

SECTION III

YOU CAN REDIRECT EMOTIONAL AND BRAIN PATTERNS

"When physicians come to better understand the deeper interrelationship between body, mind, and spirit, and the natural laws guiding the manifestation upon our planet, then there will be a truly holistic medicine."

---Richard Gerber, M.D.

"Positive emotions change your body's biochemistry, and that can lead to physical healing as a by-product."

--Bernie S. Siegel, M.D.

I hope the reader is at this point intrigued with the idea of energy fields and their influence....not only as they pertain to the effectiveness of homeopathic and flower essence remedies but with the possibility that these unseen, unmapped forces may be contributing in significant ways to your entire health or un-health picture.

We have already introduced you to body energy fields in the first section of this book when we discussed Muscle Testing. You may want to re-read that part . . .

Modern quantum physics tells us that the physical body is actually an aggregation of physical particles of matter which are themselves points of "frozen" light. Besides this physical body of light, there are addi-

tional bodies of light composed of a more subtle energy (referred to as our etheric and astral bodies) with which we interface. "Subtle" meaning they operate at higher frequency levels than the physical eye can perceive. In other words, **EACH OF US IS A COMPLEX NETWORK OF INTERWOVEN ENERGY FIELDS.**

"There is a hierarchy of subtle energy systems that coordinate electro-physiologic and hormonal function as well as cellular structure within the physical body. It is primarily from these subtle levels that health and illness originate. These unique energy systems are powerfully affected by our emotions and level of spiritual balance as well as by nutritional and environmental factors. These subtle energies influence cellular patterns of growth in both positive and negative directions." Richard Gerber, M.D., Vibrational Medicine, 1988.

YOU CANNOT ACHIEVE TOTAL HEALTH REGENERATION WITH ONLY CARE FOR THE PHYSICAL PART OF YOUR BEING. A proper diet tailored to your unique body composed of nutritious, chemical-free foods along with exercise and an effective herb program for cleansing and strengthening your various body systems go a long way towards making you feel better and more alive. However, if your goal is total regeneration, you will need to continue on into the area of emotions, body/mind patterns, and spiritual energy fields which your state of health reflects.

PEG - OPTIONS FILE #117

Cleansing the body from the inside: a life changing experience.....

Peg was wary at first....those tests, all that talk about herbs. Could she trust that woman who sold herbs? But, following an iris reading, Peg took home the recommended diet and tried it, despite the skepticism. Looking back, she says she is sure Helen Cox and the staff at Options didn't expect to see her come back!

But she did. And the second time she bought some of the recommended herbs, and began a journey toward a healing cleansing which she says changed her life completely.

Peg noticed the diet was bringing about changes which she liked. In addition, she was listening to tapes and reading books loaned to her by Helen and was gaining a better understanding of the history of herb therapy and its benefits to the body.

About a month after the new strict dietary regimen of mostly vegetables, water, tea and supplements, Peg experienced what felt like illness to her. She was in bed with diarrhea and frightened of what was happening to her body. She called Helen who recommended an herb to help with the symptoms and told Peg her body was going through a healing cleansing, not an illness.

"She called the cleansing a gift," says Peg of her conversation that day with Helen. "She said lots of people go a lifetime without being cleansed."

Not convinced of the "gift" and its benefits, she nevertheless took the recommended herb and felt an "immediate difference." Peg was also impressed that Helen called her over the weekend to ask how she was doing and to offer support

The symptoms eventually passed and Peg continued on her new diet, adding foods under Helen's supervision. The new way of eating was very different for Peg as was the new found energy, the more positive attitude and a new sense of spirituality.

Although she hadn't intended to lose weight, she did with her new lifestyle. The weight has stayed off. In addition, she says her skin is smoother and softer, her hair is thicker and shinier.

She used some of the exercises and forms of meditation learned in Healing Touch and Trager sessions. She started reading more about women entering life journeys and fewer self-help books. She figured the "power of the universe" would guide her in her journey to healing, but she wanted to read about the journeys of other women and "to feel a connection with them."

As her body began to change in reaction to the new routine, "so did my belief system," says Peg. She began to see a mind/body/spirit connection.

"I saw the power as being me, very directly connected to me and interested in me. The newness was it wasn't a God outside of me...somewhere out there...it was inside me. It confirmed a growing sense of a oneness with a personal source of power, an awareness of my part in the universe."



EMOTIONS AND TOTAL HEALTH

Most of you will readily agree that emotions and personal experiences form personalities and character, but the idea that they may also have a part in the formation and structure of muscles and tissues is not a premise often examined.

The human system has been likened to a structure of data bases which reflect a person's relationship to physical, emotional, mental and spiritual power. Every perception, attitude and stress pattern active in your mental and energy fields has an influence on your physical body.

Fixated personality and emotional patterns may be the result of once appropriate behavior (as in early childhood) that is no longer valid. Modern studies of psychosomatic and stress related disease show that these unbalanced, unreasonable chronic patterns may be contributing to such problems as cardiovascular malfunction, cancer, and other degenerative diseases.

In other words, memories and emotions stored in your body tissues, if inappropriate to your present individual IDEAL, can result in energy imbalances and blocks.

You Are A Walking Autobiography

A trained therapist can "read you like a book" by observing your body. Your feelings and attitudes are reflected by your posture, the way you move, your facial expressions and more. Shoulders slumped? Chest sunk in? Must be very depressed or unhappy. Shoulders thrown back? Jaw thrust out? Very possibly a pose of bravado.

Your body reveals your inner feelings, your styles of behavior, your attitudes towards life, love, relationships. Your body reveals your personality strengths and weaknesses, your stresses and your ability to deal with them or not. Your body is a real blabber-mouth!

The truth is you do not HAVE a body....you ARE your body.

From Ken Dychtwald's comments in his book Bodymind (written at age twenty-six)...paraphrased:

He said over the years he and his body had shared many experiences, some pleasant and some traumatic. They had walked and run together, slept together, laughed together. He had taught it how to perform, how to make love, how to look attractive, how to serve his needs.

For the most part, he said, his body was well behaved. It would sit in class quietly while he got his education, then he would take it to the gym to work off the tension it had developed while waiting for him. However, sometimes it had a mind of its own and would break or carry on in ways that were definitely unbecoming!

When his body malfunctioned, he was very annoyed with it; impatient when it didn't get well fast enough. He would blame it for its inadequacies and fill it with chemicals to hurry up repairs. Normally, however, he could forget his body for long stretches of time...could separate himself from it completely.

After coexisting with his body for twenty years, he attended a workshop of Dr. John Pierrakos in California which was focused on the therapeutic process called "bioenergetics." He took his body along and his relationship with it was totally reformed. As he states, "It was at this time that I stopped 'having' a body and first began to realize that I 'am' my body and that my body 'is' ME."

Unconscious Patterns

We have all seen, experienced or heard about body/mind manifestations. "He is a real pain in the neck." A casual comment, perhaps. But who is surprised if the speaker wakes up with a stiff neck the next morning? "She makes me sick!" might be followed by a migraine headache or upset stomach. There is evidence that a "broken heart" is often a literal diagnosis....coronary problems brought on by grief or loss of some sort or loneliness. Few dismiss these emotional/body connections out of hand even if the mechanics of how they are triggered are unknown to them.

Emotional energy is a fact of life for human beings. Whether it brings us pleasure and enhances our existence, whether it serves to keep us whole and balanced or is destructive, depends upon whether this dynamic energy moves through and on out of our bodies or is "frozen" before its rhythm is complete.

What we are talking about here is not just the unintentional instructions given to the subconscious (which does not reason, but accepts your every direction literally)...the pain in the neck, the sick stomach...but how you have formed your body/mind entity. Your body is a reflection of your mind, and your mind reflects your body. They are inseparable, a reciprocating feedback system.

"Do emotional experiences and psychological beliefs shape body tissue and structure, or does the structure of the body predispose it to specific emotions and attitudinal sets? The answer seems to be...both. Translation from mind to matter and from matter to mind appears to be a kind of circular feedback system, with each bit of information and experience feeding back through tissue and then becoming information and experience once again." Ken Dychtwald, Bodymind.

For instance, an injury to your ankle that distorts your normal gait can become a permanent part of your body movement pattern even after the bone or ligament is healed. Or you may hold one shoulder higher than the other because of a long-forgotten anxiety. These postures continue because of the body's memory of how it USED to feel. Nervous diarrhea is a message from your intestinal muscles...remembering the emotional stress you USED to feel whenever you had to get up in front of a group to speak. (Or maybe you still do, but that's another topic for discussion!)

Every emotion carries an *impulse to action*. Fear sends numerous signals throughout the body that mobilize it to defend itself...or flee. Muscles tense, adrenalin flows, all systems stop whatever they are doing and assume their battle stations to deal with the perceived emergency. Sadness triggers the physical act of crying which manifests with convulsive breathing (sobs), release of fluid from the tear ducts, contorted facial muscles and noises from the throat. Emotions do not just float around "out there", but have physiological counterparts.

If an emotion is suppressed, for whatever reason, the flow of energy which the emotional excitation has set in motion becomes blocked in the muscle involved. If such suppression becomes habitual the muscular tension becomes chronic, an unconscious reaction. (Boys don't cry; girls don't show anger.) These muscular contractions become *frozen impulses to action*.

Suppression turned into repression is, of course, part of the defense system we all build to one degree or another in order to meet the challenges of life situations. I have described the physical manifestations of emotional repression. The psychological aspect goes hand in hand with it. You can effectively work with the problem from either angle. Verbally (the usual psychotherapy program) or physically (various therapies grouped under the label of bodywork). I prefer the bodywork approach.

Wilhelm Reich, an Austrian psychoanalyst, is considered by many to be the father of most present day body/emotions physical therapy. He used the term "muscle armoring" for contracted muscles, tightened against physical or emotional pain. This tightness and its pain can be relieved at times by heat, whirlpool, aspirin, etc. but the initiating cause lies dormant. Then when some similar situation comes along, the same old response, which is programmed into the system, is reactivated.

Bodywork is a generic term used as a catch-all for body massage, body manipulation, as well as energy-based body therapies. I feel the energy-based therapies are less intrusive, quicker and reach areas of the unconscious often difficult to reach. You can get to the initiating cause in the energy field in order to "re-program" unconscious responses.

