larry Nims, “Tell Me about BE SET FREE FAST Self-Help,” accessed April 15, 2013, <http://www.besetfreefast.com/faq-testimonies.html>.

¹²⁶ Nims, interview by R Leah Moon.

¹²⁷ A LgRS who coalesces multiple disciplines with the intention of summing their parts into a greater whole through the creation of service/healing tools to raise world vibration.

**ESSAY 4: THE HEALING CONTINUUM EVOLVING—
SUMMARY OF THE THREE ESSAYS**

- 1) Values, Education, Physics, and Philosophy in a Healer's Evolution: A Case for Values in the Curriculum through observing History, Physics, and Philosophy**
- 2) Naturopathy in a Healer's Evolution**
- 3) Multimodalities in a Healer's Evolution**
- 4) The Healing Continuum Evolving—Summary of the Three Essays**

Syllabus HU 790 Master's Essays and Exam: In consultation with the Chair, the student chooses a specific topic of interest and writes three, ten-page stand-alone essays based on that topic. The first three essays explore and develop various aspects of the topic in depth and include both adequate references and bibliography. In the fourth essay the student integrates the material of the first three essays. This fourth essay is based upon the information in the first three essays and thus, is not a stand-alone essay. In its title, the fourth essay references the titles of the first three essays.

Introduction

Each time we as healers transmit energy into another, the fields around us affect charged particles, even if ever so slightly, in the farthest galaxies.

—Rosalyn Bruyere¹

There is always a spiritual component in holistic healing. The degree of one's connection with higher consciousness is a great determinant of the success of an approach. In this sense, both the consultant and the person are helped by a connection with Higher Consciousness. Approaches that utilize and strengthen a person's volition (ability to make balanced choices) have the greatest healing potential.

—Holos University Graduate Seminary²

Faith, prayer, thoughts, emotions, intentions, and beliefs are vital components to creating a space for healing and balance to occur.

—*Shift* magazine, Institute of Noetic Sciences³

Plot Points and Patterns for the Time of Being



Evolution is a process; it “strives towards higher and higher levels of consciousness.”⁴ The three previous essays plus this fourth one are a set of plot points connecting my evolution on the path as a healer and healee. They serve as a “looking back” tool, reflective of movement across apparent “time” into my present multimodality energy medicine practice. Physicist, Joseph Ford, PhD, precipitated more thoughts around my process of arriving here when he said, “Evolution is chaos with feedback.”⁵ Then again, chaos gives every indication that it precedes order. I believe energy operates in precise patterns that we have not yet been privy to see from a larger perspective because we lack the tools. Without these tools, one might perceive the results of my situation as a series of chaotic events that somehow perturbed my being into a twenty-first-century healer. I do not feel myself the consequence of a series of succussions, stirrings, or random jostlings from a cosmic bench scientist, as though I were the accidental result of what was me. A more preferable answer is the missing tool theory and the belief that my journey was and is quite precise and my arrival at this point was a result of an exact set of actions (not accidental or supervening) resulting in my evolution as a twenty-first-century healer.

The nature and process of the denouement aside, the journey from the start carried an air of choice-lessness—not helplessness, but directed from somewhere beyond,

responding from a larger awareness. No amount of logic, apparent common sense, financial need, or intellectual activity appeared to be able to redirect or deflect my direction down another path. Somewhere along the way the Universe presented me with a giant jigsaw puzzle. I found it dumped out of its box upside down on the table with no picture to look at. Curiosity gets us all and I knew it would reveal itself in the end. I find the colors and shapes of these jigsaw pieces appealing and they keep me returning to the table to look for more edge and corner pieces. Who could resist turning over “one more” with the hope it might fit into another piece and give a glimpse of that unseen picture.

We are Continuous

Essays 1, 2, and 3 are a (continuous) reflection of myself in motion seeking to respond to an evolving world vision with love. “Patterns are constantly dissolving, reforming, and changing in relation to one another.”⁶ Where we think we ought to be changes as our feelings and circumstances change. Growth dictates we are in a constant state of “realigning.” The apparent chaos is just that. Underlying, unseen is an exactness preparing to rise like the phoenix from the illusion of ashes. It is a precise process in which we are the witness of the results: the butterfly emerging to flap its wings to be felt round the world. We are both the process and the witness.

The butterfly arises into “Is-ness,” unknowingly authentic, and fully itself. Only humans feel the obligation or the need for distraction to autopsy their “Is-ness” into files of unending explanations and categories until the process becomes the distraction and the original query forgotten in the sake of the process. In response to our humanness, we seek “understanding” to explain both our outer and inner worlds. We seek the rules of the game. We seek rules to confirm our “understanding.” Physicist and Nobel Prize

recipient Richard Feynman, helps us see our process of rules and finding by describing us as observers looking for patterns and clues.

What do we mean by “understanding” something? We can imagine at this complicated array of moving things which constitute “the world” is something like a chess game being played by the gods, and we are observers of the game. We do not know what the rules of the game are; all we are allowed to do is to watch the playing. Of course, if we *watch* long enough we may eventually catch on to a few of the rules ...⁷

His statement fills our human need for comfort as we seek reason and order to our existence. He provides a familiar scenario, an anchoring spot to watch from, a boat to sit in, and an observation platform from which we can better define, note, and describe what we are experiencing. Feynman tells us what we all want to hear, that it is okay because there is something out there bigger than us and, ultimately, we can't know it all. We can all use the rules we find. He invites us to load the bases. In the simplicity of his explanation, he allows us the freedom to walk to home base.

In our self-observation of the process, we come to see the rules he describes. As responders to our universe, we have a tendency to be drawn to cycles and rhythms in our lives. We may notice over the years that we plan a trip each fall to the same park or return to the same beach for vacation. Morphic fields of resonance play through our lives, whether as values or ethics that we are repeating by teaching in the classroom or the habitual nature of rituals repeated every year in our family celebrations. Repeating patterns catch our attention. They form fields that in turn draw us back to them for repeating and expanding. We become the Hundredth Monkey principle by participating in this earth-time life.

Observing Form Following Function

As an observer, one of the earliest patterns I detected in my healer's evolution was the necessity of en-gulping large amounts of information, like an amoeba. Early in the process, form dictated and began following function as a recurring pattern of broad specialization emerged with my first educational studies. It settled across my research and continues today as one of the central themes in my life mission. An equally recurring theme and driver is the desire to help and empower others. Lastly, the largest theme of all is my call to work from a space of spirituality and love.

It is not unusual to want to move beyond our field of specialty—for me, helping others—in its most base form into a larger search and understanding of purpose. The great physicists Werner Heisenberg, Niels Bohr, and Erwin Schrödinger studied mysticism and Eastern philosophy. While not hailing from such a grand lineage, I was in good company in seeking beyond for more answers. So here with my self-observations came the corner(s) and edge pieces to the picture of my jigsaw puzzle. As Rumi said, “Let yourself be silently drawn by the stronger pull of what you really love.”⁸

This larger theme of spirituality, which for me is inseparable from love, led to My Spiritual Vision to:

Bring awareness of the power of our direct connectedness and oneness for a better world and future. Shine light on the God-centered energy of “now” to empower all of us to respond to life with loving kindness and wisdom using micro/macro synergism and the infinity of dualistic circles within circles. Pursue the business of God through promotion of compassion that garners energy person-by-person, city-by-city, and

nation-by-nation raising the vibration of the world toward peace and health for a new Earth.

My Spiritual Vision birthed into My Spiritual Mission:

Everything we do or think has an effect on others; we are the butterfly flapping its wings felt around the globe.

My Spiritual Mission includes:

The engaged scientific research and application of positive healing modalities as tools of compassion and as catalysts for raising the Earth's vibration with an end goal of positively affecting/effecting global peace and health. The manifestation of spiritual right action in and through each person using God-directed wisdom from the heart.

My Spiritual Mission became the springboard for My Spiritual Job.

More than the Sum of Its Parts

As with all energetic patterns, My Spiritual Vision, Mission, and Job came together to manifest in new vibratory patterns greater than the sum of its parts. Greater than that awareness is the sense that we are participating in an event that is “larger than.”

We are “more than” and our cells tell us this if we listen quietly.

Organization of consciousness is, like the hologram, indivisibly whole. There is no sense that some part of you is your consciousness, but you are all together as one in being yourself. This means it has some qualities of the implicate realm, in which sense “every cell of our body enfolds the entire cosmos,...”⁹

As both observer and participant, finding my pulse on the healing continuum was easier than trying to describe it, and beyond my translation skills. It was not like putting a chair out on the parade route before it starts or a blanket down on the ground to hold

one's space to watch fireworks. It "tastes" more than it "feels" a result of energetic interactions that precipitate into a state in response to sets in the quantum fields and elsewhere. Describing the exact process of becoming might best be left to the dedicated word jacks of theoretical physics and to the butterflies who just know how to "do it." But, a bit like the damp butterfly reborn, I did, and still do feel the pulsing that contained my energy signature respond to the rhythms that find us entraining to the unseen greater sum. It elucidated itself as the nature of my spiritual place on the healing continuum.

Responding to Pulses from the Continuum

This energetic space acts as a summary of my life experience to date and the cornerstone of my path on the way to world serving. It is the alchemy of Spirituality and Nous-Based Healing within human ecology, naturopathy, Gnosticism, metaphysics, energy medicine, parenting, and me. It is the looking back at the telling forward of one healer's ongoing journey. It is the simplicity of form following function inside the theme of responding to an evolving world vision with love. It is the "trusting" and "listening" and "gifting" journey of the "tool gathering and receiving" process in seeking to manifest a better world. It is the willingness to walk through darkened rooms with outstretched arms to the other side.

