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**C**OMPLEMENTARY OR HOLISTIC CARE is coming into its own in this country and we feel it is important to consider some of the available options. While we have found these techniques work wonderfully well, those who have been optimally mineralized through being on our suggested simple “real food” diet and DYNAMITE® supplement programs seem to respond best overall. Also remember that “healing” may mean more than alleviating physical symptoms.

It is generally accepted that we contain four aspects: physical, mental, emotional and spiritual and all four must be addressed before true healing can take place. Sometimes, of course, healing can take a form other than we thought was “right.”

Originally part of my 1997 “Healing Journey” booklet which was ten years in the making, I have separated this simple Toolkit section out, while updating contents, for better website usage. This can be utilized in and of itself, or, for those desiring to delve deeper into some of these concepts, source materials are suggested throughout. So let’s begin . . .

## MUSCLE CHECKING

Probably the most frequently asked question I hear is: “But how can I tell what’s best for me? What direction to go in?” Therefore, I consider this to be the most primary tool – a simple technique which can aid tremendously as we struggle long-term to develop true discernment, or the ability to determine intuitively what is appropriate for us as an individual. When something is correct for us, there’s a resonance that takes place within our cellular structure and which can be literally felt by us, usually in our “gut” – hence the term “gut feeling.” Since it’s impossible for any single person to gain all knowledge necessary in order to make informed decisions about routes to travel or even tools to utilize, we are dependent upon others’ input. We need to trust, but also we do not want to be gullible. So how can we tell who to listen to or what to use?

This technique called Muscle Checking/Testing is based on the concept that we can go directly to bodymind to ask (rather than waiting for it to get to the gut, if you will) what is either advantageous or disadvantageous to it, bypassing our persona/ego/left brain or whatever term one wants to use. The theory is that a positive influence introduced into an individual’s energy field (as can be seen by Kirlian photography) will strengthen the body – more specifically, the testing muscle. A negative influence will weaken the same. Many names for this exist such as Bio-Kinesiology, Behavioral Kinesiology, Contact Reflex Analysis, etc., most of which require a knowledgeable, well trained therapist and utilizing the “arm pumping” method [testing with the medial deltoid in the upper arm] after memorizing numerous different sites for each ‘thing’ tested. This is the form used by John Diamond, M.D. in his breakthrough volume, YOUR BODY DOESN’T LIE, and in David Hawkins, M.D.’s powerful and mystical trilogy, POWER VS. FORCE, THE EYE OF THE I and I.

However, Michael Talbot’s THE HOLOGRAPHIC UNIVERSE points out a conceptual form of perceiving reality that perhaps makes it understandable how “long-distance” testing or surrogate testing can occur, while SCIENCE & HUMAN TRANSFORMANTION

by William A. Tiller, Ph.D. gives new definitions to matter, energy and consciousness. New books on the subject, including on new approaches to the “string theory,” are appearing relatively frequently as more and more research is showing the questionable differences between matter and not-matter or thought.

While excellent in and of itself when performed by a knowledgeable professional, arm pumping is not easily applicable for self or home use. The simple technique taught here however, utilizing instead the tiny muscles of the fingers, can be performed by an individual for her/his own needs; it is both simple and relatively easily mastered without the need for complicated testing points, but with the requirement of clear intent. The intent I always state before any testing, whether on myself or on others is: “Is this in the highest and best interest to enact Soul’s purpose?”

The technique is as follows:

- with the forefinger and thumb of your least dominant hand, form a circle
- with the forefinger and thumb of your dominant hand form a loose pincers and insert them to the first joints into the already formed circle
- *since this is not a test of physical strength, only mild pressure is required*
- when the testing influence is introduced, spread the pincer fingers apart sharply – if the circle holds, that’s a “yes” answer; if the circle breaks, that’s a “no” answer
- slow or weak responses usually mean “maybe” or that more questions and definitions are needed for clarity

An even more simplified but more subtle version many therapists have utilized after much practice, is using the fingers of one hand to test with, while the other hand goes to the various areas of the body, or objects being tested:

- using the dominant hand (some therapists prefer the right hand regardless since the left hand is considered to be the receiver), place the middle finger gently atop the forefinger and press lightly
- if the middle finger stays there, it’s a positive answer; if it falls off or if both fingers drop sharply, it’s a negative answer.