The emphasis in energy-based procedures is to get the vital force back into a free-flowing pattern. Resistances are broken down, buried cellular memories and repressed emotions are released. **IT IS NOT NECESSARY TO IDENTIFY THE INCIDENT OR EXPERIENCE THAT HAS BEEN REPRESSED**, although it is not unusual for the event to surface to the conscious level.

ALICIA - OPTIONS FILE #145

Finds what was missing in her life . . .

"I always felt something was missing when I went to any doctor," says Alicia, reflecting on her odyssey from doctor to doctor as she battled a number of "female problems" for years.

"The doctors never seemed to know what was wrong. They would prescribe medication and send me on my way, but the problems persisted." Sometimes she was bed-ridden with the pain. She says she knew the answer was out there, somewhere, and that she would eventually find it. She says she always felt "you can't buy it and you can't take it like a pill."

That's when she discovered holistic health care and Options Health and Education Center, Peoria Heights. She sensed the pain and ailments went beyond the physical - that they had an emotional element as well.

"She went right to the heart of the problem," Alicia says of Helen Cox. "She listened to me without putting any boundaries, without telling me what was normal and that I was abnormal."

Alicia began taking herbs as dietary supplements and her life changed, she says now. Relationships changed, everything became clearer to her, she "became more aware of everything."

The herbs, she says, helped her "get over the physical blocks" and begin to heal. "I discovered that healing comes from within. I learned it's there if we want to see what's wrong or what our sickness is. I learned it's okay to change, to be afraid. But we can overcome that fear."

Alicia says the program at Options treated her as a whole person. When the physical ailments which were "eating (her) away" at one time "dissolved", she was able to concentrate on the emotional issues and look toward a future. Relaxation techniques that she learned complement the herb therapy, she says.

Now she practices yoga daily, believing getting in touch with oneself is essential to good overall health. A great side effect, she adds, is learning "neat things" about oneself in the process. It strikes an emotional balance, she contends, something we all need to be truly healthy.

"Emotions really do affect your immune system," notes Alicia. "What you feel is what you are."

Alicia rarely takes over-the-counter drugs anymore, preferring the herbs, which she notes "have been on the earth for thousands of years....they're there for a reason."

Alicia says she's grateful Options is within reach for her. "I'm glad that she's here. No doctor has helped me before like Helen has. I'm back on my feet again."

SOME BODY/MIND THERAPIES

As used in the natural healing field, bodywork is different from simple massage work (such as Swedish massage, the most commonly practiced form of massage in Western countries) which does have a relaxing effect, but does not address underlying causes of problems. It also differs from chiropractic, which primarily employs manipulation of body joints and the spine to restore normal nerve function.

For the health care explorer, there are numerous systems and techniques from which to choose, ranging from gentle manipulation of muscles or soft tissue to others that are more interventive and temporarily painful. For the purposes of this book, I will confine our discussion to the modalities we use at my Options Center.

History and Background of Touch Therapy

The expression "laying on of hands" has acquired some negative connotations for many in our sophisticated society. It is too closely connected to sensationalism, charlatans, snake oil purveyors, etc. But according to the National Institute for the Clinical Application of Behavioral Medicine, the power of touch to "establish rapport, comfort and enhance the healing process is one of the most effective uses of a behavioral medicine technique."

The therapeutic use of hands has a noble history... literally and figuratively. Laying on of hands was known as the "King's Touch" in early France and England because it was believed the kings had the power to heal. Norway's King Olaf was thought to be a saint by many; Roman emperors Vespasian and Hadrian are mentioned in history as being able to heal with touch.

The act of laying on of hands appears in cave paintings located in the Pyrenees that date back 15,000 years, as well as in rock carvings found in Egypt and Chaldea. Accounts of the therapy are found in both the old and new testaments of the Bible.

Ancient traditions handed down from one generation to the next continue in India, Tibet and China. Spanish conquistadors wrote about the native Americans in North America during the sixteenth century "imposing of hands" to cast out infirmities.

Innumerable accounts of healing by the laying on of hands can be found in church histories. However, this universal ability of man to heal man was jealously guarded. Any healing outside of the church was considered to be witchcraft or the work of the devil.

Even today there are those who view this mode of healing with suspicion or discount it as "nonsense." However, modern science is showing that indeed something affects the blood components, brain waves and neuromuscular reactions.

Modern Day Healers With the "King's Touch"

The American Holistic Nurses' Association offers a course of study toward certification in HEALING TOUCH THERAPY. It is designed for nurses, physicians, body therapists, counselors, psychotherapists, other health care professionals as well as individuals who desire an in-depth understanding of healing work using energy based concepts.

This Association (AHNA) was organized in 1980 to promote the education of nurses and the public in the concepts and practice of health of the whole person, and its workshops are well attended.

AMY - OPTIONS FILE #185

Alcoholic/addict re-patterns life.....

"I'm an alcoholic and an addict," Amy says in her straightforward manner. "That's critical to why I went to Helen."

Amy has been seeing Helen Cox at Options Center for Health and Education for over a year to work through her addictions and other physical symptoms of emotional stress. She had been through a twelve-step program and conventional therapy, but was looking for an alternative.

"(The twelve-step program) just didn't have enough substance," says Amy. "You sit around and talk about your feelings, which if you're in recovery, can be pretty intense....like a roller coaster."

She learned of Helen's work through her sister who was seeing Helen. Originally, Amy came to deal with her emotional issues, but soon began an herbal program, a colon cleansing, and eventually added a diet plan to her routine.

The herbs were instrumental in ridding Amy of hives, she says. For seven years Amy had taken antihistamines for the hives which, according to her, "had an emotional connection."

It took "six to eight months to fully get rid of the hives, but that was a significant step," Amy notes.

The diet and colon cleansing left Amy with more energy, a healthy weight level and a clearer head. She no longer uses food as a reward nor places so much significance on eating.

"I feel so much better," she says. "My health problems were definitely connected to my emotional state."

Her emotional state, in fact, is what Amy focused on in her work with Helen. Through balancing and re-patterning, Amy was able to deal with a number of issues without the traditional talk therapy.

When Amy sees Helen, they decide on a goal for Amy and then use various techniques, such as Touch for Health and Edu-Kinesthetic exercises to achieve the goal. This process, says Amy, gives her the opportunity to do something, rather than just talk about it.

She says she has seen immediate results - physically, emotionally and spiritually - something new for Amy.

Re-patterning to Amy means, "re-programming, changing my tapes, changing the way I think about myself. It's a way to change something negative into something positive."

Dolores Krieger, Ph.D., R.N., is probably one of the better known modern day practitioners of touch therapy. Thoroughly convinced that the ability to use Therapeutic Touch is a natural potential in man, she has been interviewed on radio and television, has explained her healing work to thousands in workshops and professional classrooms throughout the world. The majority of her students have been nurses, and this is not

surprising...who else has more "hands on" experience with patients? Ever since Florence Nightingale, a vital part of the nurse's role in medicine has been to soothe, encourage and relieve suffering with her touch.

Dr. Krieger's class at New York University, *Frontiers in Nursing: the Actualization of Potential for Therapeutic Human Field Interaction*, was the first (1975) of its kind in the United States within a fully accredited curriculum for the master's degree. "Krieger's Krazies", as the nursing students called themselves, took the skills learned into the field and soon provided convincing testimonials as to the positive effects obtained.

THERAPEUTIC TOUCH, as her system is known, is noticeably useful for two things: a deep, generalized relaxation response from the recipient, and the relief of pain.

Dr. Krieger feels that the interaction between therapist and client invokes a sense of self-responsibility for one's health. She says, "...in almost every case there comes a moment when it must be acknowledged that it is the patient who heals himself. The transfer of energy from the person playing the role of healer is most usually little more than a booster until the patient's own recuperative system takes over. At best, the healer accelerates the healing process." (*The Therapeutic Touch*, 1979.)

I doubt that any of those kings or churchmen mentioned in historical treatises knew they were involved in "the transfer of energy"! Any more than Samuel Hahnemann or Edward Bach knew that it was the subtle energy imprint of the plants and flowers they used retained by the medium of water that was the healing or therapeutic agent in their preparations.

An Interesting Experiment.....

Today we are more aware of the existence of these fields of energy, have a few technical machines that can record them, and have forward-looking researchers who are seeking to understand and verify their effects. One such experiment was done in the 1960's by biochemist Dr. Bernard Grad, McGill University, Montreal.

The purpose of the experiment was to ascertain whether psychic healers had real energetic effects upon patients, as opposed to healing being the result of "charisma" or blind faith. Subjects were plants or animals in

order to eliminate the factor of belief. Two containers were filled with salty water. One container received a laying-on-of-hands treatment from a healer. Barley seeds were put into both containers (salty water is a known growth retardant), then placed in an incubator and studied for signs of germination and growth.

Seeds exposed to the healer-treated water sprouted more often than those soaked in the untreated water; seedlings watered with the healer-treated water were larger and had a greater chlorophyll content than those watered with the untreated water. These tests were repeated several times with the same results.

A variation consisted of giving water to psychiatric patients to hold. This water was then used on the barley seeds in the same type procedure. Water energized by patients who were severely depressed had the reverse effect of healer-treated water. It *suppressed* the growth rate of seedlings!

Why is Touch Therapeutic?.....

Now we get back (again!) to our old friends chi and prana...the concepts of the life force in Chinese and Hindu medicine. With no knowledge of quantum physics or neurophysiology, these ancients believed this life-giving force was brought into the body via the breath. Were they equating "breath" with oxygen?

Tests conducted by Krieger and associates showed elevated levels of hemoglobin after "the transfer of energy" by laying on of hands. Hemoglobin transports *oxygen* from the air in the lungs to all parts of the body!

"Healers and healthy people have an abundance of 'prana'; sick people have a relative deficiency of 'prana'. Krieger sees Therapeutic Touch as making a connection, like jumper cables, between the healer's charged battery and the sick person's low battery. The sick one borrows energy to get his immune system jump-started and energized to handle whatever disease or condition is distressing him." The Encyclopedia of Alternative Health Care, 1989.

SUE - OPTIONS FILE #152

Your eyes are so much better . . .