The alchemy of My Tools is fourfold:

1) born with an altruistic nature to love and help others; 2) the experience and domino effect of long-term neglect and emotional and physical abuse in subjugated circumstances; 3) the grace "ability" to focus, set priorities, find resources, and work creatively at a high level under duress; and 4) to compost then transmute the darker side of human nature to light and love. Therefore, My Place on terra firma is: to understand

human nature through the integrative application of spirituality and science to help catalyze the shift of the use of knowledge and technology to the good of human kind and to the service of God. To these ends, My Tools find me well placed in the healing arts, catalyzing human causes and organizations toward the larger vision of global wholeness.

The Looking Back of Parts

We don't always see how we have come to be standing where we are, and it may not be necessary in order to continue to progress. But in our humanness to understand and feel rooted, we go looking for the connections that will provide us with a story, or, at the very least, a link to explain our present state of existence. In the looking back, I found "parts" of the whole, pieces of the jigsaw picture, that fit together to tell the story: the exposure to science during my bachelor's degree, the years of esoteric and metaphysical studies; psychic skills (which some refer to as a gift), the affinity for lay physics and philosophy, and the desire to help others from a loving spiritual space. They are one large set of threads weaving themselves through my process into the present. They marry up well with my innate gift of intuition to help me connect the dots to coalesce information and answers from my diverse areas of study and research into their present state of my practice. Parts are important! As David Bohm writes:

Parts are an immediate connection, with dynamical relationships that depend in an irreducible way on the state of the whole system. Thus, one is led to a new notion of unbroken wholeness which denies the classical idea that the world can be analyzed in separately and independently existing parts.¹⁰

Understanding the parts and how they fit gives us insights into what we are trying to discover.

Essay 1, with its long title, springs from (and frames) my training at The Ohio State University with a bachelor of science degree in home economics and teaching certifications in secondary, vocational, and pre-K education. From the beginning, these comprehensive areas and broad interests dictated the need to become a Specialized Generalist.¹¹ These multiple certification areas, the specialties, and the studies suggest a working example of Bohm's "unbroken wholeness" as I became certified in Family and Consumer Sciences (CFCS) through the American Association of Certified Family and Consumer Sciences.

8 National Exam Standards

- Integration of Foundations in Personal, Family, Community, and Career Roles
- Family Studies and Human Services
- Human Development, Education, and Services
- Nutrition, Wellness, and Food Science
- Food, Lodging, and Hospitality
- Consumer and Resource Management
- Textiles and Apparel
- Environmental Design

The studies eventually morphed academically into human ecology with emphasis on values, ethics, family, early childhood, and child abuse prevention with a constant bend to studying alternative and complementary medicine.

The following three quotes from *Educating for Character*, by Thomas Lickona, and the fourth quote from *Where Two Worlds Touch*, by Gloria Karpinski, had a sobering impact upon me and are a serious reflection of the state of our country and our educational system as well as a symptom of larger problems. Both my personal and educational experience confirmed these statements.

We are rediscovering the link between private character and public life.¹²

There is today a widespread, deeply unsettling sense that children are changing—in ways that tell us much about our society ... many young people growing up in this kind of media culture are stunted in their moral judgment.¹³

Just as character is the ultimate measure of an individual, so it is also the ultimate measure of a nation.¹⁴

Lasting social change is only possible when individual consciousness has first been changed.¹⁵

My teacher training coupled with awareness of the importance of ethics and values in our families, schools, and countries led me to research the history of education and philosophy to discover how our students had moved toward moral illiteracy and what we could do to shift the direction back again. In the first essay, “Values, Education, Physics, and Philosophy in a Healer’s Evolution: A Case for Values in the Curriculum Through Observing History, Physics, and Philosophy,” my answers to these troubling quotes came from the sciences. The statement “Nature abhors a void” spoke to me, affirming the energetic patterns I observed, and offered me a methodology and road map out of moral illiteracy. Physics, mathematics, and philosophy supplied the reasons it is imperative to teach values in the schools as well as at every level of our societal life, while at the same time affirming the validity of my process on the journey.

Response and change are a continuous requirement and synonymous with the word “evolution.” And, like a classical physicist trying to locate an electron in its orbital shell, I continue to respond and move through all directions of time, space, and dimensions to determine how best to express my divine life mission in the healing continuum. We have experienced “vast technological and psychological thresholds which we, as a species, have stepped across in the last 40 years and the subsequent effect

upon the evolutionary development of mankind.”¹⁶ Saying where we come from may not be enough. Acknowledging what we have come through, to come to, gives a larger sense of why and how we came to stand as we look down toward our feet figuratively and literally.

The second essay, “Naturopathy in a Healer’s Evolution,” is a plot point revealing the natural next step for me to engage the world as a healer on the next evolutionary spiral around myself. The corner piece of the jigsaw puzzle called naturopathy is an “en-gulping” pattern repeating itself inside of world serving, spirituality, and love. The mathematician, Benoit Mandelbrot, coined the term *fractal*. “These ‘self-similar patterns’ are nested within one another ... Fractal images of smaller structures are miniatures of larger units.”¹⁷ Again, my (fractal) tools required and reflected multiple areas of specialty as revealed by the surplus of subtitles throughout essay 2. This led me to discover a wonderful second skin that I hadn’t known I was wearing all along.

Therapeutician:

A Therapeutician is a practitioner of therapeutics whose systems of beliefs, practices, and teachings on health, healing, and medicine are transcendental (supernatural); associated with ancient, hidden, initiatory, and/or extant spiritual paths and metaphysical traditions that are preserved in the ancient wisdom schools.¹⁸

The third essay, “Multimodalities in a Healer’s Evolution,” reflects a response to the pulsing of the call to entrain my steps in a larger way to becoming on the healing continuum. It represents a time of gathering and receiving, a time of full intentioned response to the past while holding immediate space into the future. It conveniently wraps itself around Mandelbrot when he said, “Fractals are a description of a tool used in growth. They are not the cause, just as a hammer does not cause a house.”¹⁹ It is the

“now” while enfolding the consciousness of dimensions without labels. It is what the butterfly does while it is in the cocoon.

The Picture Comes into Focus

Who sees inside from outside?
Who finds hundreds of mysteries
even where minds are deranged?
See through his eyes what he sees.
Who then is looking out from his eyes?
—Rumi²⁰

This fourth essay, “The Healing Continuum Evolving” is an expression of the first three essays being paid forward, a literal evolutionary elucidation of form following function. A choiceless response to moving from a matter model to an energy model. Bohm describes “quantum potential,” a field below the quantum level, like gravity, that pervades all of space. “However, unlike gravity or magnetic fields, its influence did not diminish with distance. Its effects were equally powerful everywhere.”²¹ This fourth essay is an unfolding of the enfolding of the first three essays into the natural outcome: energy medicine. It is here *now*! I agree with Mehmet Oz, MD, MBA, when he said in 2013, “I think that energy, and the use of energy in healing, will be the biggest frontier in medicine over the next decade”²²

What is Energy Medicine?

For silly reasons we’ve left energetics out of our medicine.
When we ignore energy we miss 99 percent of reality.
—James Oschman²³

Energy medicine “understands” how to use the energy systems within us to maximize our Earth Time Purpose. It is a beautiful, effective, and simple way that allows us to reach our fullest potential while honoring and taking care of ourselves. Until now,

science has ignored our innate energy forces as an avenue of healing others and ourselves. We are energy. We are made up of energy. We are electromagnetic beings in a sea of energy. We are responders. Our magnetics, that is, our electromagnetic energies and subtle energies, respond to the world around us. Our bodies respond to our belief systems, to what others are thinking, and to all the energies that are both our own and others. We also respond to the nonorganic devices we call machines and to the artificial energies that are inescapable and now fill our environments.

The premise of energy medicine is that it utilizes the understanding of where and how these energies work in the body to bring us back into homeostasis. Energy medicine looks at the energy imbalances, whether physical, mental, emotional, or spiritual, to see how to and where to affect/effect changes that will facilitate a new, healthier balance. Energy medicine seeks to release blocks, organize irregular currents, reorganize jumbled patterns, reinforce weakened systems, and balance what is unbalanced to allow the body to return to its own natural healthy rhythm. Energy medicine serves as a catalyst to the organism to potentiate healing.²⁴

We have finally reached a space of acknowledgement for energy medicine to now become a part of everyday life. We are learning how deeply our energy systems are affected by how we think, what others think, what foods we eat, and (so important) what we expose ourselves to in our modern life of cell phones, computers, airplanes, and automobiles. Energy medicine is a tool to use in this new understanding of our responsive fluidity to all that is around us. It allows us to reset our magnetics, rebalance our fields, and clear and counter the negative ones while correcting and strengthening the

distorted, disturbed, or weakened systems. Energy medicine empowers us to awareness of our own vast potential.²⁵

What is an Energy Medicine Practitioner?

An energy medicine practitioner is one who has studied the human energy system to understand how to support the body's return to balance. The energy medicine practitioner is a partner with the client in his or her journey toward establishing a mind-body balance. The energy medicine practitioner is a facilitator who invites, helps, or points clients toward "opportunities" to allow their bodies to come into balance. Energy medicine practitioners have many effective modalities at their disposal including naturopathy, EFT, Quantum-Touch, Lymphology, meridians, chakras, auras, meditation, or any combination of the more than 250 energy-related modalities now recognized.

An Energy Practitioner is not "diagnosing" or "treating" the physical body which is the domain of the medical field and other allied health care professionals but instead, as an energy healing practitioner, he/she is connecting to the energy or subtle "bodies" of the client which then can manifest in the physical body. You understand there is a distinction between "healing" using the Energy Medicine and the practice of medicine or any other licensed health care practice.