To test an object such as a nutritional supplement, hold your hands close to the bottle. If you’re using the one-hand technique, simply hold the other hand close to the bottle or hold the object close to your stomach. Once you become proficient, utilizing the holographic universe paradigm you can actually test objects from lists or pictures. An experience I had once with testing from a list shows just how accurate it can be.

As I was going down a list of herbal preparations, what came up for a client was a *vermifuge*, or parasite removal, formula. Since I was relatively new at it, I was a little flummoxed as to how to actually tell her she had parasites, but she recognized some of the herbs involved and volunteered that she had a serious problem as a child and that it made perfect sense to her. That gave *me* validation! (by the way, most of us do have parasites of one sort or another!)

You can also perform surrogate checking (checking a person or animal who’s unable to check for themselves) or even long-distance checking such as over the phone for someone. It’s really quite fascinating and very simple but it does

require practice.

An important point to be aware of however, is the clarity or ‘groundedness’ of the questioner; drinking water or taking some cleansing breaths (see the Breathwork section) will often suffice. Other times some electrolyte balance in order; for this I drink *DYNAMITE*’s **Elixir** and/or **DynaSpark**.

Sometimes necessary is “zipping up” the meridian which runs down the front of the body – running a hand up the front of the body will strengthen this meridian; conversely, running it down can weaken it.

A third technique to consider when not getting clear or realistic responses, is to bring the thumb and four fingers of one hand (of the individual being tested) together at the tips and place them at the navel – this can aid in bypassing a willful persona or reversed polarity.

Always ask first if you can test this individual; sometimes it’s just not an appropriate time for either the tester or testee – try again later.

The most simple form of muscle testing for foods or supplements consists of closing your eyes, taking a centering breath, and then holding the item close to your navel area or solar plexus. A positive response occurs when the body moves slightly *toward* the object with the negative response being the opposite where the body moves slightly *away* from the object.

As with anything, practice of any of these ways to muscle check is required for mastery. While it is very helpful if one can compare answers with someone proficient in muscle testing techniques, be aware that testing over-frequently can result in confusion since the body can change daily or even hourly or less in it’s requirements. Awareness of products tested can sometimes make a difference if one hasn’t cleared sufficiently – some testers refuse to look at what is being tested in order to not influence the results. This technique can be used effectively for finding out individual requirements for nutrition specifics, supplements, breathing techniques, exercises, meditations, etc.; it’s limited only by your imagination! Do be aware, however, that if you choose to use it for life path type questions, you may not be pleased with the results. Sometimes a “yes” response is really an opportunity for us to learn a major lesson; “yes” does not necessarily mean easy.

The main thing to remember with this is to trust yourself. I get just enough “surprise” answers to assure my ever-doubtful and questioning left brain that I truly am accessing something other than normal thought processes.

### **BREATHING, VISUALIZATION, MEDITATION**

The second most frequently asked question consists of variations on: What is grounding? What is centering? How do I *do* them? How can I relax?

The tool of breathing can begin the process of grounding – or having one’s feet on the ground as opposed to “not having one’s head on straight” - or having the ability to put into daily use something learned in meditation. Centering is first being able to be present in the here and now, and second, to access our inner guides or physicians or guardian angel via visualization. Meditation teaches us to quiet our minds in order to hear inner guidance.

All three techniques aim for being able to detach emotionally while being very grounded in the experience. This allows for true experience and deep feeling rather than superficial reaction. Practicing the following simple techniques mindfully, should also enable one to be able to “ground” and “center” within one to three breaths. While taking from twenty

minutes to two hours or more twice a day to meditate may be an admirable goal for some, for most of us dependent on ourselves for our sustenance and with others also dependent upon us, that sort of time expenditure is a luxury far beyond realistic capabilities. However, we can aspire to making every moment a meditation and every meditation our life through simple awareness.