Neon lights have their place on the streets of Vegas or Hollywood, but no one wants to face them in the bathroom mirror first thing in the morning! That is exactly how Sue describes what happened to her one morning recently. She woke up with a set of mattered, sore eyes that were so pink they nearly glowed.

"Those were two nasty looking eyes," she says.

Sue had been seeing the professionals at Options Health and Education Center, so she called the office and arranged to see Director Helen Cox that morning. Sue began taking the herbs Helen recommended while still in the office, and Helen and another staff member began working with Sue on the spiritual aspect of the condition, focusing on past, present and future stages through applied pressure.

By the time she left the office at the end of the sessions, said Sue, "my eyes weren't as bright." By the time she returned to work, they were much whiter, prompting co-workers to comment on the remarkable change since that morning. Several people asked her, "What did you do? Your eyes are so much better."

She returned for another session after work in which she was given touch therapy (acupressure) and by the next day, she said, her eyes were nearly healed.

"It truly is an example of how with concentration and guidance, you can heal yourself," she said, also noting she now uses no medication or chemicals, just strictly herbs and therapy.

What Happens in a Session? . . .

All laying-on-of-hands systems using energy based concepts, whatever their name, are basically executed in the same manner.

First of all, the therapist or giver must be centered in a meditative state and focused on the intent to heal. This is essential in order to get the de-

sired effect. You can therefore understand the importance of experience and practice on the part of the giver.

The receiver need not be centered or even a believer! But it will, of course, facilitate matters if he/she is being cooperative.

The giver next "scans" or "assesses" the receiver's body. It is not necessary to actually touch the body; in fact, better results are obtained by holding the hands about two inches above the body. Signals the giver will be looking for (sensing in his/her hands) have been described variously ...heat, cold, tingling, pressure, electric shocks, pulsations. These clues indicate an energy block or congestion, a distressed area of the body. This has nothing to do with a medical diagnosis. It is just noting that "something is different in the energy flow here."

Next, the giver usually "unruffles the field." Perhaps a better phrase would be "clears the field", because a ruffled field is described as an area that feels very dense, static, full of pressure, a sense of fullness in the tissues. The giver places his/her hands over the affected area and then moves them away from the body in a sweeping motion. The purpose of this gesture is to get the energy moving once more, no longer bound in that one spot. Some receivers say they can almost feel the pressure "pop".

Getting the energy flowing again prepares the way for the body to heal itself. This can be expedited by the transfer of energy from the giver to the receiver. The giver directs and modulates this energy. His/her hands move energy around to needed areas; from a congested stomach area to deficient lower limbs, for example. It is a skill that is based on much practice and a high degree of sensitivity.

Has this transference of energy been proven to the satisfaction of Western laboratory standards? No. It is at this point a purely subjective sense of improvement, a relieving of symptoms. One of the most common reactions noted by receivers is a feeling of warmth or heat.

Another Interesting Phenomena.....

For me one of the most inspiring proofs of the efficacy of the healing touch is the work being done in "preemie" wards throughout the world. It is standard procedure now in most preemie units to stroke and handle these tiny, premature babies fighting for their lives. The human touch

quiets them, aids weight gain and enhances numerous neurological processes. Maybe the credit belongs to the giver's focused intent to heal, or the unconditional love being given to that frail human being. But the medium for the transfer of whatever it is that heals is . . . the hands.



Polarity Therapy

Dr. Randolph Stone, an osteopath, chiropractor, and naturopath drew on a lifetime of scholarship, intuition and practice to develop what he called Polarity Therapy. His teachings reflect India's ancient Ayurvedic medicine to a great extent, but also reflect his wide range of studies all over the world over fifty years....acupuncture, Shiatsu, and herbal medicine in China and Japan, the Hermetic and Cabalistic systems of the Middle East, as well as yogic healing arts of India. He studied the work of Paracelsus, the sixteenth century Swiss physician we have already talked about in connection with homeopathy, from which he learned about the subtle electromagnetic fields of the body.

His unique synthesis of East and West was published in 1948 in the book Energy: The Vital Principle in the Healing Art. He began teaching these principles to other health practitioners while continuing his private practice.

Before he died, Dr. Stone appointed Pierre Pannetier to assist with the polarity movement and Pannetier assumed that leadership until his own death in 1984. Today the American Polarity Therapy Association coordinates the various interpretations of the polarity philosophy and creates standards for its practice.

Fundamental Principle.....

The Polarity system holds that, underlying what we call the material world, there is an infinity of universal energy; that every living organism is "engaged in a constant movement of energy, a rhythmic contraction and expansion, both within itself and in its environment."

Other cultures have called this life force or energy by other names. (As you know by now, if you have been paying attention!)

"The Polarity system posits that this life energy moves within and through every cell of the human body. Some exchange occurs in all directions; however, the major energy movements can best be described as following currents (also called channels or meridians) within and around the body. Dr. Stone has referred to this complex network of currents as our 'wireless anatomy,' because it underlies, but does not rely on, transmission by the nervous or circulatory systems. The energy channels of Polarity are somewhat different from, but compatible with, the meridians of Chinese acupuncture." The Holistic Health Handbook, Berkeley Holistic Health Center, 1978.

Polarity sees this body energy divided into five fundamental energy forces which interact with each other. Each element corresponds to certain parts of the body, certain energy centers (chakras), body cavities, and functions. (See Highlight Box.)

1. ETHER. Higher chakras; communication, psychic awareness, and spirituality; throat and head.
2. AIR. Heart chakra; respiration, compassion; lungs and heart.
3. FIRE. Upper-belly chakra (above navel); digestion and assimilation, will and power; stomach and intestines.
4. WATER. Pelvic/genital chakra; reproduction, emotional drive; liquid elimination and glandular secretions.
5. EARTH. Root chakra; physical survival; solid elimination; rectum and base of spine.

If you feel you have read this information before, you are right! At least almost.....these five elements are very similar to the five elements in Chinese medicine which we have brought to your attention: air, fire, water, earth and wood.

(Note: Biomagnetics is a growing field of study that also involves polarity principles. Example from recent literature: "If we were to take a sample of animal or human blood and spin off the fluid (the plasma) and

leave only the red blood cells, then place these red blood cells in a slide and insert them into a good microscope, we would see that when we bring a magnet up under the slide the red blood cells all spin around and point in one direction. This is polarization, or alignment of the iron particles in the red blood cells. When this happens, the blood circulation improves and you have gathered strength, power, and energy. The improved circulation helps reduce body stress because now the body does less work to perform its normal functions.")

What Happens in a Balancing Session?.....

The sessions are gentle and relaxing. They may be for a general balance of the entire body, or work on specific areas.

Polarity Therapy does not manipulate muscles or bones. There is a placing of hands on the body's energy centers (chakras) and *poles* designated as positively or negatively charged. The left hand of the giver is negatively charged, the right is positive. Just like "jumping" a battery, the giver places the left hand (negative) at a positive place on the receiver's body; the right hand (positive) at a negative place on the receiver's body. There is a freeing and recharging of the body's energy.

Polarity sees the body as a core magnet that generates an energy field around it. Diagrams show all the body's energy fields and currents. Connecting certain primary currents is the first intent, but exchanging energy between positive and negative poles on any two parts of the body is effective. When the energy is free-flowing, the body is able to attract what it needs and to repel what is detrimental.

More to the Story.....

Energy manipulation is not the entire program. Dr. Stone taught that adjustments in the flow of energy will not be permanent if poor nutrition, exercise and emotional habits are not also changed. (This should not be a new revelation for you at this point!) There are polarity diets and exercise programs...all designed to balance the duality of our bodies. And students are reminded that organs and fluid systems react to highly charged emotions and thoughts, that stress can sap the body's energy reserves and its ability to balance and heal itself. **ALL PARTS OF OUR LIVES MUST BE IN BALANCE, ON ALL LEVELS OF ENERGY.**

SUE - OPTIONS FILE # 186

All aspects of life affected . . .

It was just a small item in the paper that caught her eye...an announcement about a class for women on how to combat yeast infections. For several years, since the birth of her first child, Sue had been battling recurring yeast infections, so she clipped the item, intending to call.

The classes came and went, but she did make the call eventually and started on a road to healing she never expected to travel. Her yeast infections cleared up, but so did a number of other ailments she had come to accept as a part of her life. "I got more than what I bargained for," says Sue. "These other benefits are great."

Sue's journey began with the Candida diet, which eliminates certain foods and adds others to keep the body in balance. Yeast infections do not occur in the first place. Sue also started herb therapy, taking those herbs her body needed to create healing from within, and she worked with Director Helen K. Cox on energy balancing.

For balancing, Sue and Helen developed a positive, active, affirming goal at the beginning of a session and then did the appropriate therapy - touch therapy, guided imagery, etc. - to achieve the goal. To be most effective, goals and affirmations must be carefully and powerfully worded. Sue says that Helen has a "real gift" for determining "just the right phrasing" needed for the situation being worked on.

It has helped her develop discipline, says Sue, and positive thinking which has spread to other areas of her life. "Everything is better. I can think more clearly, I'm more efficient than I have ever been, and my body parts function better. I'm learning to care about myself more, enjoy life more. I'm learning to appreciate my body."

And her body is healing itself, she says. No longer does she have dizziness and headaches associated with asthma, or the symptoms of allergies to contend with. Symptoms of spastic colon and colitis are gone. Periodic laryngitis is no longer a problem.

"It sure pays to watch what you eat, just to be watchful of how you take care of your body," Sue says, attributing a lot of her new-found health to the diet and herbs.

She also gives credit to God and Helen, in that order.

"God gave Helen the ability to help people," she says. "He used her to help me."

Before seeing Helen, Sue says she would always dwell on the negative, which led to her poor health. But when a person isn't feeling well, it is hard to dwell on the positive, so a vicious cycle of negative thinking and ill health develops that is hard to overcome without help and a conscious effort to change, she says.

"I think people have to want to do these things before they can help themselves," noting she tries not to push her enthusiasm onto others. "I know one thing; I don't want to get off (the program)."



Trager® Psychophysical Integration

TRAGER bodywork is a body/mind therapy that is a unique blend of psychological, physiological and spiritual theories. It requires a trained therapist, and its practitioners strive to break up and release repressed physical and mental patterns that restrict a muscle's full range of motion. The manipulation is gentle and non-intrusive, reminding the body "of what it feels like to feel good..."