About Energy Medicine

Over time, your beliefs become your biology.
—Bruce Lipton

Energy medicine has many names: consciousness-based healing, energy healing, energy techniques, energy therapies, energy modalities... These terms describe the tools

in an energy medicine practitioner's toolbox. They are used for working with the subtle energies of the body to help rebalance and relieve the client's emotional, physical, mental, or spiritual imbalances. There is a movement of increasing use of energy techniques/therapies as more people become aware of the instrumental role stress plays in disease. Energy medicine makes no direct claim to diagnose, cure or treat any disease and is not a substitute for seeking appropriate medical treatment from a licensed physician. It is directed toward rebalancing the underlying causes that may be contributing to the diseases and their symptoms.²⁶

We are energy! We are all energetic beings. We are all familiar with the hospital tests that measure energy such as the EEGs of the brain, the EKGs of the heart, the MRIs, and the PET scans. Fifty years ago no one would have believed we would be able to see inside the body by lying quietly inside a long tube. We can now detect defects in an unborn baby. We are energetic beings and science is learning about our human energy system and how to support the body to bring these subtle energies back into a balance that promotes wholeness and health.

What to Expect

The new field of energy therapeutic practice “works with one or more aspects of the human energy system to bring about body-mind relief.”²⁷ Scientific studies are “confirming the value of these approaches for releasing trauma and anxiety as well as increasing relaxation, reducing pain sensation, and enhancing a sense of well-being.”²⁸

These methods are relatively new and may still come with some side effects or detrimental results. While the energy methods are considered to be gentle and noninvasive, it is possible to experience some emotional distress or physical discomfort

which can be perceived as negative side effects. “The extent and breadth of their effectiveness, including benefits and risks, are not yet fully known.”²⁹ Though the following points should be considered, it is also worthy of note that they consist more of a list of possible advantages and advancements that could be experienced during a session than advisements. While drugs are an important and necessary element in our health care, their warning labels are iatrogenic alerts. This energy medicine disclaimer has a far more palatable set of side effects and warnings that make it worthy of consideration.

- Intense or traumatic memories may diminish. This could adversely affect one’s ability to provide supportive legal testimony regarding a traumatic incident.
- Reactions may surface during an energy balancing that neither the therapist nor client can foresee, “which may include strong emotional or physical sensations or bring memories of additional, unresolved memories”³⁰ (opening the door to more blocked energies that can be neutralized).
- “Emotional material may continue to surface after a ... session and give indication of other incidents that need to be addressed”³¹ (illuminating a new path that can be followed for more growth).
- Practitioner may refer you to “other practitioners who have specific skills to help with problem areas beyond their scope of practice.”
- Clinical kinesiology, known as energy or muscle testing, may be used. This may involve light contact with the body. Permission to touch (or release) must be obtained prior to the first session.

- You will be participating and partnering with the practitioner in learning personal self-care about your own energy system as part of the therapeutic process.³²

The above knowledge is an important precursor of information for you in understanding the scope of any energy method you may choose. Please obtain any additional information or professional advice you consider necessary to make an informed decision before beginning any form of energy therapeutics. You should always choose of your own free will to participate free from pressure or influence from any person or group. You should always be aware you have the right to cease using these methods at any time.³³

How Can Energy Medicine Help?

*As everything in the universe is a part of the continuum, the apparent separateness of things at the explicate level is an illusion. At the implicate level of the Field everything is a seamless extension of everything else, and this may well be the basis for the fields in our body's energy systems.*³⁴

We are energy. We are all energy. Our energies can become blocked and our energy systems weakened for many reasons. It can be from the inherited weakness of an organ, a prenatal exposure to drugs, or in response to stressful life events of a physical, emotional, or spiritual nature. Whether one believes stress is as “potent” a disease-causing agent as streptococcal bacteria, for example, the results are the same. These stressful life events affect each of us in different ways and in different parts of our body over different time spans.

By way of explanation, consider chicken pox. While not providing an exact parallel, it can be used to explain energy imbalances in the body. Most of us were

exposed to or presented with chicken pox in our earlier years. Once we get over the chicken pox illness, the body stores some energetic form of the virus in the spine. Doctors have long been aware of this spine “storage” system. But interestingly, the chicken pox virus does not always stay safely housed in the spine. Its silent presence is a foreign entity taking energy from the body; the body never become friends or grows comfortable with the virus. Consequently, when we become worn down or stressed, what happens? We “get” shingles. Why? From an energy medicine perspective our system has gotten out of balance; something has been weakened or shifted to allow the chicken pox virus to come forward to present in another form called shingles.

Likewise, the premise in energy medicine is that we have energetic signatures or residues similar to chicken pox that get stored throughout our system as a result of multiple causes including emotional, physical, or spiritual events. These energy residues present symptomatically when the body becomes stressed or worn down, just like the shingles when they emerged. Again, like chicken pox stored in the spine, their presence uses energy we could otherwise use to repair or maintain our health. Then we find ourselves with symptoms, like the shingles outbreak, that do not have an apparent relationship to what we think was the original cause, such as chicken pox.

As energy practitioners, we look to one of the energy systems to see who or what has been blocked, injured, or worn out. What allowed or put our immune system into a compromised state causing dis-ease symptoms? An energy practitioner might choose to preventatively address the underlying energetic signature of chicken pox before the stress in a client’s life causes it to present as shingles. Our goal is the same, we want to find and unblock, strengthen and balance, and untangle and assist the body to return to

wellness. Energy medicine gives us the tools to work in this fashion within, around, and literally beyond the body into ancestral fields, prenatally, and into preconception.

Perhaps you have been working two jobs, had family stress, lost a loved one, or have a whole series of small disappointments over the years, or it could even be a single unnoticed stress that happened during an ordinary day. There could also be something in your environment that is or has affected you. You could be eating a food that is unknowingly incompatible with and draining your energy system. My point here is that the premise of energy medicine is that something as simple as chicken pox in childhood can emerge as another physical symptom years later.

Shingles is a common virus and many have experienced the pain and had their doctor ask if they had chicken pox as a child. But between “having” chicken pox and “getting” shingles, we didn’t see it, feel it, or know it was there until our body experienced further stressors that imbalanced our system too far, and then we “got” shingles. So it is with the energies flowing through our bodies. We may have a stored or blocked energy that we are unaware of after a fall or a sudden emotional shock. It will be there quietly (months, or even years) until an additional stress arises and then it suddenly says hello to us in the form of illness, pain, fear, anxiety, phobias, panic attacks, or other conditions. Again, these stored, blocked, distorted energies in our bodies may not be seen or felt until a symptom appears. All the while, the series of life events may be piling up until, oops, there is the symptom.

Though it may sound like a mystery at first, when we look at the history of our culture and our own lives, it all begins to come into focus and make sense. In our modern fast-paced society, life can quickly get ahead of us and take its toll on our health. We

experience symptoms of discomfort, pain, disease, and illness. I believe these “symptoms” of illness are incongruent energy patterns draining our bodies. The body then has to work hard to overcome them, if it can. The body takes energy from the normally operating system to work around blocked or damaged areas that may be draining the vital energies we need to maintain our health. Energy medicine is designed to work with all of our energy system distortions that may be contributing to the underlying cause of discomfort, illness, or emotional issues. Energy practitioners are generally schooled and some are certified to work with these different systems to ferret out their imbalances and provide the body an opportunity to move toward balance and reorganization.

Energy medicine, in my practice, is a conjoining with clients to help them move to a higher vibration or level of being. The energy medicine practitioner has a level of responsible interaction and agreement. “If a healer has a ‘karmic’ responsibility, it is to quicken the learning process, to teach the body to be more energy efficient and to model other ways of being.”³⁵

A standard session begins with a history, informed consent, and releases. Most sessions are distance by phone/Skype, proxy, absentee, or email. I partner with clients to develop a focus that includes them setting their goals for realizing their greatest wellness potential. Then, based upon the client’s needs, personality, anticipated outcome, and desire to learn, a combination of energy therapies/techniques are engaged. Together, we address the imbalances with the end goal of empowerment by way of helping clients find a modality set that they can learn to use and to take away with them as a tool for the rest of their lives.

Of course, energy medicine practitioners do not diagnose, treat, prescribe, or cure anything. They leave that to the medical doctors. Instead, they look for imbalances and correct them to allow the body the maximum space, energy, and opportunity to reach its wellness potential.

My Nous-Based Healing (NBH): Evolving on the Continuum



My Nous-Based Healing is a metaphysical paradigm, an expanded awareness umbrella that encompasses but is not limited to time, dimensions, energy healing, spirituality, intuition, and the quantum fields. My larger calling is from this metaphysical paradigm. Its information, energy sets, and patterns are an inseparable part of my healing screen. (*Nous*, by my own definition and application as a metaphysician, refers to the source of life force energy, a divine substance, which holds the uncreated potentiality to manifest the seen and the unseen.)

The propensity of an object, once set in motion, to stay in motion describes the process of acknowledging my own energy tools. They have been there all along, traveling within me, illuminated, interacting with me, and demonstrating themselves on my screen. “The way each of us pick up our ‘messages’ is very personal.”³⁶ My awareness of NBH was always there. Recognizing the NBH techniques has been a response to playing a long time in the Healing Slipstreams and the quantum fields. I came to understand that acknowledgement of them is a bifurcation point (creative

moment in the universe) as opposed to creation of them because they were always there—a choice-less outcome through proximity to energies in the field. Eons ago the butterfly preceded me in this journey as it emerged tender and damp to gently fan its wings to set the knowledge of its recent morphing. A simple, beautiful, Is-ness in response to the unseen pulse of its born-again home. The butterfly holds the secrets, “the knowing,” to our universe that generations of seekers have looked for from the beginning of their searching.