### **BREATHING**

Breathing is the most basic of all necessities, but breathing mindfully can be one of the most important changes one makes in one’s life and is easily accessible to all. Breathwork can be beneficial in lessening a wide variety of deleterious symptoms from asthma and allergies to irritable bowel syndrome, cardiac irregularities and pain control. It can actually bypass the autonomic nervous system allowing us to eventually gain control over other autonomic systems as shown by Rudolph Ballentine, M.D. in *THE SCIENCE OF BREATH*. Breathwork also offers valuable grounding and centering benefits such as shown by Gay Hendricks, Ph.D., in *CONSCIOUS BREATHING*. Plus it oxygenates the brain to help clear the thought process. The old adage of taking a breath is very apt! In fact, taking three deep breaths (or 10!) before replying when angry can prevent many poor word choices from every being made. I’ll teach just three of the most basic techniques here which, as one becomes more proficient in them, can have a profound influence on the bodymind.

**DIAPHRAGMATIC BREATHING** – most of us breathe only from the chest up due to habit and clothing constrictions such as form-fitting pants, big belts, highly tailored “fashion” garments, etc. rather than loose fitting, comfortable natural fabric clothing. If you observe a baby or child breathing, it is always with the diaphragm unless that is already constricted with tight elastic. In order for us to fill the lower section of our lungs, we would be well advised to develop this more natural method.

Lie comfortably on your back and place one hand lightly over your diaphragm just below your ribcage. As you breathe in, try to feel your hand with your body. Don’t force the breath and use a slow rhythm that is comfortable for you. Eventually, you should be able to raise your hand with your breath. Once this becomes more natural to your body, turn over onto your stomach and continue to use your diaphragm to breathe – you should be able to raise your body slightly from the floor with just your diaphragmatic breathing. This will gradually strengthen those muscles and aid in making diaphragmatic breathing even more natural. Remember to take it slow, being careful not to hyperventilate. Some people require weeks to even begin to perfect this first step. Asthmatics should take particular care, observing all medical caveats each has learned.

**COMPLETE BREATH** – After mastering this simple form of diaphragmatic breathing (there are other forceful forms used for particular purposes), the next step is to combine this with middle and upper lung breathing into one smooth, continuous breath. Lying on your back again, place one hand on your diaphragm and your other hand over the middle of your chest. As the diaphragm fills, allow the air to move upwards into the middle chest cavity slightly raising the hand that’s placed there. Next exhale from the middle chest first and then the diaphragm. Once this becomes a smooth motion, add the third component of the upper chest, allowing the shoulders to rise slightly – again, exhale in reverse order. As this becomes an automatic slow, smooth, rhythmical motion with no catches,

you will have mastered the Complete Breath.

**CLEANSING BREATH** – The third basic technique is to guide the Complete Breath out the body through the arms and the legs; sort of like washing our insides down with a cleansing flow of air instead of water. Sounds strange, but it can truly happen! Once learned, a cleansing breath can be done quietly and quickly to aid grounding and centering when necessary in a stressful situation or simply to aid in being mindful throughout the day. This “interior wash” leads into . . .

### VISUALIZATION

Already begun with the cleansing breath, visualization works best with conscious breathing. While there are a superabundance of visualization techniques available in books and tapes, the ones I’m going to share now have been used successfully by a large number of my clients over the years and have proven to be very simple yet effective.

**THE TICKLER** – This one is of my own devising when I had numerous busy clients request something *really* quick and easy for cleansing and centering. Finding themselves stressed out in the workplace these people needed something to act within 20 seconds! My question to them was: do you have time to go to the toilet? Are there individual stalls? Then try this in 3 simple breaths following a complete breath or two:

1—breathe in and picture all the oxygen molecules as being those cute giggling twirling cleansing brushes seen in a certain TV advertisement – have them fill your head twirling around and cleansing inside your entire skull – upon exhalation, let them flow out your mouth;

2—breathe those little guys in again and this time let them fill your entire chest cavity and ‘blow’ them out your arms and hands when you’re ready to exhale;

3—on your last breath, fill the abdomen in the same way and exhale through your legs and feet. That’s it! I’ve had some clients report that co-workers think they’re a bit batty as they’re heard giggling in the toilet. Also, young mothers tell me that this works superbly for those busy ladies in addition to being a fun visualization to do with children.