According to TRAGER philosophy, stiffness, restricted movement, tension, pain, etc. are products of an unconscious mental process. The prac-

itioner's goal is to release these limiting mental or emotional patterns and to re-educate or remind the muscles how to relax and function effortlessly.

Dr. Trager is convinced that the body and mind are inseparable. To illustrate, this story is often told:

"Before surgery, the patient was so stiff that he had to turn his whole body to turn his head. Under anesthesia, the man was completely limp. Trager sat in the recovery room, watching the man's body become increasingly rigid as he came to, eventually returning to his original stiffness." Encyclopedia of Alternative Health Care, 1989.

History and Background.....

Milton Trager was a boxer, acrobat, dancer and eventually a medical doctor with gifted hands and a strong interest in how the body performs movements.

He abandoned his professional boxing career at age 18 after being told by trainers and grateful family and friends that he had extraordinary skill in giving a rubdown! In order to "save his hands", he turned to dancing and acrobatics. His interest in physical health led him to continuous study and experimentation. In 1941 he completed a Doctorate of Physical Medicine at the L.A.College of Drugless Physicians and was authorized by the state of California to practice in the field of neuromuscular disorders. He specialized in the treatment of polio victims.

At age 41, Trager applied to a number of medical schools in the United States but was considered "too old". The University Autonome de Guadalajara in Mexico accepted him, and was so impressed with his bodywork skills that they opened a polio rehabilitation clinic which Trager ran while earning his M.D. degree.

He settled in Hawaii and for twenty years carried on his private practice, perfecting his psychophysical integration technique. His success with difficult neuromuscular disorders, such as multiple sclerosis and muscular dystrophy, led to an invitation in 1975 to demonstrate his Tragering at the Esalen Institute in California where he was "discovered".

A grateful recipient of his therapeutic skill, Betty Fuller, convinced Dr. Trager to return to California to train practitioners in his unique approach. Thus, the Trager Institute of Mill Valley, California, was founded in 1977 (Ms. Fuller was its founding director), and the doctor closed his private practice. Under the auspices of the Institute, trainings are held in North America and Europe on a year-round basis.

Today, at the age of 85, Dr. Trager is still involved in the training and certification of TRAGER practitioners. He is and always has been a doer, not a writer, and so little has been published about his techniques. The first authorized book to come from the Institute was Trager Mentastics: Movement As A Way to Agelessness, 1987.

Trager Mentastics®.....

A major component of TRAGER work is a series of simple exercises known as MENTASTICS. These movements evolved from Trager's early years as an acrobat and dancer, long before he was even thinking about hands-on bodywork. He and his brothers and friends exercised daily on the beach, combining movement and meditation, running and gymnastics. One day it occurred to Trager to see "not who could jump the highest, but who could jump the softest." That led him to consider how other movements could be performed in an effortless way.

This concept of moving effortlessly with a feeling of lightness, freedom, grace and pleasure is also the basis of TRAGER table work. MENTASTICS are offered to clients as a way to recreate the experience of the hands-on work, an opportunity for *self-empowerment*.

The movements are easy...most look as if you are merely stretching and shaking the tension out of your body. They are not offered as therapeutic dogma, not intended as treatment for any physical or mental condition. They are just fun! And relaxing. As Dr. Trager says, "Mentastics do not consist of a technique, method, or routine. It is an approach of mind and motion perfectly synchronized. Mentastics are done with the feeling of how light, how beautiful, how free, how complete the movements can be."

What Happens in a Trager® Session?.....

The practitioner leads you through gentle, soothing, painless movements while you lie on a comfortable, padded table. Your head, arms, legs and body trunk are gently rocked "as if you were a baby cradled in your

mother's arms." The body recalls what it is like to feel free of unconscious restrictive mental processes. Receivers report feeling a great sense of peace, contentment and release.

The intention of the practitioner is to "allow the client to give up muscular and mental control and sink into a deeply relaxed state." The effective practitioner reaches a contemplative mental state that TRAGER calls *hook-up*, which the client "will catch...like the measles..." from the practitioner.

"Hook-up," says (Dr.) Trager, "is like basking in a vast ocean of pleasantness. I call this natural and harmonious state of being 'hook-up' because, as in meditation, one connects with the energy force that surrounds all living things. Hook-up is not a passive state. It is dynamic, alive, vibrant; and yet it is peaceful. There isn't anything one has to do to hook-up except to allow it to happen....you are enveloped by this force. You are surrounded by all of this help. Hook-up is the key to relaxation. The ultimate power of hook-up is that this feeling of peace can be recalled in an instant." (Quote from East West magazine, January 1988.)

At the end of the table work, the client may be given specific MENTASTICS exercises to do on his/her own.

Improvements and Results Obtained.....

First of all, you get a convincing demonstration of how the mind and body are truly connected and integrated!

Positive neuromuscular patterns improve general physical functioning. The TRAGER approach does not treat, prescribe, or diagnose an illness or any other physical or mental disorder. However, it is the TRAGER theory that people have either forgotten how to function without restriction or their freedom of movement is being blocked by negative patterns at the unconscious level. The pleasant TRAGER bodywork reminds the body at all levels of what free, unrestricted movement is...and deep-seated negative psychological patterns are released for the new and improved responses.

Anecdotal reports of better posture, increased mobility, pain relief, improved mental outlook are all benefits on record at Options.

TRAGER work is very popular in the field of athletics and sports. Increased stamina from conserved energy, improved flexibility and suppleness all aid the athlete...golfers, swimmers, cyclists, runners, weight lifters, football players, tennis players.....as well as your average exercise enthusiast!

JANET - OPTIONS FILE #141

Our daughter is a different child . . .

In early January 1990, Janet's parents brought her to Options for an initial consultation. The 12 year old had already spent over two years working with her allergist on chronic health problems; in addition, she had been seeing a gastroenterologist for the previous seven months.

With all this medical care Janet's health had not improved; she had no strength, no endurance, and no immunity. She was taking three to five lomotil a day for severe cramping in her colon. She was missing school by the weeks.

Director Helen Cox immediately started Janet on an individualized diet. Her parents say they "were shocked to learn what foods were to be eliminated. However, we stuck rigidly to this new diet and did not eat sugar, salt, red meat, etc. Herbs were also daily food requirements."

Besides the special diet and herbs, Janet enrolled in Trager® sessions, a deep muscle tension release therapy. These sessions helped to reduce the tension in her neck and shoulders so that the migraine headaches she suffered occurred less frequently.

By the end of four weeks, "she was still missing as much school, but her skin tone had a hint of color to it. She was taking lomotil only occasionally," according to her parents.

At the end of eight weeks, she was not missing as much school. "She was still catching every virus/cold, but her recovery time was cut in half. She had stopped the lomotil entirely and experienced no cramping. Her energy level was much higher."

At the end of fifteen weeks, her parents report "our daughter is a different child. She knows she feels better and has more energy on the diet and rarely asks for any of her 'old favorite dishes.' Her color is fine. Her endurance is almost normal. In fact, she just completed two weeks of school with no absences.

"We are grateful a thoughtful friend told us about Options."



Touch for Health

Touch for Health is another bodywork therapy or system developed by a doctor of chiropractic, John F. Thie. In 1973, after years of lecturing and presenting seminars on the subject, Dr. Thie wrote his book Touch for Health and began instructor training workshops.

The Touch for Health Foundation, a non-profit educational foundation, followed. It is now recognized by the state of California Bureau of Post-secondary Education as a Vocational Training School, and its instructors can be certified.

The Foundation also submitted a course outline and was accepted as a provider of Continuing Education for Nurses (BRN # 00631).

Health professionals of all persuasions...medical doctors, chiropractors, psychologists, dentists, physical therapists, etc....can be found in Touch for Health classes as well as educators, social workers, athletes and their coaches, laborers, business people, and persons in the service of God.

"Touch for Health became the first simple, truly holistic system of health care available to people with no previous knowledge of their body or how it works for them. Teaching as it does the *triad of health-structural-nutritional, and mental/emotional sides of the person* (emphasis supplied), Touch for Health emphasizes our own specialness and uniqueness and gives us the tools to become the happy, healthy, whole creatures that God intended us to be." Bruce A. J. Dewe, M.D., in the foreword of Touch for Health

An Explanation from Quantum Physics.....

A Touch for Health balance involves knowledge gained from modern principles of physiology and biochemistry as well as wisdom from ancient Chinese acupuncture. It is truly a synthesis of East and West cultures. For those of us who have practiced or experienced the benefits derived from Touch for Health for many years, it is interesting to note that quantum physics is catching up! I do not pretend to fully understand this type of left-brain thinking, but for those of you who might, I pass along this quote from Dr. Dewe:

"Whereas classical physics saw atoms and electrons as miniature golf-balls bouncing off one another, we know that these particles need to be described as 'tendencies.' At times they 'tend' to behave as waves and at others as particles. Left alone they function as waves of 'probability.' Observe them and the wave is said to 'collapse' into a particle. Make multiple observations and patterns are produced that function as waves. Thus, every particle of matter exists as a wave tendency when not observed and as a particle when observed.

"What has this to do with Touch for Health? In the same way that observing something in physics alters that thing, totally and radically, from something probable to something certain, so, our consciousness is constantly observing the energy field we call a body. Thus, every thing we do - eat, move, sleep, or see - is part of the process of quantum change of something probable into something actual through a stream of conscious acts that will change the mind and thought as well as the body. In fact, the whole of life functions in this quantum way just as consciousness functions in a quantum manner in our bodies and this overall consciousness that I call God becomes vital for life to be possible as we know it."

Wow! How is that for an explanation?

I don't know about you, but it is easier for me to think of the body/mind interaction via the muscles as a biofeedback mechanism...our muscles being the equivalent of a visual display unit, part of our bio-computer, if you will.

We test a muscle. (Have you re-read the section on muscle testing?) We touch another part of the body, then recheck the muscle and note any changes. Changes may be physical, mental or emotional. We learn to listen and to feel what is going on in our bodies. Most of us are pretty adept at describing our mental and emotional conditions, but have neglected our structural messages for many years. Until pain, the final alarm, gets our attention and we realize all is not functioning properly.

Each Part Affects the Whole.....