NBH synthesizes my formal trainings with the healing tools I have labeled (not developed because they have been there all along), and my God-based gifts to work in the Healing Slipstreams and quantum fields.

Nous-Based Healing incorporates a powerful, mathematically congruent set of love-based tools and services to enable my clients to step out of their imbalances and into realizing their greatest potential *now*.

Nous-Based Healing Definitions and Terms:³⁷

- **NBH Counselor**

One who uses NBH, and its services and tools to help the healee toward a greater state of well-being (wholeness).

- **NEAT**

Nous Essence Alignment Techniques

- **SIEST**

Spiritual Intuitive Energy Scat Tracking

- **SIEST Guide**
One who uses his or her spiritual and/or intuitive gifts to work in the Healing Slipstreams and quantum fields to find and release tangled energies.
- **Logistics Resource Specialist (LgRS)**
One who ferrets out people, places, and things for an identified need or cause.
- **Specialized Generalist**
A LgRS who coalesces multiple disciplines with the intention of summing their parts into a greater whole through the creation of service/healing tools to raise world vibration.
- **Morphic Field Catalyst**
One who holds space on an Event Horizon.
- **Energetic Infrastructure Specialist**
One who feels/sees energy patterns in the Universe.
- **Sacred Geometrist**
One who views/discerns energy sets according to Sacred Geometric forms.
- **Energy Heart Empowerment**
The spiritual aspect of Human Ecology. The process of identifying, defining, and redirecting energy to effect a positive, functionally reactive manifestation.
- **Engaged Spirituality**
A seamless synthesis of the mystical and the concrete ... where the rubber meets the road.
- **Healing Slipstreams**
Two Words that say themselves.

- **Form Field Reintegration**

The responding process of uncreated potential.

- **Time Loop(s) / (ing)**

The word(s) are both a noun (signs, symbols, energy patterns ...) and a verb (catalyzers, prompters, responders ...) by way of my own definition. They are created and uncreated potential that present themselves for recognition and response to our life process. In short they are notes, responses, and potential responses to ourselves that we, or the greater source, have left behind in the dimensions of the past future as road marks on our journey.

The Nous-Based Healing tools and techniques in my practice allow me to intersect my skills as a naturopath, certified multimodality energy medicine practitioner, metaphysician, pastoral and spiritual counselor, intuitive, medium, and guide, psychic, and therapist to hold a space that facilitates life shifts. It supplies the important link of intent to partnering with my clients and enables them to rapidly uncover and clear blocks that may be interfering with their healing and realizing their greatest potential.

Brian Josephson has proposed that focusing with intent changes the level of quantum probability in any interaction, which supports the therapeutic technique of attunement that we use and the development of the unseen “space” of consciousness that forms between therapist and client, that some call the “Metvelt.”³⁸

The process of choosing to be a responder rather than a reactor is a journey on the path of understanding how to use energy medicine to maximize one’s lifetime purpose. John James confirms this important life choice in his discussion of expansion and contraction: “At every level of life the organism responds in one of two ways. It can either expand to embrace life or withdraw to defend itself against a hostile

environment....Whatever does not change returns to dust and whatever creatively adapts makes the dance.”³⁹

In our life choices and journey, our energies can become tangled, like an old box of Christmas tree lights. The process to untanglement is an agreement on focus and desired outcomes in a partnership with a “we” in the forefront. The energy practitioner and client reach a consensus to move forward into actualizing the client’s highest wellness and earth time potential, a realization of our direct connectedness and oneness for a better world and future. Together “we” can untangle the distorted subtle energy systems in the body that may be underlying emotional or physical pain. It’s all pretty simple when one learns how to move from a matter model to an energy model.

Turning Points

The breeze at dawn has secrets to tell you.
Don’t go back to sleep.
You must ask for what you really want.
Don’t go back to sleep.
People are going back and forth across the doorsill
where two worlds touch.
The door is round and open
Don’t go back to sleep.
—Rumi⁴⁰

“Evolution is seen as a cooperative venture.”⁴¹ In this process of our coming forward, as we write, we research, as we discover and uncover our way, we are responding to the signatures left on time loops by us or other life (forms). Perhaps we are finding the *terma* (a Buddhist term for hidden/buried treasure) left behind by the future in our past. We are the paradigm shifting now, meeting ourselves coming in going out: vibratory rates, patterns, and manifestation. “If people who serve do not stay ‘filled up,’

those negative fields will attach to them.”⁴² In the beginning was the Word, and the Word was a Sound, and the Sound was a vibration ... Our job is to listen.

In the 1980s we talked “about” the potential of the heart and our genes. Today we know. We know the heart’s “electrical field is about sixty times greater than the electrical activity of the brain ... Also, the heart produces a powerful rhythmic electromagnetic field that is an incredible 5,000 times stronger than that produced by the brain.”⁴³ “We used to think that our DNA determined much of our behavior as well as our physical characteristics.”⁴⁴ Now we have epigenetics telling us we are responsible for our own outcomes. Our dis-ease is no longer attributed to something outside of ourselves but from within. Now we are directed to look inward both to a newly defined source of understanding and to the cause of how we came to lack health. “Exciting new scientific research shows that many genes are being turned on and off—every day—by your beliefs, feelings, and attitudes. Every thought you think ripples throughout your body, affecting your immune system, brain, and hormone system.”⁴⁵ Our genes are no longer considered the cause and heredity the immutable fault of the illnesses we encounter during our earth time. It is an inside job!

We have wonderful energy books paving the way: *The Great Field*, by James; *The Promise of Energy Psychology*, by Feinstein, Eden, and Craig; *The Genie in Your Genes*, by Church; *Soul Medicine*, by Shealy and Church; *Eureka*, by Salisbury; *The Energy of Belief*, by Bender and Sise; *Quantum-Touch 2.0*, by Gordon, Duffield, and Wickhorst; *The Body Code*, by Nelson; *Wheels of Light*, by Bruyere; *Anatomy of the Spirit*, by Myss; *You Can Heal Your Life*, by Hay; and so many more. I can taste these books before reading them. These are books of hope.

These books call to our higher self of what is already known to translate “what is” to words, symbols, theories and thoughts, a conceivable form for earth people, on this plane, in this perceived energetic space-time. It represents a snapshot of our thinking processes, our perceptions, and our attempts to understand the relationship of the body, mind, spirit, and soul. It is a dedicated observation and translation leading us to a further opening both into and through our “selves,” our purpose here, and the hope for each of our own impending and apparent mortalities on this earth plane. These books are coming of age pieces about the growing awareness and the confirming scientific proof that we are energy.

In a recent seminar I attended, twenty-five people placed their right hands on top of the next person’s right hand all the way to the person sitting in the center (held on an injured part) to form a human nautilus of healing.

Figure 5. Sacred Geometry



The person in the center closed her energy loop by placing her other hand on her dantian. Then we all shifted our extra hand from our own dantians to the person's shoulder in front of us. We "became" Sacred Healing Geometry.

Therapists help to reestablish coherence so that people are no longer pulled apart by the contradictions and shadows and judgments of personality, but may be simple, entire and whole within themselves. It is from this level of coherence that we may most readily connect with the Field, for we are then in tune and can harmonize, and so resonate with all that is around us.⁴⁶

When I bought the book *The Great Field*, by John James, it fell open to a picture of a simple hand drawing labeled "Levels of manifestation from pure energy through increasingly dense fields to organic and then finally, inorganic matter."⁴⁷ Thirty plus years ago I walked into and saw a vibratory field exactly like this picture, except mine was not a picture, but energies that I stood in and watched how they vibrated and manifested. Though I am not a result of or product of reading these books, many came after my morphing, their energetic volume, like Avogadro's number, holds space for the Hundredth Monkey principle to express itself around our planet. These books give us a container, they give us the vessel that was not available forty years ago to hold new language and thought patterns. Now there are lots of labels, theories, discussions, and openness about what is and what has always been. And that is why these books speak to me, affirming what I have observed, confirming the legitimacy of the words in my vocabulary, and the events and experiences that have woven and continue to weave their way through my life. It always feels good to come home for a little bit.

The "understanding" of how we arrived to our current space is important—what we have valued and what we have chosen to use as our foundations. They are all "parts" of the larger "unbroken consciousness" that harkens to our future from the present. We

are all “part” of universal events. “Karl Pribram has shown that ‘universal events [like telekinesis and telepathy] emerge from frequencies that transcend time and space—they don’t have to be transmitted. They are simultaneous and everywhere.’⁴⁸ And, though our attempts at “defining parts” give us our “science” as humans from which to cast our filaments out to the universe, in the end we are more than a series of segments that make up a circle. Beyond that comfort of analysis to understand “round” through the autopsy of defining, we find ourselves juxtapositioned joyfully, sans familiar reference points, on a new threshold of inner realization of our innate God-given potential and power to express ourselves into wholeness and well-being. We have returned from whence we came. Perhaps the ending of the old cycle and the beginning of the new are heralded by the scientist, the mathematician, the explorer, the philosopher, and the theologian having finally crested the mountaintop at the same time to converge into an unbroken consciousness of wholeness.