**INNER SMILE** – This is a beautiful way to give thanks to our bodies for performing so well for us; even if there are areas we’d like to do better, start off with the thanks first. What I suggest here is a simplification of some incredible information available in *AWAKEN HEALING LIGHT OF THE TAO* (a compilation of numerous previous works) by Mantak Chia. For this one, we literally smile – that’s right, paste a big smile on your face. Studies have shown that even the act of smiling elicits beneficial hormonal effects. Next, go through your body thanking each organ for it’s work – take some time and really mean it. Some people have actually gotten body charts to be sure they reach everything including muscles and bones, but do what works for you. With practice, it’s actually possible to do an Inner Smile with a single breath. As always, it’s good to start and close with a cleansing breath.

**MICROCOSMIC ORBIT** – This visualization, also simplified from Chia’s work, connects our bodies internally utilizing activation of the chakra system. Chakras are *nexi* of energy in the body discovered thousands of years ago by meditating monks and given modern benediction by science since they correspond to nerve *plexi*. These centers in ascending order are: (1) Gonads/Coccyx; (2) Navel/Kidneys; (3) Solar plexus/

adrenals; (4) Heart; (5) Thymus/low throat; (6) pineal gland/at the forehead; and lastly, (7) crown/top of the head. With this visualization we bring the attention to each center by starting with the coccyx and coming up the back in order until we feel a slight warmth in each area. Each one may take up to months for some, weeks for others and only hours or minutes for yet others. Once all the centers are activated, we bring our breath down the front of us and then back up the back again in an oval. We can do this seated comfortably in a chair, or, if you are physically flexible, in the lotus position. Again, both start and end the visualization with a cleansing breath. Most people report clearings of stuck energy and much more “connectedness” if performed just once a day.

In working with awakening or activating the chakras, I believe it is also important to have at least a cursory awareness of Kundalini energy. Indian mystics and sages have likened the awakened Kundalini energy that rises from the coccyx to the crown of the head to that of a snake, which is highly thought of in that culture and of interest to those familiar with the concept of a serpentine Satan. And a very powerful snake it can be if not tamed properly and brought around into the microcosmic orbit; so powerful that it can literally “blow one’s mind” or cause a psychosis if allowed to shoot out of the crown chakra. At slightly lesser degrees, it can evince itself in various psychic phenomena which can lead one down the sidepaths of Glamour or Greed. It’s best to go slowly, carefully and most mindfully, utilizing previously learned breathwork techniques when awakening the chakra energy.

Additionally there are hundreds, if not thousands of visualizations - which many term guided meditations - including ways to come into contact with our inner selves or higher selves or soul selves or guides or guardian angels, etc.

### MEDITATION

True meditation is different from visualization in that the mind is taught to be quiet – thoughts can simply scroll across the mind and then be released. Other forms of meditation do require the chanting of mantras or prayers to direct the mind or walking or dancing, etc. as a sort of self-hypnosis to free one from the chattering of the mind. However, I believe that true, deep meditation requires silence in order to listen to that still small voice within which cannot compete with clutter or static.

Simply sitting in a comfortable chair (don’t confuse meditation with dozing!), breathe consciously and completely and you’re on your way. I generally suggest setting a kitchen timer for no more than 5 minutes initially; believe me, that 5 minutes can seem like 5 hours until one teaches the mind it can let go of petty concerns. Rather than becoming frustrated or even angry as the thoughts keep welling up, simply note each one and then release it – it may take numerous attempts, but keep trying; it’s definitely worth the effort.

Some books I have found to be profoundly helpful over the years are *TWENTY-FIVE DOORS TO MEDITATION* by William Bodri, *MINDING MIND* by Thomas Cleary, and *PRACTICAL MYSTICISM* by Evelyn Underhill.

### FOCUSING

Originally developed by a remarkable psychotherapist, Eugene Gendlin, Ph.D., and made available to the public in his small yet seminal book *FOCUSING*. Dr. Gendlin realized that half his patients were getting well in spite of him and the other half showed no improvement at all. After interviewing his successful clients in depth, he and they came up with this wonderful,

and wonderfully simple, technique; simple enough that it can be easily done by an individual with no “guide.” It is based on the concept of a ‘felt’ sense – an area of the body where something is physically felt.

When teaching a simplified version of this technique, which is more like Ann Cornell’s *THE POWER OF FOCUSING*, I always ask the client to place a hand (or both, as the case may be) if possible over the spot that seems to require attention. Then we start the questions—modified for that individual such as “Can you name the feeling? Does it have a color, a shape, a sound? Does it have anything to say to you? Is it all right for you to hear what it has to say? If you cannot hear this right now, can you find a safe place to put this feeling? Can we set up a safe time for you to acknowledge this feeling again?”