Touch for Health points out that you need not be a physicist to observe that the human body is a symmetrical organism. Draw a line down the center of the skeleton from head to toe, and you can see each side is a reverse image of the other. So it is with the muscles and their action. For each motion a muscle makes, there is a corresponding muscle which opposes that motion.

If a muscle weakens on one side of the body, its opposing partner tries to take up the slack (tightens) in order to keep the system in balance. You can only relieve the "tight" side by strengthening the weak side so it can carry its own weight in the scheme of things! Muscle balance is a basic key to the health of the whole person.

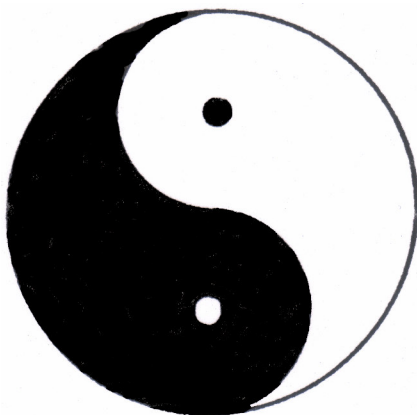
Some muscles are related to a specific organ system because they share a lymph vessel or an acupuncture meridian. Improved energy flow through the muscle also gives relief to the organ sharing the system. As you can see, the organ itself may not be "treated" at all, nor the disease, nor the symptoms. Get the body in balance and all else can fall in place.

"We are trying to think of the body as a whole, all one piece. What happens in the head or what goes into the mouth has an effect throughout the body, as when something happens to one member of the family, it affects all the rest of the family - some more than others, but everyone is affected. It is the same with our bodies. If there is a tight muscle in the hip, for instance, from a corresponding weakness on the opposite side, then that hip is favored because of the tension restricting its motion.

That puts a different strain on the foot, and with the foot in a different position, there will be a strain on other sets of muscles. This is going to change the body's general posture, affecting the positions of the internal organs. That, in turn, restricts the nutrition to the organs and changes the excretions and hormonal functions. The chemical/psychological balance of the person is changed, and this affects the individual cells in the body. As the body and mind are affected, the person will think and feel differently, so he is going to assume still a different posture. Then there is one more tight area, one more tension, one more cycle. *So everything we do affects all the rest* (emphasis supplied)." John F. Thie, D.C., Touch for Health, 1973.

As they say in China.....

Yin and Yang! This concept of complementarity and a balanced whole has always been a key principle in Oriental philosophy. The words yin and yang represent the polarities in all things. The idea is expressed by the following symbol which appears in ancient art and modern graphics:



This symbol, attributed to Emperor Fu Xi, father of classical Chinese medicine, in about 3,000 BC, shows the forces of yin (dark) and yang (light) perfectly balanced, each having the germ of its opposite. Anyupset in the balance is believed to cause illness or disease.

Yang is viewed as the male principle: active, generative, associated with the sun (light), the positive element.

Yin is viewed as the female principle: passive, receptive, destructive, associated with the moon (darkness), the negative element.

Before my feminist friends object to this categorization, please note that yang exists within yin, and yin exists within yang....the dots in each half of the above graphic symbol. Both elements of this duality are necessary to reach a balanced state, a fascinating equilibrium within a universe of constant change.....birth/death, male/female, light/dark, hot/cold, active/passive, etc. Life as we know it is an exercise in duality.

Each of us has our own unique balance of yin and yang which, if out of balance, causes dis-ease. A fever would be viewed as having too much yang, while too much yin might bring on a chill.

Energy Highways.....

Touch for Health recognizes this concept of two polarities in our body that create dynamic energy just as the north pole and south pole on a magnet. Our life systems are energized by this flow of magnetic currents, and this life-giving energy (called *chi* by the Chinese) flows in the body via channels known as *meridians*.

We have introduced meridians into our discussion before (see illustrations in Section I), but let's explore the nature of these pathways a little deeper....

For the early Chinese to have had a working knowledge of these meridians is truly remarkable. They are invisible to the eye, but modern technology has measured and mapped them electronically, thermatically, and radio-actively. With practice, specific points along the meridians can be felt. Some people are more sensitive, more gifted than others in locating these points. But increased awareness allows anyone to upgrade his/her sensitivity.

Present consensus of opinion is that these meridians contain a colorless, non-cellular liquid. The meridian points are electro-magnetic in character and consist of small, oval cells called bonham corpuscles which surround the capillaries in the skin, the blood vessels, and the organs throughout the body.

It is also thought by many that these meridians are our physical body's connection to our subtle energy bodies...our link to higher dimensional energies and patterns. The meridian points are the most accessible aspects of our physical/etheric interface.

It is the goal of Touch for Health therapy to keep these highways free and clear for the life energy to reach all parts of the body. When the vital energy is impaired or blocked at any one point, all points on down the line suffer to one degree or another. Touch for Health uses the muscles for carrying on "highway maintenance." By a simple series of muscle tests, information is obtained about muscle weakness, meridian flow, injuries...even nutritional deficiencies, allergies and mental blocks.

Muscles and Meridians . . .

Muscle function is used or tested in order to get an indication of internal homeostasis (balance). No matter what the cause of dis-ease, it is felt in the musculature.

You might liken the muscles and the meridian system to an electrical circuit. If the body is abused enough to cause stress, it "overloads a circuit." The circuit breaker "pops" and the area it serves is without current. Touch for Health locates the "circuit breaker" involved (a weak muscle) and resets it so service is restored.

As we have said, each muscle relates to an organ, gland, or body part. Muscle tests reveal energy imbalances, then one or more correction techniques can be used to restore the uninterrupted flow of the life force. Sometimes when one imbalance is corrected, all of the following meridians are balanced...like opening up a dam. By continuous and methodical muscle testing and re-testing, all imbalances are detected and corrected.

Notice I did not say the treatment *heals*! Touch for Health philosophy is that the body can heal itself if given the opportunity to do so. It is an effective tool for reading body warning signals of malfunction that are communicated through muscle weaknesses.

Energy out of balance over a period of time manifests into physical illness. With Touch for Health techniques, we have the opportunity to discover minor imbalances in the system BEFORE they become major problems.

Correction Procedures.....

When muscle testing reveals a weakness, muscles can be strengthened, tension and/or pain can be relieved, with one or more of the following procedures:

1. Neuro-Lymphatic Massage - Massage points are located mainly on the chest and back. They are usually tender spots and the tenderness is greater on the front than on the back. Using the fingers, the therapist massages each point for 20-30 seconds. The tenderness decreases as balance returns over several days.

It is interesting to note that the lymphatic system is often referred to as the "garbage disposal system" of the body. And it is true it detoxifies and drains undesirable fluids, but its good points need to be recognized as well. It carries proteins, hormones and fats to the cells, it makes one quarter of the white blood cells and aids in the production of antibodies. There are twice as many lymph vessels and lymph as there are blood vessels and blood in the body!

2. Neuro-Vascular Holding - Meridian points are located mainly on the head. Using a light touch, the therapist locates a slight pulse. This pulse is not related to the heartbeat, but is believed to be "the primitive pulsation of the microscopic capillary bed in the skin." After the pulse has been located on both sides of the skull, the points are held for 20 seconds up to 10 minutes. Muscles are strengthened, circulation is improved and the related organ also benefits.

3. Acupressure Holding - In this case pressure is applied at traditional acupuncture meridian points...substituting pressure for puncture, fingers for needles! Two points are held at the same time on the same side of the body, an arm point and a leg point. Light pressure is maintained for about 30 seconds or until a pulse is felt in the leg.

There are other strengthening techniques to follow if the energy balancing has not produced the effect desired, i.e., the weak muscle now tests strong. And there are procedures to affirm the therapist's conclusions. All of these are outlined in detail in the textbook Touch for Health.

In order to obtain the maximum benefit from a Touch for Health muscle balance, the giver and the receiver should both be aware of the body's "messages", a mutual participation in the exploration process. Then the physical body as well as the subtle energy bodies can be affected in such a way as to bring about optimal health and wholeness. **IT IS ANOTHER WAY FOR YOU TO MOVE FROM PASSIVE DEPENDENT INTO AN ACTIVE ASSERTIVE ATTITUDE IN YOUR OWN HEALTH CARE.** It gives you a wonderful feeling that you truly can be in charge of your own life!



Auricular Therapy

While Touch for Health relates to Chinese acupuncture meridian knowledge, Auricular Therapy is an even closer cousin.

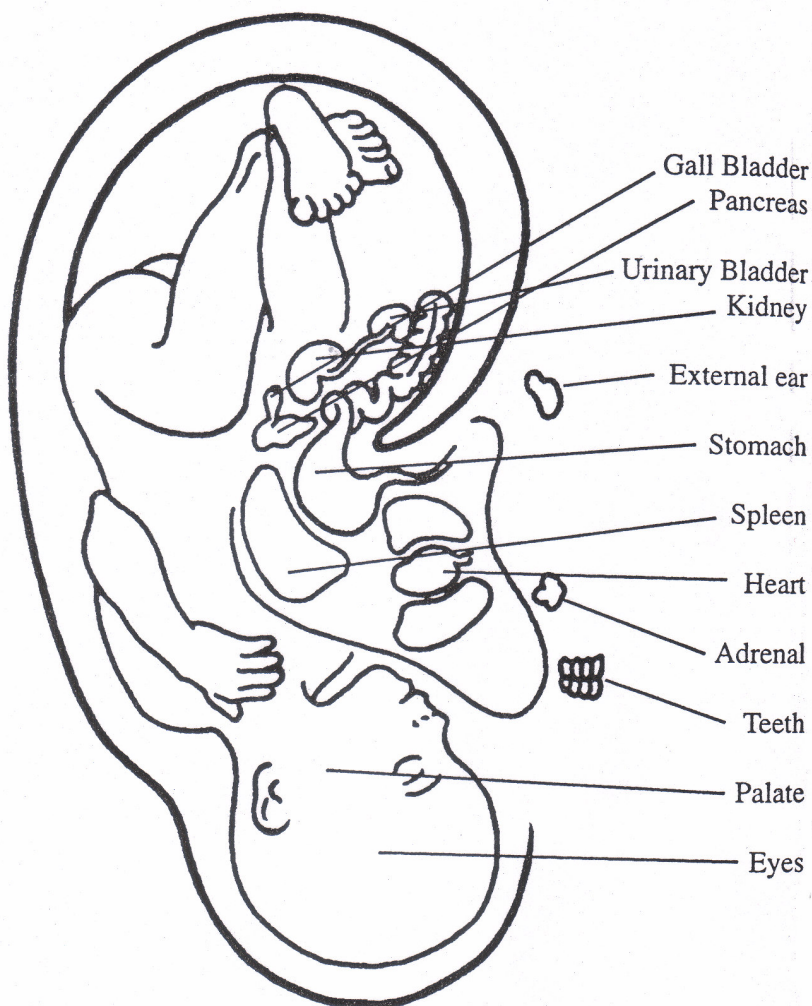
History and Background.....