Energy medicine is cresting to the surface of acceptability and desirability and even into a “first choice” of treatment and prevention. The 60–90 percent failure of conventional medicine has become a funnel to the alternative paradigm. Our high health care costs add to the incentive to expand into a more productively respondent set of answers to our well-being. Energy medicine is answering that call for lower-cost, more effective, safer, and more efficient methods to care for the client. Energy medicine is not a paradigm of parts; it views us in our world as a totality, from the perspective of an *unbroken whole* that doesn’t need to be “fixed” but to be supported and reaffirmed within the space of its already completeness.

Endnotes: Essay 4

¹ Rosalyn Bruyere, *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*, ed. Jeanne Farrens (New York: Fireside, 1994), 95.

² Holos University Graduate Seminary, “HU Student Handbook,” April 2009, accessed July 7, 2012, http://holosuniversity.org/current/student_handbook.

³ Dawson Church, *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*, 2nd ed. (Santa Rosa, CA: Energy Psychology Press, 2009), second page endorsement.

⁴ Yatri, *Unknown Man: The Mysterious Birth of a New Species* (New York, NY: Simon & Shuster, 1988), 55.

⁵ John James, *The Great Field: Soul at Play in a Conscious Universe* (Santa Rosa, CA: Energy Psychology Press, 2007), 92.

⁶ *Ibid.*, 111.

⁷ Richard P. Feynman, *Six Easy Pieces: Essentials of Physics Explained by Its Most Brilliant Teacher* (Reading, MA: Helix Books/Perseus Books, 1995), 24.

⁸ Jalal al-Din Rumi, *Open Secret: Versions of Rumi*, trans. John Moyne and Coleman Barks (Putney, VT: Threshold Books, 1984), 66.

⁹ James, *The Great Field*, 111.

¹⁰ *Ibid.*, 60.

¹¹ A LgRS who coalesces multiple disciplines with the intention of summing their parts into a greater whole through the creation of service/healing tools to raise world vibration.

¹² Thomas Lickona, *Education for Character* (New York: Bantam, 1991), 49.

¹³ *Ibid.*, 4.

¹⁴ *Ibid.*, 22.

¹⁵ Gloria Karpinski, *Where Two Worlds Touch* (New York: Ballantine, 1990), 316.

¹⁶ Yatri, *Unknown Man*, 9.

¹⁷ James, *The Great Field*, 93-94.

¹⁸ “Objectives of this Course” August 25, 2012, accessed April 13, 2013, <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=2049>.

¹⁹ James, *The Great Field*, 93.

²⁰ Rumi, *Open Secret*, 9.

²¹ James, *The Great Field*, 59.

²² Richard Gordon, Chris Duffield, and Vickie Wickhorst, *Quantum-Touch 2.0: The New Human—Discovering and Becoming* (Berkeley, CA: North Atlantic Books, 2013), 29.

²³ *Ibid.*, 17.

²⁴ Parts of these paragraphs may be influenced by the following or exposure to similar information: Church, *The Genie in your Genes*; Donna Eden with David Feinstein, *Energy Medicine for Women: Aligning Your Body’s Energies to Boost Your Health and Vitality* (New York: Jeremy P. Tarcher/Penguin, 2008); Donna Eden and David Feinstein, “Eden Energy Medicine Certification Program Year One: Foundations 2012–2013; Class I Handout,” www.innersource.com, 98; Dorothea Hover-Kramer, *Creating*

Healing Relationships: Professional Standards for Energy Therapy Practitioners (Santa Rosa, CA: Energy Psychology Press, 2011); David Feinstein, Donna Eden, and Gary Craig, *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change* (New York: Jeremy P. Tarcher/Penguin, 2005); Bradley Nelson, *Body Code System: A New Breakthrough in Natural Healing—Mind Maps* (Mesquite, UT: Bradley Nelson & Wellness Unmasked Publishing, 2011); Bradley Nelson, *The Emotion code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness* (Mesquite, NV: Wellness Unmasked Publishing, 2007); Norman Shealy and Dawson Church, *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*, 2nd ed. (Santa Rosa, CA: Energy Psychology Press, 2008).

²⁵ Ibid.

²⁶ Dorothea Hover-Kramer, *Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners* (Santa Rosa, CA: Energy Psychology Press, 2011), 230–231.

²⁷ Ibid.

²⁸ Ibid.

²⁹ Ibid.

³⁰ Ibid.

³¹ Ibid.

³² Ibid., 230.

³³ Ibid., 231.

³⁴ James, *The Great Field*, 171.

³⁵ Bruyere, *Wheels of Light*, 100.

³⁶ James, *The Great Field*, 128.

³⁷ NBH, Healing Slipstreams, and all of the following tools, descriptive phrases, and language are trademarked and copyrighted material, not to be duplicated or used without permission.

³⁸ James, *The Great Field*, 173-174.

³⁹ Ibid., 99.

⁴⁰ Rumi, Open Secret, 7.

⁴¹ Yatri, *Unknown Man*, 222.

⁴² Bruyere, *Wheels of Light*, 177.

⁴³ James, *The Great Field*, 114.

⁴⁴ Church, *The Genie in your Genes*, Back cover.

⁴⁵ Ibid.

⁴⁶ James, *The Great Field*, 92.

⁴⁷ Ibid., 67.

⁴⁸ Ibid., 111.

DENOUEMENT

Discourse on Good Will

May all beings be filled with joy and peace.
May all beings everywhere,
The strong and the weak,
The great and the small,
The mean and the powerful,
The short and the long,
The subtle and the gross:

May all beings everywhere,
Seen and unseen,
Dwelling far off or nearby,
Being or waiting to become:
May all be filled with lasting joy.

Let no one deceive another,
Let no one anywhere despise another,
Let no one out of anger or resentment
Wish suffering on anyone at all.

Just as a mother with her own life
Protects her child, her only child, from harm,
So within yourself let grow
A boundless love for all creatures.

Let your love flow outward through the universe,
To its height, its depth, its broad extent,
A limitless love, without hatred or enmity.

Then, as you stand or walk,
Sit or lie down,
As long as you are awake,
Strive for this with a one-pointed mind;
Your life will bring heaven to earth.

—Sutta Nipata¹

Endnotes: Denouement

¹ Easwaran Eknath, comp., *God Makes The Rivers to Flow: Selections from the Sacred Literature of the World*, 2nd ed., (Tomales, CA: Nilgiri Press, 1991), 60–61.

REFERENCES AND BIBLIOGRAPHY

- Adams, Ann, and Karin Davidson. *EFT Level 2: Comprehensive Training Resource*. Fulton, CA: Energy Psychology Press, 2011.
- . *EFT Level I: Comprehensive Training Resource*. Fulton, CA: Energy Psychology Press, 2011.
- Advisory Committee on Character Education. *Character Education: A Report to the State Board of Education by the Advisory Committee on Character Education*. Document, Department of Education. Columbus: Ohio State Board of Education, 1988.
- The Aesop for Children*. Chicago, IL: Rand McNally, 1984 [1947].
- American Naturopathic Medical Certification Board. *American Naturopathic Medical Certification Board: Study Guide*. Las Vegas, NV: American Naturopathic Medical Certification Board, 2011.
- Andrews, Lynn V. *The Woman of Wyrdd: The Arousal of the Inner Fire*. New York: HarperPerennial, 1991.
- . *Windhorse Woman: A Marriage of Spirit*. New York: Warner Books, 1989.
- Anstett, Thomas. *Muscle Response Testing*. DVD. Palm City, FL: Anstett, n.d.
- Arcus, Margaret E. "Ethics in Home Economics: Taking It Seriously." Paper, presented at Illinois Teacher 30th Anniversary Conference, University of Illinois at Urbana-Champaign, Champaign, IL, April 12, 1987.
- Bach, Richard. *Jonathan Livingston Seagull*. New York: Scribner/Simon and Schuster, 1998.
- Bach, Richard. *One*. New York: Bantam Doubleday Dell, 1986.
- Balch, Phyllis. *Prescription for Nutritional Healing: A Practical A to Z Reference to Drug-Free Remedies ...* 4th ed. London: Avery, 2006.
- Ballentine, Rudolph. *Diet and Nutrition: A Holistic Approach*. Honesdale: Himalayan Institute Press, 2007.
- Barlow, Max G. *From the Shepherd's Purse: The Identification, Preparation, and Use of Medicinal Plants*. Hong Kong: Everbest Printing, 1990.
- Bear, Jessica. *Practical Uses and Applications of the Bach Flower Emotional Remedies*. 3rd rev. Las Vegas, NV: Balancing Essentials Press, 2001.
- Beddoe, Alexander F. *Biologic Ionization as Applied to Human Nutrition*. 6th ed. Warsaw, IN: Whitman Publications, 2002.
- Bender, Sheila Sidney, and Mary T. Sise. *The Energy of Belief: Psychology's Power Tools to Focus Intention and Release Blocking Beliefs*. Santa Rosa, CA: Energy Psychology Press, 2007.