One of the beauties of this technique is that there is *always* some sort of resolution; it may not be the final one, but it’s a start and it’s safe. It encourages full respect of the body-mind’s own rate of release. This is the methodology I use to aid people to tune in to “past lives.” While I frequently get impressions or see pictures of happenings, it’s much more meaningful, and thus more self-empowering, for individuals to come to this information themselves. You might try reading both books to see which suits your personal style better.

## WORDPOWER

I like to think of WordPower as the ultimate key to attitude adjustment. While it’s true that “a rose by any other name would still smell as sweet,” it is also true that without words we cannot even formulate thoughts – that is how powerful they are. The ancients knew this and even ascribed certain mystical power to words. Modern advertising firms are no less aware and are paid literal fortunes to name and market new products. In fact NeuroLinguistic Programming has built an entire industry based on the power of words while books such as *REFRAMING* by Bander & Grinder (interesting names!) abound. Every public speaker from time immemorial has understood, albeit intuitively, WordPower no matter what they call it. In fact, Senator Samuel I. Hayakawa has written an excellent volume entitled *LANGUAGE IN THOUGHT AND ACTION*.

We know that we hear and respond (or react) to what others say whether its praise or abuse. That old childhood song:

*Sticks and stones may break my bones  
But words will never hurt me*

I find to be absolutely untrue to the point of serious detriment. Words, and the tones in which they are spoken in, can have an even more devastating affect on the persona, psyche and soul than any relatively quickly healing broken bone. Too many adults today are still hearing the taunts of years, sometimes decades, gone by resulting in stifled lives which necessitate deep healing. That which is heard, will be created. A great example is a client I had who still heard, as an adult and practicing therapist, a nun denouncing her abilities (*The Healing Journey*). If one goes within honestly, how many of us can admit to similar echoes?

Continuing on with that thought, our brains also hear what our very own mouths say. If you repeatedly say: “That ... sure gives me a pain in the neck” you may just create that very thing in your body: a pain in the neck. Additionally, the brain recognizes only positives rather than negatives. So when you state your affirmation such as, “I’m not going to eat candy anymore” what the brain hears is: “I’m going to eat candy more.” It’s best to say it in the affirmative form, such as: “I’m going to

eat healthfully every day.” Do take the name “affirmation” seriously.

Renaming how we think or view something can mightily change how we act. A case in point is the saying that when handed lemons, make lemonade. Far from being a “Pollyanna-ish” approach, this is deeply pragmatic. Sure you can sit there, suck lemons, rot your teeth and make your life miserable, or, not only do you have the option of lemonade, but making a “scentual” pomander with it, grating the peel for zest for a spice cake, squeezing the juice onto a salad or vegetables, adding honey to make a super cough/sore throat syrup, adding olive oil for a liver cleanse, or any number of creative things before you take what’s left and put it down your garbage disposal to cleanse that. Positive attitude is a choice – a choice we can make daily.

A marvelous example of this appeared on my computer screen one day, from *Chicken Soup for the Soul*. Whether it’s really a true story or not, or whether I’m re-telling it absolutely correctly, is moot; I believe it speaks Truth:

*There was a man of my acquaintance who was unfailingly cheerful. Just being around him made most people smile even though they had no idea why. He greeted everyone, every day with a booming “What a beautiful day!” regardless of the weather. One day I asked him why he did that and he replied: “Every day I have a choice of getting up or staying in bed. I make a conscious choice to get up. And every day I have the choice of having a great day or a bad day. I make a conscious choice to have a good day.”*

*One day I heard that this man had been critically shot as an innocent bystander in a botched robbery attempt. I made a decision at that moment to visit him in the hospital as soon as he was able to accept visitors. When I did so, I found him by following that booming “What a wonderful day!” Naturally I was amazed at his exuberance and asked him how he could be so cheerful after such a life-threatening event had occurred. This is what he told me:*

*“When I was in the emergency room, I heard the doctor and nurse talking above me saying they didn’t think I could make it and were commenting on the probable doubtful outcome of necessary surgery. I had a different opinion so I told them I was alive. Immediately someone began asking all those important questions of me including “Are you allergic to anything?” I replied in the affirmative. When then asked “To what?” I said “Bullets.” That broke their somber mood and I was then able to tell them to operate on me as if I were alive, not dead. They did and here I am because I made a choice to live.”*

This dying man made a conscious decision that it was a beautiful day and, by the power of his intent, brought forth that choice into words which were then enacted in fact.