The auricle (external part of the ear) receives its share of notice in many ancient medical records. In the Nei Ching or Yellow Emperor's Classic of Internal Medicine where all systems of acupuncture began (over 2,000 years ago), the relationship between the ear, internal organs and meridian channels was noted. The chapter "Kou Wen Pien" in Ling Shu states, "The ear is the place where all the channels meet."

From Hippocrates, Galen and records preserved in ancient Persia, we find references to the use of "ear rings and other forms of ear stimulation" for various problems, particularly the treatment of sexual and menstrual disorders; ear cauterization was apparently used to relieve sciatica pain.

In 1950 "Dr. Paul Nogier, a neurologist from Lyon, France, observed the occurrence of scars on the ear of patients who were successfully treated by French lay practitioners for Sciatica pain. He developed the Somatotopic Map of the Ear, based upon the concept of an Inverted Fetus orientation. His work was first presented in France, then communicated to a German acupuncture society, and finally was translated into Chinese."

FETUS/EAR ILLUSTRATION



The auricular points on the ear are distributed in an orderly fashion. Generally speaking, the ear simulates a fetus in an upside-down position. Points related to the head area are toward the bottom of the ear, those related to the feet toward the top, and body points are in between.

(Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture, Terrence D. Oleson, Ph.D., 1990)

In the United States, significant double blind, controlled studies at UCLA statistically verified the scientific accuracy of Auricular Diagnosis . . . heightened tenderness and increased electrical activity in specific areas of the ear identified areas of the body with some dysfunction. Their research also explored the use of auricular electro-acupuncture for relieving pain in dental procedures and withdrawal pain suffered by patients recovering from drug and alcohol abuse. In both of these areas its percent of effectiveness is high.

Self-Contained Micro System.....

Ear acupuncture and body acupuncture share many similarities:

1. Both are based on the meridian system which runs along the surface of the body. However, although it connects to these meridians, the ear is not dependent upon them. It is a "self-contained micro-system that affects the whole body."
2. Both work with acupuncture points. These points are in fixed, specifically defined locations in body acupuncture and can always be detected. But an ear acupuncture point **CAN ONLY BE DETECTED WHEN THERE IS SOME PATHOLOGY, PAIN OR TENSION IN THE CORRESPONDING BODY PART!** Consequently, subtle changes may be noted and problems addressed of which you are only marginally aware...were even missed by other diagnostic tests.

(Note: The ear reflex point can vary from one individual to another since our ears do differ. There are auricular general areas mapped out, and your point will be found nearby if not in the exact spot of another person's.)

3. Both body and ear acupuncture utilize "remote" points for puncture, pressure or stimulation. (The ear is obviously remote from the area of the body where the symptom is located!) However, one of the advantages of auriculotherapy is that body points are often directly over or near the affected painful area and too sensitive to treat.

KATHY and FAMILY - OPTIONS FILE #179

Energy balance through auricular therapy . . .

It's a "cousin" to acupressure and acupuncture, but it isolates the ear as the place to correct the body's balance, says Kathy, who practices auricular therapy at Options Health and Education Center.

Kathy became interested in auricular therapy after her son experienced the benefits of it. Her son had anxiety associated with school, she says, and would get sore throats and early cold symptoms. The therapy "keeps colds at bay" for him. When he does the therapy once a month, he doesn't get sick. "It keeps his energy fields clear."

Kathy explains, "Points on the ear correspond to organs and systems in the body. The probe I use has a very low electrical current that is applied to certain points on the ear experiencing low energy. The mild stimulation balances energy at these sites so healing can begin."

Her husband, like her son, is prone to colds, but even one session of auricular therapy - about 15 minutes on each ear - can clear his symptoms, she says.

A female client told Kathy that her first experience with the therapy cleared symptoms of carpal tunnel syndrome and sciatica for three months.

Kathy's daughter also takes auricular therapy, and Kathy notes that for children it is a good alternative to doctors because they are usually at ease about the auricular therapy. "Kids think you go to a doctor and get a shot, and they hate that," she says.

What Can It Be Used For?.....

When you look at Dr. Oleson's Treatment Guidelines in the above cited Auriculotherapy Manual, you will be tempted to decide "anything that can possibly happen to me!" Here are his category headings. I will omit the details under each:

Addictive Behaviors and Drug Detoxification

Anesthesia and Post-Surgical Pain
Head and Neck Pain Problems
Body and Limb Pain Problems
Psychological and Stress-Related Disorders
Neurological Disorders
Eyesight Disorders
Hearing Disorders
Nose and Throat Disorders
Skin and Hair Disorders
Heart and Circulatory Disorders
Lung and Respiratory Disorders
Gastro-Intestinal and Digestive Disorders
Kidney and Urinary Disorders
Abdominal Organ Disorders
Sexual and Menstrual Disorders
Glandular and Hormonal Disorders
Illnesses and Allergies

Therapy Without Needles

If you have an aversion to needles, no matter how expertly inserted, you can still take advantage of auricular methods of diagnosis and stimulation. One such system, known as Auricular Transcutaneous Electrical Nerve Stimulation (T.E.N.S.), uses an electrical probe to both detect and stimulate ear reflex points.

Remember...**if there is no disorder in a given area of the body, there will be no activity in its related spot in the ear.** The therapist glides the electric probe over the ear, listening for certain sounds or tones on the monitor. If the probe is picking up Direct Current (D.C.), there is a continuous tone; a pulsating tone indicates Alternating Current (A.C.) and an "active" point. There may also be heightened tenderness present. This detected point is then stimulated with the probe. (In acupuncture, this is where the needle would be inserted.)

As the receiver of this exploration, you may immediately feel a sensation of warmth or relief of pain in the area of the body with the symptom. Or the improvement may be noted at a later time. Benefits may last for days or weeks, or the problem can disappear entirely with one session.

Ipsilateral or Contralateral?.....

These two \$5.00 words refer to which ear should receive the therapy...right or left? Statistics show that 80% of people have active ear points on the same side of the body that is hurting....ipsilateral. The other 20% with active ear points on the opposite side of the body's pathology have a contralateral representation.

Just why this is so takes us into the brain's role in our holistic picture of health. We know the brain's left hemisphere controls the right side of our body; the right hemisphere controls the left side. In the brain, therefore, messages from the body are recorded contralaterally. "The ipsilateral representations of the body upon the ear may be due to contralateral projections ascending from the ear to the brain crossing back to descending projections to the same side of the body." (Dr. Terrence D. Oleson, *ibid.*)

There are still many theories to be researched and proved before we know EXACTLY what happens in this complex entity we inhabit, but modern auricular therapy and auricular medicine are adding beneficial chapters to traditional acupuncture methods.



Brain Gym®

BRAIN GYM is the brainchild of Paul E. Dennison, Ph.D. and Gail E. Dennison. It is a system of movements and activities used with students in Educational Kinesiology to enhance whole brain learning. Although written specifically to assist children with learning, reading or writing disabilities, the basic principles involved can be transferred to all ages. Who doesn't want to realize more of his or her potential? Who wouldn't welcome the energy activated by these enjoyable movements in all of their daily pursuits? We use it at Options as therapy for health as well as learning goals. It is another form of balancing.

Dr. Dennison is the developer of Educational Kinesiology and a leading pioneer in brain dominance patterns today. Gail Dennison is a ho-

listic health educator and has taught Touch for Health in many community colleges, holistic centers, and other growth-oriented groups. BRAIN GYM is used by educators across the country. Improved behavior or performance is sometimes immediate, but even the gradual improvements obtained are profoundly inspiring to teachers and parents.

The movements of body and energy set forth in BRAIN GYM are based on some of the ancient knowledge we have been discussing in this book such as acupuncture, acupressure and the meridian system. They are up-dated movements, you might say, that can be used to correct imbalances brought about by our modern technological age. Working at a computer for hours, sitting in the car for hours, staring focused on the television for hours...none of these activities offer much opportunity for the use of opposing muscles!

You and Your Brain.....

"The chief function of your body is to carry your brain around." - Thomas Alva Edison

We won't go so far as Mr. Edison's opinion, but we do hold that the mind/body connection is real and that connection is monitored or managed in large part by the physical organ we call our brain. Emphasis on physical. And like any other part of our physical makeup, the more you exercise it, the better it performs.

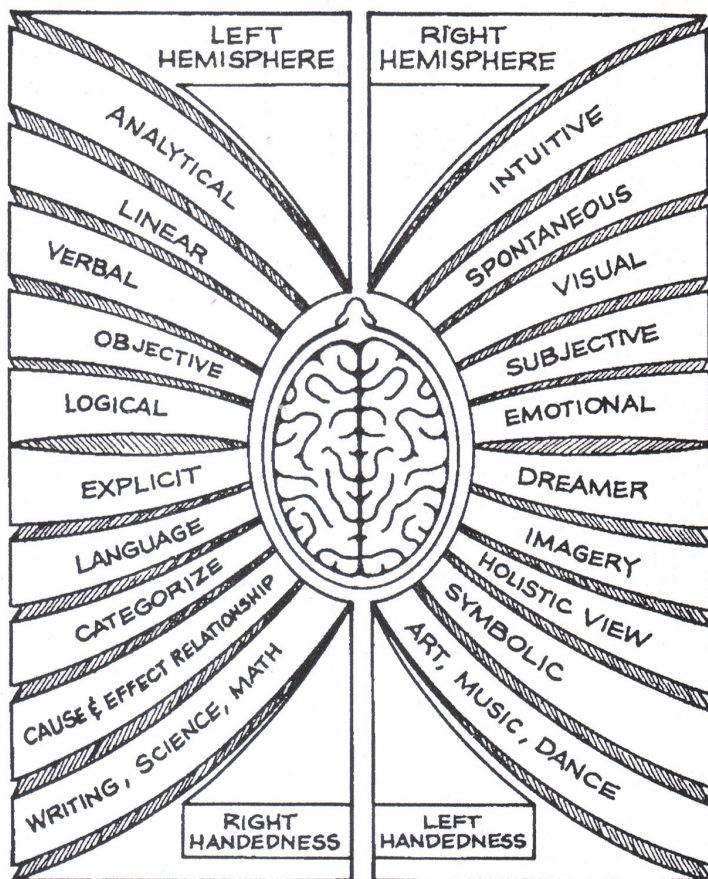
It has also been pointed out that we are a symmetrical organism, and that all systems function better when in balance. What is true for the body as a whole is also true for the part we are now exploring, the brain.