- Bible Study Tools. <http://www.biblestudytools.com/matthew/6-22-compare.html> (accessed March 28, 2013).
- Biser, Sam. *Ancient Cleansing Formulas That Work—After Vitamins and Medicines Have Failed!* Charlottesville, VA: University of Natural Healing, 1996.
- . *The Sam Biser Save Your Life Herbal Video Collection: A Collection of Rare Videos ...: User Manual*. Charlottesville, VA: University of Natural Healing, 1996.
- Blome, Gotz. *Advanced Bach Flower Therapy: A Scientific Approach to Diagnosis and Treatment*. Rochester, NY: Healing Arts Press, 1999.
- Bruce, Robert. *The Practical Psychic Self-Defense Handbook: A Survival Guide—Combat Psychic Attacks, Evil Spirits, and Possession*. Charlottesville, VA: Hampton Roads, 2011.
- Bruyere, Rosalyn. *Wheels of Light: Chakras, Auras, and the Healing Energy of the Body*. New York: Fireside/Simon & Shuster, 1994.
- Buchanan, Lyn. *Intuitive Specialists: Controlled Remote Viewing—Course Training Manual*. Alamogordo, NM: Problems, Solutions, Innovations, 2011.
- . *The Seventh Sense: The Secrets of Remote Viewing as Told by a “Psychic Spy” for the U.S. Military*. New York: Paraview, 2003.
- Burmeister, Mary. *Introducing Jin Shin Jyutsu Is: Book III...* Scottsdale, AZ: Jin Shin Jyutsu, 1985.
- . *Introducing Jin Shin Jyutsu Is: Book I*. Scottsdale, AZ: Jin Shin Jyutsu, 1994.
- . *Introducing Jin Shin Jyutsu Is: Book II*. Scottsdale, AZ: Jin Shin Jyutsu, 1981.
- Certified Natural Health Professionals, comp., ed. *Dried Blood Cell Analysis: Study of Dried Blood, Volume 1*. Warsaw, IN: Whitman Publications, 2004.
- Christopher, John. Lecture transcript of Dr. John Christopher on Herbalism, 1978. <http://www.schoolofnaturalmedicine.info/mod/resource/view.php?ID=equals1583> (accessed September 10, 2011).
- . *School of Natural Healing: The Reference Volume on Herbal Therapy for the Teacher, Student, or Practitioner*. Rev. ed. Springville, UT: Christopher Publications, 1976.
- Church, Dawson. *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention*. 2nd ed. Santa Rosa, CA: Energy Psychology Press, 2009.
- Colborn, Theo, Dianne Dumanoski, and John Peterson Myers. *Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story*. New York: Plume, 1997.
- Craig, Gary. *EFT for Back Pain*. Fulton, CA: Energy Psychology Press, 2009.
- . *EFT for PTSD (Post Traumatic Stress Disorder)*. Fulton, CA: Energy Psychology Press, 2008.
- . *EFT for Sports Performance*. Fulton, CA: Energy Psychology Press, 2010.

- . *EFT for Weight Loss*. Fulton, CA: Energy Psychology Press, 2010.
- . *EFT: Emotional Freedom Techniques DVD Library: The EFT Course; Mastering EFT; Borrowing Benefits; Specialty Series One; Specialty Series Two;...* www.emofree.com, n.d.
- . *Gary's Official EFT Tutorial*. 2012. <http://www.garythink.com/eft/eft-tutorial/print.html> (accessed June 17, 2012).
- . *The EFT Manual*. 2nd ed. Santa Rosa, CA: Energy Psychology Press, 2011.
- Dennerll, Jean Tanis. *Medical Terminology Made Easy*. 4th ed (Adapted from *Medical Terminology: A Programmed System Approach*; 9th ed.). New York: Thomson Delmar Learning, 2007.
- Donsbach, Kurt W. *Nutrition in Action*. Oklahoma City, OK: TRC Publishing, n.d.
- Duke, James A. *Herbs of the Bible: 2000 Years of Plant Medicine*. Edited by Mary Ann Telatnik. Warsaw, IN: Whitman Publications, 2007.
- Easwaran, Eknath, comp. *God Makes the Rivers to Flow: Selections from the Sacred Literature of the World*. Tomales, CA: Nilgiri Press, 1982.
- Eden, Donna, and David Feinstein. "Eden Energy Medicine Certification Program Year One: Foundations 2012—2013; Class I Handout." www.innersource.net, 2012.
- . *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality*. New York: Jeremy P. Tarcher/Penguin, 2008.
- Eden, Donna, with David Feinstein. *Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality*. New York: Jeremy P. Tarcher/Penguin, 2008.
- Eisenberg, Nancy. "The Development and Socialization of Prosocial Behavior." Working paper, Arizona State University, Tempe, 1988. Class notes, Home Economics Ed 843.02, Ohio State University, 1992.
- Estes, Clarissa Pinkola. *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype*. New York: Ballantine, 1992.
- Fadiman, James, and Robert Frager, eds. *Essential Sufism*. New York: Castle Books, 1997.
- Faure-Alderson, Martine. *Total Reflexology: The Reflex Points for Physical, Emotional, and Psychological Healing*. Translated by Jon E. Graham. Rochester, NY: Healing Arts Press, 2008.
- Feinstein, David, and Donna Eden. *Ethics Handbook for Energy Healing Practitioners*. Fulton, CA: Energy Psychology Press, 2011.
- Feinstein, David, and Stanley Krippner. *Personal Mythology: Using Ritual, Dreams, and Imagination to Discover Your Inner Story*. Santa Rosa, CA: Energy Psychology Press, 2008.

- Feinstein, David, Donna Eden, and Gary Craig. *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change*. New York: Jeremy P. Tarcher/Penguin, 2005.
- Ferguson, Marilyn. *The Aquarian Conspiracy: Personal and Social Transformation in the 1980s*. Los Angeles, CA: J. P. Tarcher, 1980.
- Feynman, Richard. *The Pleasure of Finding Things Out*. Cambridge, MA: Perseus Books, 1999.
- Feynman, Richard P. *QED: The Strange Theory of Light and Matter*. Princeton, NJ: Princeton University Press, 1985.
- Feynman, Richard P. *Six Easy Pieces: Essentials of Physics Explained by Its Most Brilliant Teacher*. Reading, MA: Perseus Books, 1995.
- Frahm, Anne E., and David J. Frahm. *A Cancer Battle Plan: Six Strategies for Beating Cancer from a Recovered "Hopeless Case."* New York: Jeremy P. Tarcher/Putnam, 1997.
- Fritchey, Philip. *Practical Herbalism: Ordinary Plants with Extraordinary Powers*. Warsaw, IN: Wendell W. Whitman, 2004.
- Gallo, Fred P., ed. *Energy Psychology in Psychotherapy: A Comprehensive Source Book*. New York: W. W. Norton, 2002.
- Gibran, Kahlil. *The Prophet: Kahlil Gibran*. New York: Alfred A. Knopf, 1989.
- Goldner, Diane. *Infinite Grace: Where the Worlds of Science and Spiritual Healing Meet*. Charlottesville, VA: Hampton Roads, 1999.
- Gordon, Richard. *Quantum-Touch*. Blog, Q & A Call, March 28, 2013. <http://blog.quantumtouch.com/Portals/146904/docs/richardgordon.03.27.13.mp3> (accessed April 13, 2013).
- . *Quantum-Touch: The Power to Heal*. 3rd ed. Berkeley, CA: North Atlantic Books, 2006.
- Gordon, Richard, Chris Duffield, and Vickie Wickhorst. *Quantum-Touch 2.0: The New Human—Discovering and Becoming*. Berkeley, CA: North Atlantic Books, 2013.
- Green, James. *The Herbal Medicine-Maker's Handbook*. New York: Crossing Press, 2002.
- Haas, Elson M., with Buck Levin. *Staying Healthy with Nutrition: 21st Century Edition; The Complete Guide to Diet and Nutritional Medicine*. Berkeley: Celestial Arts, 2006.
- Harvey, Andrew. *Teachings of Rumi*. Boston, MA: Shambala, 1999.
- Hass, Rue Anne. *EFT for the Highly Sensitive Temperament*. Fulton, CA: Energy Psychology Press, 2009.
- Hawkins, David R. *Power VS Force: The Hidden Determinants of Human Behavior*. Rev. ed. Carlsbad, CA: Hay House, 2002.

- Hersh, Richard, John Miller, and Glen Fielding. *Models of Moral Education: An Appraisal*. New York: Longman, 1980.
- Hoffer, Abram, and Morton Walker. *Putting It All Together: The New Orthomolecular Nutrition*. Rev. ed. New Canaan, CT: Keats, 1978.
- Holos University Graduate Seminary. "HU Student Handbook." April 2009. http://holosuniversity.org/current/student_handbook (accessed July 7, 2012).
- Hover-Kramer, Dorothea. *Creating Healing Relationships: Professional Standards for Energy Therapy Practitioners*. Santa Rosa, CA: Energy Psychology Press, 2011.
- Hughes-Calero, Heath. *The Golden Dream*. Carmel, CA: Coastline Publishing, 1987.
- Huxley, Thomas, and Julian Huxley. *Touchstone for Ethics*. New York: Harper & Brothers, 1947.
- James, John. *The Great Field: Soul at Play in the Conscious Universe*. Santa Rosa, CA: Energy Psychology Press, 2007.
- Jeffries, William McK. *Safe Uses of Cortisol*. 3rd ed. Springfield, IN: Charles C. Thomas, 2004.
- Jensen, Bernard. *The Chemistry of Man*. 2nd ed. Winona Lake, IN: Whitman Publications, 2007.
- . *The Science and Practice of Iridology: A System of Analyzing and Caring for the Body Through the Use of Drugless and Nature-Cure Methods*. Warsaw, IN: Whitman Publications, 2005.
- Kapit, Wynn, and Lawrence M. Elson. *The Anatomy Coloring Book*. 3rd ed. Glenview, IL: Benjamin Cummings, 2002.
- Kaptchuk, Ted J. *The Web That Has No Weaver: Understanding Chinese Medicine*. Chicago, IN: Congdon & Weed, 1983.
- Karpinski, Gloria D. *Where Two Worlds Touch: Spiritual Rights of Passage*. New York: Ballantine, 1990.
- Know Your Body: The Atlas of Anatomy*. 2nd ed. Berkeley, CA: Ulysses Press, 2008.
- Kenyon, Julian. *Acupressure Techniques: A Self-Help Guide—Well-being and Pain Relief at Your Fingertips*. Rochester, NY: Healing Arts Press, 1988.
- Laster, Janet F. "Ethics in Home Economics Curriculum." (working paper College of Home Economics, Faculty of Home Economics Education, Ohio State University. Columbus, Ohio, 1987).
- Lepore, Donald. *The Ultimate Healing System: The Illustrated Guide to Muscle Testing and Nutrition*. Salt Lake City, UT: Woodland Publishing, 1985.
- Lickona, Thomas. *Education for Character: How Our Schools Can Teach Respect and Responsibility*. New York: Bantam, 1991.
- Loomis, Howard F. *Enzymes: The Key to Health; Volume 1; The Fundamentals*. Madison, WI: 21st Century Nutrition Publishing, 2007.