An extreme, true and rather amusing example of how powerful words can be is the current attempt to cleanse our vocabularies of any term that might, however remotely, cause someone distress. One is no longer short, one is vertically challenged, etc. Of course I love the fact that I am no longer fat, but, rather, am spatially exuberant!

Over the years, I have heard many people identify themselves with their jobs to the extent that is how they introduce themselves: “Hi, I’m Sadie Readitall and I’m a Librarian.” In my opinion, we would be far better served by saying instead, something like: “Hi, I’m Sadie Readitall and I work in

the Library as head of the Research Department.” If we are unable to separate our intrinsic being from our current job description, then even the mildest “career” setback can cause a disproportionate dislocation of values extending sometimes even to killing oneself over a perceived loss of identity rather than just a loss of job, however serious and far-reaching the ramifications of such loss of revenue. At such times, rather than sink into despair because of a closed door, we need to instead, look around to see what other doors may have opened as we rename the situation from “losing my job” to “finding new options.” And, as the old song goes, “pick ourselves up, dust ourselves off, and start all over again!”

This renaming of situations can even extend to renaming ourselves. While in some cultures other than this U.S. one, names can change to reflect life changes, here our parents choose our names for us as infants and they remain our “calling cards” for life [unless you are a married female who takes her husband’s last name, which, of course, derives from when a woman was considered chattel (less than a hundred years ago) and the literal property of her father who has the right to give her away to a husband - oops, my feminist tendencies are showing; more about this later!]. Many people find it advantageous to change their names in circumstances other than divorce. In some cultures, names are changed as life’s milestones or initiations are successfully met. Nuns and monks for thousands of years have done so to consciously express their rebirths (initiations) as contemplative individuals rather than their old, familiar, mundane selves, and more lay individuals are doing a similar thing today. As one releases old habits of behavior, there is a strong urge to express oneself as born anew. Certainly not necessary, it’s definitely understandable.

Ultimately, of course, even words are illusory and one must not fall into the word trap where they become the only reality. You truly are NOT your name; while it is an expressive vibrational frequency, it cannot take the place of the totality of your expression. Enter in Shakespeare with his rose!

## DREAM DIALOGUE

Another way to access our ‘inner physician’ or soul, other than meditation, is via our dreams. Many people claim they cannot remember them, others are surfeit. To each, this time-proven simple method can supply a way to learn the language of our particular dreams so we can dialogue with our inner being.

- 1) Before going to sleep, write down on a pad beside the bed, a question which has been on your mind.
- 2) Immediately upon awakening, whatever the time, write down what comes to you to write – whether a dream fragment or whatever. If nothing comes, keep supplying the opportunity until something does.
- 3) During the day, just allow that to be if it keeps intruding into your mind – tell it you’ll address it that night.
- 4) Before sleeping, write down your interpretation of what you wrote that morning. You may end simply with that or ask another question.
- 5) Sometimes success comes very quickly and the dialogue just races off. More frequently however, as in most things, practice makes perfect. Occasionally, there’s much cleaning out to do before anything truly cogent can take place.

There are many variations on this theme, including Eugene Gendlin’s LET YOUR BODY INTERPRET YOUR DREAMS, but this simple, basic tool has worked for many.

## BODYWORK

Being a massage therapist, I perhaps am biased in favor of just what good bodywork can accomplish. However, more individuals every day are discovering the deeper healing qualities that can be attained with this valid healing methodology. According to Virginia Hunt in her excellent book INFINITE MIND:

*“Today there are numerous manipulative and exercise programs like Rolfing which loosen and relax the connective tissues of the body. Now we know that connective tissue has piezoelectric capacities, which can act like an electrical system, where stretching enhances the electrical capacity. Therefore, we conjectured that connective tissue was more than a tissue scaffolding. It seemed to dictate the flow of electromagnetic energy throughout the body at the finest level...The connective tissue is the extensive structure which holds the body parts and cells together and composes bone, hair, nails, and skin by organizing cells into functional units. Without connective tissue, the body would be specialized protoplasm without unique shapes or functions. Connective tissue is also known to conduct electricity, although it is unknown what that energy is.”*