Without getting too technical, BRAIN GYM divides the brain into the following areas:

1. Left and right hemispheres
(laterality dimension)
2. Back and frontal lobes
(focusing dimension)
3. Brain stem and cerebellum
(centering dimension)

You are probably familiar with definitions of left brain/right brain characteristics....the left brain (which controls the right side of the body, resulting in right-handedness) has a pattern of thinking that is positive, analytical, linear, explicit, sequential, verbal, rational, goal-oriented; the right brain (which controls the left side of the body, resulting in left-handedness) is more emotional, intuitive, spontaneous, holistic, nonverbal, visual, artistic, playful, symbolic. (You realize, of course, we do not have TWO brains. This popular terminology refers to the two hemispheres of our ONE brain.)

LEFT/RIGHT BRAIN FUNCTIONS



“Great minds” easily shift back and forth to the task appropriate hemisphere of the brain.

Most of us have a tendency to *prefer* one side or the other, which affects our approach to life and work. However, we still use both hemispheres and shift back and forth, depending on the task involved. The creative artist with a right side preference must shift to the left side when it is time to balance his/her checkbook. The physicist in his left brain research shifts to the right when he sits down to play the piano. Lateralization is the degree to which brain functions are performed in the task-appropriate hemisphere.

"The advantage 'great minds' have is an inclination to use both sides effectively while the rest of us dwell increasingly in the side that seems natural and comfortable." Jacquelyn Wonder and Priscilla Donovan, Whole-Brain Thinking, 1984.

You can make better use of your brain by consciously exercising both sides; you can strengthen your skill in moving from left to right or vice versa. Biofeedback research and therapy has proved you can control the most minute and complicated functions of your body, including brain shifts. The movements of the BRAIN GYM program provide such exercise.

As you read these words, your brain is changing from millisecond to millisecond. It is DYNAMIC. And it is possible to use this natural dynamism intentionally to alter existing patterns and to release blockages of energy. These patterns have been formed by influences from your family, societal environment, and/or habitual emotional reactions.

The intricate lines of communication between the back occipital and frontal lobes need to be kept open from a learning standpoint in order to balance or unblock *focus*. The focus problem may be an inability or fear of expressing oneself or the opposite of "trying too hard", an over-focusing. In either case, the BRAIN GYM movements designed for back/front integration can bring about the needed balance.

The third dimension listed above as *centering* (or grounding) deals with the balanced handling of emotional content and abstract thought. The inability to center oneself results in irrational fear, the stress producing fight-or-flight response to situations, or the opposite...an inability to feel or express emotions. The BRAIN GYM movements that address this area relax the system and prepare you to deal with information without an improper emotional overlay.

MARY and CHARLENE - OPTIONS FILE #113

Stress Relieving Movement . . .

Two local professional women have found the need for movement crucial in their high-stress social service jobs. The pressures of the work and the sedentary position at the desk and phone had taken their toll on Mary and Charlene, who sought to correct the situation and feel better about the work they do.

With the guidance of Helen Cox, director of Options Center for Health and Education, Peoria Heights, the two co-workers learned techniques they could use to relieve the stress and feel more positive, more energized, both at work and at home.

Mary said she was already aware of some pressure points in the body which she had utilized to relieve stress stored in the form of pain or tightness. With more specific education in the area of acupressure, "I am now able to use acupressure techniques myself to relieve the pain and tightness," she says. "Isolating a specific set of muscles and stretching them is a useful skill to learn." Her new skills are helpful in relief of head and neck aches common in her work life.

She said she has been amazed to find how movement can affect the way we feel and think. "The right kind of movement can help a person think better and even relieve depression."

Mary and Charlene have found the exercises in Brain Gym® also helpful in their people-oriented jobs. "We learned that stretching or limbering activities can contribute to listening and reading comprehension, improved attention span and social behavior, and the ability to communicate and respond.....all skills needed in our careers."

In addition to her job, Charlene has had to cope with the trauma of losing a friend to cancer. "Talking out my stress and grief helped in reaching my feelings, and the Brain Gym® exercises helped in finding balance in my life and career," she says. "I can use the techniques learned whenever the need arises to cut the stress off at the pass and continue with my work."

BRAIN GYM was developed and designed to aid in the learning process. However, its movements involve the whole body, not just mental functions. It is a holistic approach based on the concept that mind and body can not be separated. Whole body coordination, balance, flexibility and relaxation is stressed.

Yes, its effect on the brain is impressive. And, yes, it has proven itself as an aid in academic progress. (We have seen many examples of its effectiveness at Options.) But the movements also enhance the body in other ways: improved posture, improved breathing and fitness, improved lower body coordination (especially after sitting too long!), heightened energy level, improved hearing and vision, improved mobility and sense of balance, greater self-confidence and increased self-esteem. All of these factors contribute to our sense of well-being.

Relaxation of the central nervous system alone is a huge benefit to your health picture. The scientific discipline known as PNI (psycho-neuroimmunology) explores the body's most subtle interconnections. "Much PNI research centers on a group of hormonal messengers called neuropeptides, which are secreted by the brain, by the immune system, and by the nerve cells in various other organs. What scientists have found is that the areas of the brain that control emotion are particularly rich in receptors for these chemicals. At the same time, the brain also has receptor sites for molecules produced by the immune system alone - the lymphokines and interleukins. What we see, then, is a rich and intricate two-way communication system linking the mind, the immune system, and potentially all other systems.

"When the relaxation response is called on, heart rate and blood pressure drop. Breathing rate and oxygen consumption decline because of the profound decrease in the need for energy. Brain waves shift from an alert beta-rhythm to a relaxed alpha-rhythm. Blood flow to the muscles decreases, and instead, blood is sent to the brain and skin, producing a feeling of warmth and rested mental alertness. It was by learning to induce the relaxation response that I began to reverse symptoms that were severe enough to send me to the emergency room." Joan Borysenko, Ph.D., Minding the Body, Mending the Mind, 1987.

(Dr. Borysenko is co-founder and former director of the Mind/Body Clinic, a service of the Section on Behavioral Medicine, at the New Eng-

land Deaconess Hospital, Harvard Medical School. A cell biologist, psychologist, and instructor in yoga and meditation, she holds a doctorate from Harvard Medical School and has ranged in her research from the biology of cancer cells to the new medical synthesis called psychoneuroimmunology. She is currently president of Mind/Body Health Services, Inc., consulting to hospitals and businesses.)

The July 1994 issue of Life Magazine's cover story is entitled BRAIN CALISTHENICS and is worthwhile reading for its technical/medical information and human interest angles. The lead-in paragraph bears repeating:

"Evidence is accumulating that the brain works a lot like a muscle - the harder you use it, the more it grows. Although scientists had long believed the brain's circuitry was hard-wired by adolescence and inflexible in adulthood, its newly discovered ability to change and adapt *is apparently with us well into old age*.(emphasis supplied) Best of all, this research has opened up an exciting world of possibilities for treating strokes and head injuries - and warding off Alzheimer's disease."

So...expand your neuronal network! Change the configuration of your brain! And enhance your total well-being!

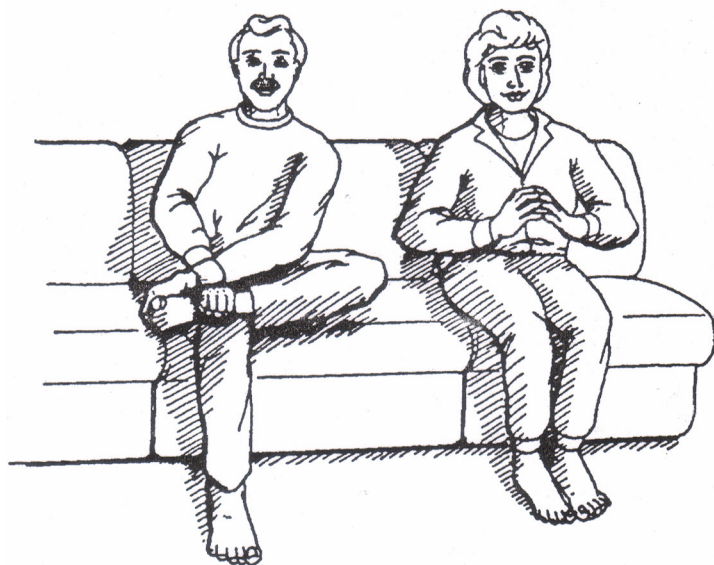
The following examples of Brain Gym® exercises are reproduced with the permission of the authors of Brain Gym©, 1986. For further information about Brain Gym® exercises or about Education Kinesiology, contact Education Kinesiology Foundation of North America, 4882 McGrath St., Suite 160, Ventura, Ca. 93003 U.S.A., TELEPHONE 800-356-2109.

COOK'S HOOK-UPS

This exercise connects all the energy circuits in the body at one time and gets the electrical energy in the body moving when it is blocked. The figure 8 pattern of the arms and legs (part1) follows the energy flow lines of the body. The fingertips touching (part 2) balances and connects the brain hemispheres.

PROCEDURE:

Sit comfortably erect in your chair. Put your left ankle over your right knee. Next, hook your right hand around your left ankle. Then put your left hand over the ball of the left foot. (Some people will feel better sitting with the right ankle over the left.) Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. Uncross your legs (part2) and put your fingertips together, continuing to breathe deeply for another minute.