- Marieb, Elaine N. *Human Anatomy and Physiology*. 6th ed. San Francisco, CA: Pearson Benjamin Cummings, 2004.
- McWilliams, Charles. "A Basic Overview of Each of the B Vitamins." n.d. <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=2590> (accessed August 7, 2012).
- . "Herbalism." n.d. <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=1572> (accessed September 8, 2011).
- . "Man, Miracle & Bodily System." n.d. <http://schoolofnaturalmedicine.info/course/view.php?id=4> (accessed September 23, 2011).
- . "Objectives of this Course." Last modified August 25, 2012. <http://schoolofnaturalmedicine.info/mod/resource/view.php?id=2049> (accessed April 13, 2013).
- . "Principles of Clinical Nutrition." n.d. <http://schoolofnaturalmedicine.info/course/view.php?id=10> (accessed January 10, 2012).
- . School of Natural Medicine—Homeopathy. n.d. <http://schoolofnaturalmedicine.info/course/view.php?id=30> (accessed September 15, 2011).
- Morter, Ted M. *Your Health...Your Choice*. Hollywood, FL: Fredrick Fell, 2009.
- Myss, Caroline. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Three Rivers Press, 1996.
- Nambudripad, Devi S. *NAET: Say Good-Bye to Your Allergies*. Buena Park, CA: Delta Publishing, 2003.
- Nambudripad, Devi S. *NAET Pain Relief*. Buena, CA: Delta Publishing, 2008.
- . *Say Good-Bye to Illness: A Revolutionary Treatment for Allergies & Allergy-Related Conditions*. 3rd ed. Buena Park, CA: Delta Publishing, 2002.
- Nelson, Bradley. *Body Code System: A New Breakthrough in Natural Healing—Mind Maps*. Mesquite, UT: Bradley Nelson & Wellness Unmasked Publishing, 2011.
- . *Dr. Nelson's Body Code System: A New Breakthrough in Natural Healing—Complete Manual*. Mesquite, UT: Bradley Nelson & Wellness Unmasked Publishing, 2011.
- . *The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness*. Mesquite, NV: Wellness Unmasked Publishing, 2007.
- Newkirk, Elaine. *Muscle Response Testing: Step by Step*. Rev. ed. DVD, 2. Springwater, NY: New Life Nutrition, 2004.
- Healing Highrise. "Next Level of the Healing High Rise Event." Accessed April 15, 2013. <http://www.healing-highrise.com>.

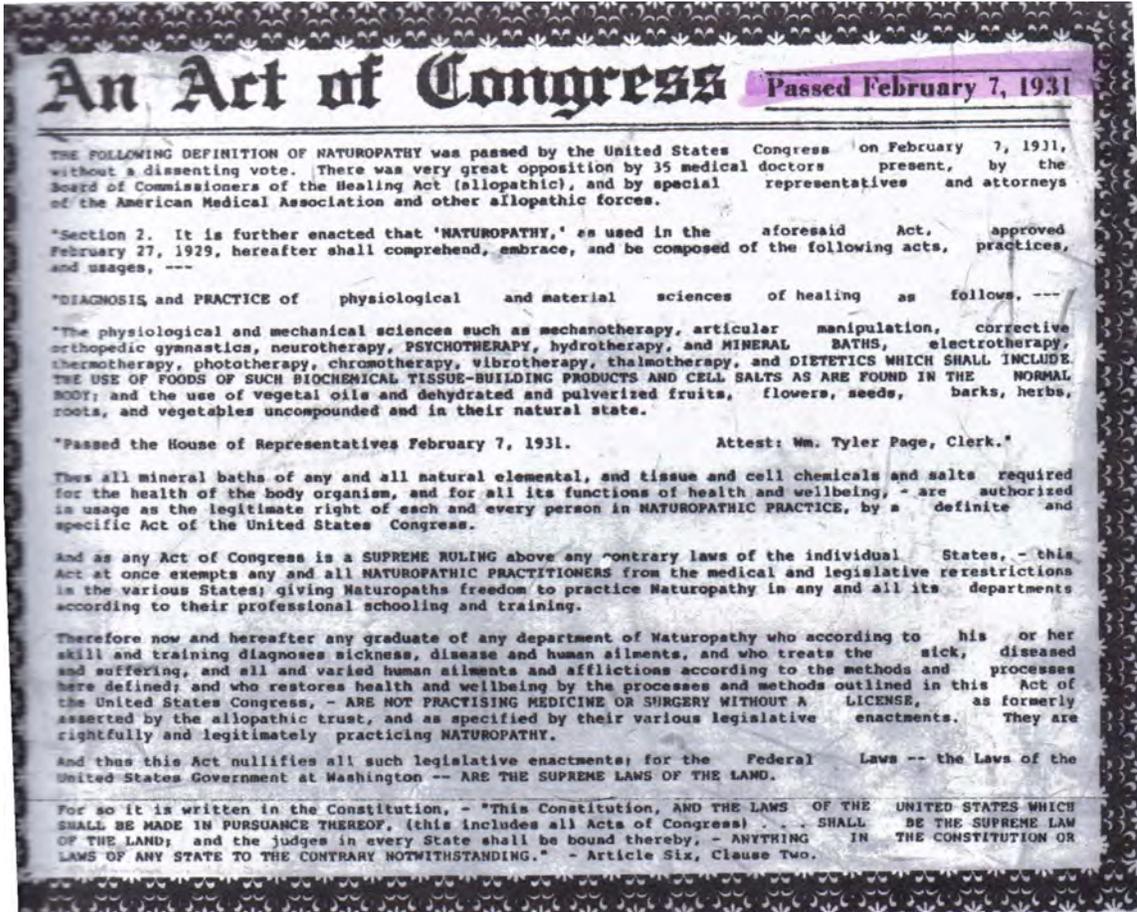
- Nicholson, Carol. *Imagine Spirit: Complete Mediumship Training; Communicate with Spirits Home Study Course*. Millbrook, AL: Imagine Spirit, 2009.
- Nims, Larry. "BE SET FREE FAST: The Lifetime Work of Larry Nims, PhD." DVD. Walnut Creek, CA: Letterbox 2006.
- Nims, Larry. "BE SET FREE FAST." n.d. <http://www.besetfreefast.com/index.html> (accessed April 15, 2013).
- . *BSFF and How It Can Help People*. Goodyear, AZ: [, n.d.
- . *BSFF Phone Consultation & Training*. Goodyear, n.d.
- . "BE SET FREE FAST Treatment Protocol." *Life Energy: Next Level of the Healing Highrise Event*. Brussels: Nims, 2013.
- . *BSFF Treatment Protocol*. Goodyear, Arizona: Larry P. Nims, 2013.
- . *Tell Me about BE SET FREE FAST Self-Help*. n.d. <http://www.besetfreefast.com/faq.html> (accessed April 15, 2013).
- Nims, Larry P., interview by R Leah Moon. *The Evolution and Future of BSFF: BE SET FREE FAST*. March 4, 2013. Unpublished.
- Nims, Larry, and Joan Sotkin. *BE SET FREE FAST! A Revolutionary New Way to Eliminate Your Discomforts*. Santa Fe, NM: Prosperity Place, 2003.
- Noddings, Nel. "Caring and Interpersonal Reasoning." Paper presented at Second International Conference on Thinking and Problem Solving, at The Ohio State University, Columbus, OH, July 18, 1988.
- Northrup, Christiane. *Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*. Rev ed. New York: Bantam, 1998.
- Null, Gary. *The Complete Encyclopedia of Natural Healing: A comprehensive A–Z Listing*. New York: Twin Streams Books, 1998.
- Page, Linda. *Detoxification: All You Need to Know to Recharge, Renew, and Rejuvenate Your Body, Mind, and Spirit!* Carmel Valley, CA: Healthy Healing Publications, 1999.
- Panos, Maesimund B., and Jane Heimlich. *Homeopathic Medicine at Home: Natural Remedies for Everyday Ailments and Minor Injuries*. Los Angeles, CA: J. P. Tarcher, 1980.
- Papus. *The Qabalah: Secret Traditions of the West*. Translated by Samuel Weiser. York Beach, ME: Weiser Books, 2000.
- Patrick, Jay. *Jay Patrick's Articles 1–32*. n.d. http://schoolofnaturalmedicine.info/file.php/10/Jay_Patrick_Vitamin_C_Articles.pdf (accessed January 10, 2012).
- Pedersen, Mark. *Nutritional Herbology: A Reference Guide to Herbs*. Rev. ed. Warsaw, IN: Whitman Publications, 2008.
- Pennsylvania State University. *What to Do Regarding the Parenthood Issue?: An Instructional Manual*. University Park: Pennsylvania State University, 1981 .