While any kind of good bodywork/massage therapy can aid the body in releasing cellular memory and aid overall health and well-being, the specific ones I mention here, which obviously are only a tiny fraction of the literally dozens of forms available, are those with which I’m personally familiar. See what’s available in your area and use what works for you (use your new-found muscle checking ability!), but be sure your therapist is knowledgeable and/or certified in whatever format you’re utilizing, that s/he has a solid working knowledge of anatomy & physiology and the various medical contraindications to massage therapy, that there’s a working familiarity with the body/mind connection, and, most important, that you actually like and trust your therapist. If your cash flow does not currently warrant such specific and advanced work, check at your local massage school if you’re so fortunate as to have one in your vicinity; most students are carefully monitored and, even if their skills are not yet mature, their intents surely are pure, and much positiveness can occur with intent alone.

**NEUROMUSCULAR MASSAGE THERAPY** – formulated by Paul St. John, Neuromuscular Massage Therapy, 888-NMT-HEAL/WWW.STJOHNMTSEMINARS.COM, addresses the neuromuscular components of pain by finding the origins of that pain and performing specific, deep, soft-tissue manipulation to restore circulation and proper physiological functioning. NMT renews structural homeostasis by restoring normal physiological functioning among muscles, nerves and the musculoskeletal system. I strongly suggest this method of releasing holding patterns whether from accident or sheer living before any form of exercise or strengthening is begun. While this can be challenging work, it should NEVER be painful; if it is, find another therapist who is more willing to work at your pace rather than insisting upon hers/his.

An excellent set of books on the subject were co-written by his former partner and NMT developer Judith Walker Delaney, LMT, WWW.NMTCENTER.COM, and Leon Chaitow, ND, DO entitled CLINICAL APPLICATION OF NEUROMUSCULAR TECHNIQUES: VOL I, THE UPPER BODY/VOL II, THE LOWER BODY. These rather pricey books are for practicing therapists intimately familiar with neuromuscular anatomy and take the place of the Janet Travell, MD books Trigger Point books which require

injections.

NMT works marvelously well with both CST and Reiki described below.

**CRANIOSACRAL THERAPY** – formulated by John Upledger, D.O., CST is a very gentle, non-invasive hands-on method of evaluating and enhancing the function of the craniosacral system – the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Today, the Upledger Institute [800-233-5880/[WWW.UPLEDGER.COM](http://www.upledger.com)] is recognized worldwide for its ground-breaking continuing-education programs, clinical research and therapeutic services in CST and other complementary and innovative techniques. It can be profoundly effective on numerous levels and every single one of Dr. Upledger's books is mind-expanding from his initial introductory work, **CRANIOSACRAL THERAPY** to his newest at this time, **CELL TALK**.

This methodology caught my particular interest when Paul St. John was describing it in the first workshop of his that I attended. While teaching my freshman college (CU, Boulder) roommate how to ride, I fell off a horse and succeeded in cracking my pelvis and dislocating my arm - all in all, a very humbling experience! Strangely, within a few weeks of this incident, my vision started to blur, becoming bad enough rapidly enough to cause me to go to my roommate's eye doctor in Denver. Upon completion of the exam, he looked worried and requested a second exam in two weeks. At that time he presented me with his opinion that my optic nerve, for some unknown reason, was dying. He contacted my parents who whisked me home to California to their eye doctor who concurred; from there I went into UCLA Neuro-Psychiatric Hospital to find out the cause of my now virtually total blindness. Interestingly enough, in addition to no sight, I also had no normal reflexes: could not tell the difference between an ice cube and a box, a dime and a fifty-cent piece, a sharp prick and a dull pinch; I didn't kick the doctor when he hammered my knee, nor did my toes do what they were supposed to when the bottom of my foot was stroked (the Babinsky reflex). The consulting physicians almost had my parents talked into doing exploratory brain surgery (the lack of reflexes had ruled out their original diagnosis of hysterical blindness and they thought they were dealing with some sort of tumor - this was long before CT scans) when lo and behold, my sight and reflexes began to return!