We do COOK's HOOK-UPS whenever we feel sad, confused, or angry. This cheers us up in no time. The activity is done in two parts. Grandpa is doing part 1. Grandma is doing part 2. *First your left ankle over your right knee. Next, hook your right hand around your left. Then put your left hand over the ball of the left foot. (Some people will feel better sitting with the right ankle over the left). Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. During the second part, uncross your legs and put your fingertips together, continuing to breathe deeply for another minute.*

ACTIVATES BRAIN FOR:

- centering
- grounding
- reticular formation stimulation (attention mechanism)
- cranial motion

Academic skills:

- clear listening and speaking
- test taking and similar stresses

Related Skills:

- typing and/or computer work

Behavioral/postural Correlates:

- improved self-esteem
- improved balance and coordination
- more comfortable in environment (less sensitivity)
- improved breathing

History of the movement

Wayne Cook, M.D.H., Stanford University, was an expert in eletromagnetic energy in the body and the environment. The posture he invented enables a person to stimulate all the acupuncture meridians. The lower meridians are stimulated by holding the ankle and ball of the foot; the upper ones are stimulated by touching fingertips together. Excessive energy to the receptive (right or back)brain can manifest as depression, pain, fatigue, or hyperactivity. This energy to the receptive (right) brain hemisphere gets redirected to the expressive (left) in a figure eight pattern. Dr Dennison discovered that this posture could be used as a transmutational process for emotional stress and learning difficulties.

THE GRAVITY GLIDER

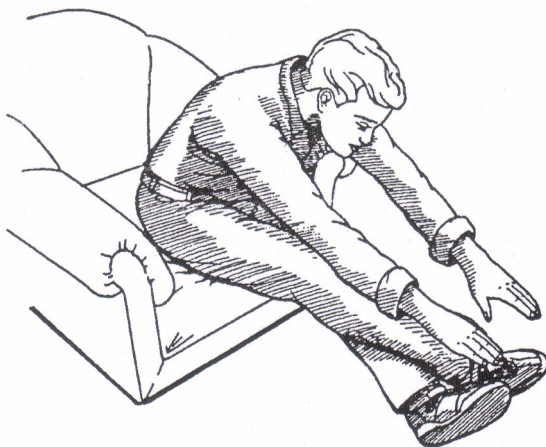
This exercise is a movement re-education activity to restore the integrity of the hamstrings, hips and pelvic area. The movement uses balances and gravity to release tension in the hips and pelvis, allowing more comfortable standing and sitting postures.

PROCEDURE:

Sitting comfortably, cross one foot over the other at the ankles and bend forward, letting gravity take over. Really stretch. Feel the upper body as fluid and separate from your legs and hips. Reaching forward from the ribcage allows the legs and muscles of the back to lengthen and relax.

Exhale as you reach down and forward. Let your arms glide and explore all areas you can reach...to the left, right and center. Inhale as the arms and upper body are raised.

Repeat three times, then reverse position of the feet.



Dad likes to do the gravity glider at work during a long day of sitting at his desk or after driving the car. I do it before my soccer or other sports games. *Sit comfortably. Cross your ankles. Keep your knees relaxed. Bend forward and reach out in front of you, letting your arms glide down as you exhale and up as you inhale. Repeat to the left and center. Change legs and repeat.* My body feels lighter and more relaxed whenever I do this movement.

ACTIVATES BRAIN FOR:

- Increased sense of balance and coordination
- centering
- back/front brain integration
- deeper respiration; increased energy

ACADEMIC SKILLS:

- reading comprehension, mental arithmetic, abstract thinking in content areas

BEHAVIORAL/POSTURAL CORRELATES:

- self-assuredness and stability
- confidence
- self-expression
- grounded posture (integrity of upper and lower body posture)

HISTORY OF THE MOVEMENT

Dr. Dennison learned this movement from his modern dance instructor. After the activity, he was immediately able to move more lightly and enjoyed a new sense of balance and freedom in relation to gravity. He taught the movement to his students, many of whom shared an inability to move freely or to find a sense of balance. Those who learned the movement soon felt more organized within their bodies and made academic improvements.

CROSS CRAWL

A reciprocal torque exercise that alternates moving one arm and opposite leg. This activates both brain hemispheres simultaneously and is potentially the best warm-up for all skills which require crossing the midline.

PROCEDURE:

While sitting or standing, lift one leg and touch knee with opposite hand. Repeat with other leg and its opposite hand in rhythmic cadence, back and forth. Variations – (1) While standing, touch hand to opposite foot behind the body; alternate feet back and forth. (2) Move arms up and back across body vigorously, exploring the full range of motion in different directions while “marching” in place.



We Cross Crawl and skip-a-cross every morning to music. I coordinate the movements so that when an arm moves, the leg on the opposite side of the body moves at the same time. I move to the front, sides and back and move my eyes in all directions. It helps to touch my hand to the opposite knee occasionally to “cross the midline”. When my brain hemisphere work together like this. I really feel open to learning new things.

ACTIVATES BRAIN FOR:

- crossing the visual/auditory/kinesthetic/ tactile midlines
- left to right eye movements

ACADEMIC SKILLS:

- spelling, writing, listening, reading and comprehension

BEHAVIORAL/POSTURAL CORRELATES:

- improved breathing and fitness
- improved coordination and spatial awareness
- improved hearing and vision

HISTORY OF THE MOVEMENT

Creeping and crawling have been used by educators to maximize learning potential. Formerly believed to activate the speech and language centers of the brain, Dr. Dennison discovered that Cross Crawl activates the whole brain to facilitate integrated learning. Dennison Laterality Repatterning establishes the preference for the whole brain movement over one-side-at-a-time processing.

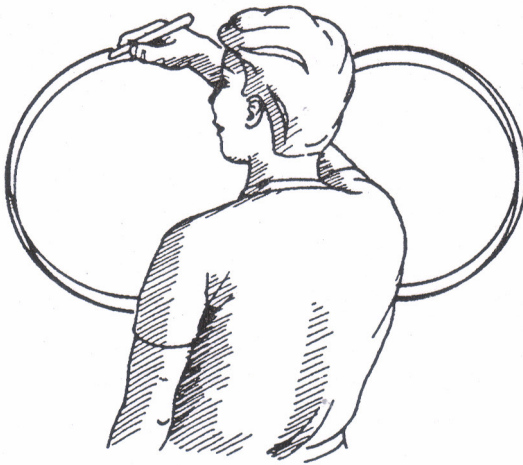
LAZY 8'S

The Lazy 8 or infinity symbol integrates the right and left visual fields, enabling the reader to cross the midline without interruption.

PROCEDURE:

Visualize a Lazy 8 in front of you, its midpoint at eye level. With eyes, start at the midpoint and visually track the figure counter clock-wise (to the left) first; up, over and around back to the midpoint. Continue clock-wise (to the right): up, over, around, and back to the beginning. Your head moves slightly and your neck must be relaxed. Hum while doing the Lazy 8 to increase relaxation. Variations – (2) Draw the Lazy 8 on a piece of paper or blackboard for the eyes to trace. (2) Use pointed finger to trace Lazy 8 configuration, eyes following your finger. (3) Adjust width and height of Lazy 8 to vary visual field.

Variations – (1) Draw the Lazy 8 on a piece of paper or blackboard for the eyes to trace. (3) Use pointed finger to trace Lazy 8 configuration, eyes following your finger. (3) Adjust width and height of Lazy 8 to vary visual field.



Dad does the Lazy 8's with me. He says he used to forget words and lose his pace whenever he read. Now we take turns reading to each other. We go to the library together and have so much fun with books! Do the 8 three times with each hand, then three times with both hands together.

ACTIVATES BRAIN FOR:

- crossing the visual midline for:
- binocular (both eyes together) vision
- left and right visual integration
- increased peripheral vision
- improved ocular motility (especially tracking)
- eye muscle relaxation during reading
- symbol recognition and discrimination

ACADEMIC SKILLS:

- the mechanics of reading left to right across the page
- decoding and encoding of written language
- reading comprehension (long-term associative memory)

BEHAVIORAL/POSTURAL CORRELATES

- relaxation of eyes, neck and shoulders while focusing
- improved depth perception
- improved centering, balance and coordination

HISTORY OF THE MOVEMENT

Dr. Dennison adapted the Lazy 8 as part of his vision training work in 1974. His students were immediately able to discriminate symbols and left from right. The activity seems to assist in the elimination of reversals and transposition in reading and writing.

THE OWL

This exercise moves the head smoothly from left to right through the midline, keeping the chin level. The head moved into the left and right positions for re-educating or activating auditory proprioception of the neck muscles. Squeezing your shoulder helps to release neck muscles that may be reactive to auditory skills (hearing, speech, or thinking), returning muscles to their natural length. Lastly, the head is tilted forward with an exhalation, releasing back neck muscles in the process.

PROCEDURE:

Grasp the shoulder and squeeze the muscles firmly. Turn your head to look back over your shoulder. Breathe deeply, and pull your shoulders back. Now look over the other shoulder, opening the shoulders again. Drop your chin to your chest, and breathe deeply, letting the muscles relax. Repeat with hand squeezing the opposite shoulder.



The OWL releases those little tensions that develop from sitting and reading a lot. Josh takes a short break to do the OWL, so he will be refreshed for the next lesson. *Grasp the shoulder and squeeze the muscles firmly. Turn your head to look back over your shoulder. Breathe deeply, and pull your shoulders back. Now look over your shoulders again. Drop your chin to your chest, and breathe deeply, letting the muscles relax. Repeat with hand squeezing the opposite shoulder.*

ACTIVATES BRAIN FOR:

- crossing auditory midline (including auditory attention, recognition, perception, discrimination, and memory)
- listening aloud to one's own voice
- short and long term memory
- silent speech; thinking ability
- saccadic eye movement
- integration of vision and listening with whole body movements

ACADEMIC SKILLS:

- typing, computer work

BEHAVIORAL/POSTURAL CORRELATES:

- left and right head turning ability
- strength and balance of front and back neck muscles
- relaxed neck while focusing
- saccadic eye movements (relaxes the squint or stair)
- centering of head (alleviates tilting of head or need to lean on elbows)
- relaxing of neck. Jaw and shoulder muscles
- balances the front and back neck muscles, alleviating the overfocused posture

HISTORY OF THE MOVEMENT

This movement is a self-help release of the upper trapezius muscle, created by Dr. Dennison as a way to relieve the tension experienced when performing near point tasks.