- Pesek, David. "About the International Institute of Iridology." n.d. <http://holisticiridology.com/about-the-institute/> (accessed April 18, 2013).
- . *Frequently Asked Questions*. n.d. <http://holisticiridology.com> (accessed March 30, 2013).
- . "Iridology—An Overview." *International Institute of Iridology*. 2008. <http://holisticiridology.com/core/wp-content/uploads/2010/07/overview.pdf> (accessed March 30, 2013).
- Reynolds, David K. *Playing Ball on Running Water: The Japanese Way to Building a Better Life*. New York: Quill, 1984.
- Rilke, Rainier Maria. *Letters to a Young Poet*. Translated by Stephen Mitchell. New York: Random House, 1986.
- Rinpoche, Patrul. *The Words of My Perfect Teacher*. Translated by Padmakara Translation Group. San Francisco, CA: HarperCollins, 1994.
- Roberts, Alice. *The Complete Human Body: The Definitive Visual Guide*. New York: D. K. Publishing, 2010.
- Rumi, Jalal al-Din. *Open Secret: Versions of Rumi*. Translated by John Moyne and Coleman Barks. Putney, VT: Threshold Books, 1984.
- Rumi, Jelaluddin. *The Essential Rumi*. Translated by Coleman Barks and John Moyne. New York: HarperCollins, 1995.
- Salisbury, Anne. *Eureka! Understanding and Using the Power of Your Intuition*. 2nd ed. Golden, CO: Lively Spirit, 2013.
- Schauss, Alexander G., Barbara Freidlander Meyer, and Arnold Meyer. *Eating for A's: A Delicious 12-Week Nutrition Plan to Improve Your Child's Academic and Athletic Performance*. New York: Pocket Books, 1991.
- Schnaubelt, Kurt. *Advanced Aromatherapy: The Science of Essential Oil Therapy*. Translated by Michael J. Beasley. Rochester, NY: Healing Arts Press, 1998.
- School of Natural Healing and Christopher Publications. "Plantain." n.d. http://www.herballegacy.com/Ahlborn_History.html (accessed April 10, 2013).
- "Science of Iridology." n.d. <http://www.marysherbs.com/heal/heal-iri.shtml> (accessed March 28, 2013).
- Shainess, Natalie. *Sweet Suffering: Woman as Victim*. NY: Bobbs-Merrill, 1984.
- Shealy, Norman, and Dawson Church. *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*. 2nd ed. Santa Rosa, CA: Energy Psychology Press, 2008.
- Shook, Edward E. *Advanced Treatise in Herbology*. Warsaw, IN: Wendell W. Whitman, n.d.
- Stone, Elizabeth. *Black Sheep and Kissing Cousins*. New York: Random House, 1988.
- Thayer, S. J. *Integrated Energy Therapy: Intermediate Level Guide*. 7th ed. Woodstock, NY: The Center of Being, 2010.

- Thayer, Stevan J. *Integrated Energy Therapy: Advanced Level Guide*. 7th ed. Woodstock, NY: The Center of Being, 2011.
- . *Integrated Energy Therapy: Basic Level Guide*. 10th ed. Woodstock, NY: The Center of Being, 2011.
- Thibodeau, Gary, and Kevin Patton. *Structure and Function of the Body*. 13th ed. St. Louis, MO: Mosby Elsevier, 2008.
- Thiel, Robert J. *Combining Old and New: Naturopathy for the 21st Century*. Warsaw, IN: Whitman Publications, 2000.
- Tierra, Michael. *Planetary Herbology*. Edited by David Frawley. Twin Lakes, WI: Lotus Press, 1988.
- Tolle, Eckhart. *A New Earth: Awakening Your Life Purpose*. London: Penguin, 2005.
- Trinity School of Natural Health. "Programs." February 8, 2008. <http://trinityschool.org/programs.php?id=2> (page deleted) (accessed June 26, 2010).
- . "Trinity Catalog." September 6, 2012. <http://trinityschool.org/pdf/TrinityCatalog.pdf> (accessed March 1, 2013).
- . Trinity School of Natural Health. "Programs." 2013. <http://trinityschool.org/programs.php?id=2#SNH334> (accessed April 1, 2013).
- Virtue, Doreen. *The Angel Therapy Handbook*. Edited by and supervision by Jill Kramer. Carlsbad, CA: Hay House, 2011.
- . *Chakra Clearing: Awakening Your Spiritual Power to Know and Heal*. Carlsbad, CA: Hay House, 2004.
- . *Mediumship Program*. Performed by Doreen Virtue. n.d.
- . *Messages from Your Angels*. Edited by and supervision by Jill Kramer. Carlsbad, CA: Hay House, 2002.
- West, Samuel C., and Stephen E. West. *The Golden Seven Plus Two: Conquer Disease with Nine Keys to Health, Beauty, and Peace*. Revised by Stephen West. Orem, UT: Zero Disease, 2006.
- West, Stephen E. *Applied Lymphology Course: Power Heal Through Zero Disease*. 1 CD, 7DVDs. Orem, UT: Zero Disease, 2010.
- . *Instructor's Manual and Documentation of Research*. Orem, UT: A Noah's Ark, 2009.
- Wills, Pauline. *The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet*. Rochester, NY: Healing Arts Press, 1995.
- Wright, Norman H. *A Better Way to Think: Using Positive Thoughts to Change Your Life*. Grand Rapids, MI: Revell, 2011.
- Yatri. *Unknown Man: The Mysterious Birth of a New Species*. New York: Simon & Shuster, 1988.

APPENDIX A -- An Act of Congress

Reprinted with permission from Whitman Publications.



APPENDIX B -- Be Set Free Fast

“Quick Sheet” Reprinted with permission from Larry P. Nims, PhD.

Be Set Free Fast™ (BSFF™) “QUICK SHEET”

Alfred Heath, MA, LPC, Authorized BSFF Trainer

Basic Protocol (usually all you need)

1. Notice the problem using conscious awareness & grade by estimating SUDS level (0-10); or detect & SUDS grade it using muscle testing.
2. Treat the problem by applying the cue; if progress stalls, treat fail safes.
3. Use the cue until a sense of peace & comfort is experienced.
4. Closing Sequence (see below).

BSFF Full Protocol Treatment Steps (for tougher-to-treat problems)

1. Notice the problem using conscious awareness, SUDS level or muscle testing
2. Treat the problem by applying the cue until a sense of peace & comfort is experienced; treat fail-safe list whenever improvement toward SUDS 0 seems to stall or whenever indicated by muscle testing.
3. Treat “every aspect of self-identification, belief, value, attitude, schema, heuristic, thought, emotion, feeling, sensation, imagination, fantasy, & every other problem I’ve ever had 3a. about or towards 3b. as a result of this problem or issue.
4. Cue for all anger & unforgiveness toward persons/groups/places/entities connected in any way to the problem or issue.
5. Continue to treat whatever comes up related to the problem until SUDS is zero &/or muscle test shows resolution.
6. Treat for any remaining subconscious resistance or potential for relapse anywhere in the mind/body/energy system regarding the problems or issues treated during the session.
7. Test & treat the statement “One or more aspects or points of view within me are not in complete alignment with the successful resolution of all problems & issues treated to date, my current age, stature, & Authentic Self.”
8. The Closing Sequence:
 - a. Forgive everyone & everything
 - b. All stoppers
 - c. All traumas
 - d. Anger, judgment, & criticism directed at self (“Angry/Mad at myself”)
 - e. I forgive myself

Fail-Safe Sequence (try “active fail safes”/CUE/)

1. I want to be free of this problem.
2. I am willing to be free of this problem.
3. I am willing to be completely free of this problem from now on.
4. I give myself permission to be completely free of this problem from now on.
5. It is okay (safe) for me to be completely free of this problem from now on.
6. I deserve to be completely free of this problem from now on.
7. I am willing to give up the benefits of keeping this problem in order to be completely free of it from now on.
8. I am willing to receive all of the positive benefits of being free of this problem.
9. I will do everything necessary to ensure that I get & remain completely free of this problem from now on.
10. There are still one or more problems which will make me keep or take back this problem.
11. There is still something in me that will make me keep or take back this problem.
12. I am still vulnerable to taking this problem back some time.

BSFF Stoppers list (“all stoppers” includes any stoppers not listed here)

1. I am afraid this session of BSFF won't work
2. I am afraid the results of this BSFF session won't last.
3. I doubt that they will work.
4. I doubt that they will last.
5. I don't trust myself to do things effectively in these new ways.
6. I doubt that I will do things effectively in these new ways.
7. I doubt my ability to live out these changes in my life.
8. I am vulnerable to taking back one or more of these problems I have just resolved.
9. I have one or more other problems that would directly or indirectly stop me from maintaining my treatment gains.

© 2007 – 2013 • Larry P. Nims, Ph.D. • Goodyear, Arizona, USA • www.besetfreefast.com • BSFFwithLarry@cox.net • All rights reserved.
© 2007 – 2013 • Alfred B. Heath, MA, LPC • Peterborough, United Kingdom • www.AlfredHeath.com • Alfred.Heath@yahoo.co.uk •
All rights reserved. Use this document only after reading and agreeing to this DISCLAIMER: <http://www.sratheilmystic.com/disclaimer.htm>.
The information on this sheet is excerpted from the intellectual property of BSFF founder Dr. Larry Nims, with amendments and modifications by Alfred Heath, MA, LPC with Dr. Nims's permission. It is NOT a replacement for the authors' BSFF training materials with theory, principles, definitions, instructions, and protocols; it is a shorthand guide to use after learning the method. The authors give full permission to use this information & procedure for self-application for educational purposes only if proper citation of authorship, e-mail addresses, & websites are included. This document may not be uploaded to web sites or otherwise distributed for public sharing, sale, or other commercial purposes without written permission of the authors.