When I learned so many years later about the dural tube connection between the pelvis and the ocular nerve, a giant light bulb lit in my brain - no wonder I had gone blind with no reflexes, and thank goodness my system healed itself before brain surgery! Even though I had told every single doctor about my fall, not a single one thought it important, yet three decades later the residual tunnel vision and photosensitivity were terminated after my initial course-work in the Upledger Cranio-Sacral techniques. Yes, I'm a believer!

**REIKI** – originally promulgated by a scholarly Japanese mystic, Reiki (*ray-key*) is a universal energy access technique usually taught by Masters who initiate, often for large sums of money (especially at the more advanced levels) one into the discipline. In recent years, however, some books have been published which show that *anyone* can hook into this powerful energy, as I did before my first workshop, and utilize it in the laying on of hands. It is still helpful, though, if you can go to weekend workshops for your first and second level initiations if you can find them locally for reasonable sums. My first two levels cost something like \$150 each, but my teacher requested

\$10,000 for the third, or Master level, a sum which did not quite compute for me although I have achieved that level since. The results of Reiki are incredible and can be used both for oneself and for others. If this modality resonates with you, you might want to read **THE ESSENTIAL REIKI** by Diane Stein and **THE LOST STEPS OF REIKI** by Thomas Hensel & Kevin Emery.

## MOVEMENT

Our physical bodies were designed to move freely and joyously like healthy animals rather than sitting before computers (as I am doing right now!) like caged rats or perform repetitive movements *ad nauseum* like a horse on loco weed. Movement keeps the flows going; flows such as oxygen, blood, lymph and energy. I am referring to this section "movement" rather than "exercise" because to me, movement should be, or at least become, a natural part of one's existence whereas I equate "exercise" with unnatural sweaty gyms and expensive equipment. The main goal is to get the body moving, if you can, in such a manner that it becomes a way of life for you. For those with physical challenges that preclude a lot of movement, such as myself, at least do what you can when you can; go back to the Breathwork section and try to master those basic techniques and then, perhaps, go on with more advanced techniques. And speaking of breathing, it's essential to breathe consciously while doing any sort of movement. Here are some basic ideas.

**WALKING** - the most natural form of movement there is! I am sure everyone is familiar with suggestions such as deliberately parking at least one block away from your intended goal, climbing stairs rather than taking the elevator, taking your dog for a brisk walk when you get home from work, etc. Just be sure you wear good shoes (my personal preference is Birkenstock's) and try to do most of your walking where there is less pollution than on main streets. Walking can really start to get the cardio-vascular system stronger although it doesn't comprehensively address flexibility or strength. For those who want to go at a faster pace, try race walking - no expensive shoe, stretching, soaking or medication can ever supercede the joint damage done to most bodies by long-term jogging. Some people prefer to strap light weights to wrists and ankles to increase the physical exertion. Even more challenging would be to take a hint from the Israeli army and add a loaded back-pack (ergonomically sound, please), increasing the load slowly and carefully; this will increase cardio-vascular fitness without necessarily adding extra miles or precious time.

**DANCING** - takes the concept of walking to the next aerobic level for cardio-vascular fitness and just plain fun and joyfulness. Put on those records (you see what era I come from!), tapes, CD's or iPod, and start moving, whether you're cleaning house or having fun with a friend. If you want to make it even more effective, try some of the Richard Simmons' "Sweatin' to the Oldies" videos; they are a wonderful blend of fun and effectiveness. Or take some ethnic dance classes such as polka, clog or tap dancing, African dance or belly-dancing (wonderful!), or Latin Zumba, [[WWW.ZUMBAFITNESS.COM](http://www.zumbafitness.com)] - any and all of which are both safely aerobic and highly enjoyable. Again, you may want to try strapping on those light wrist/ankle weights to raise the aerobic level. As for high-impact aerobics, I personally tend to discourage that method of exercise as much as I do jogging and for the same reasons.

**YOGA** – addresses both flexibility and strength and long my very favorite of all physical and cleansing disciplines. In fact, I

used to teach it. Contrary to some popular thinking that it's just navel-staring or wimpy exercises, it demands tremendous concentration and physical strength to perform the advanced asanas or holding postures. I have recently read where various yoga techniques are being utilized successfully by athletic trainers of both professional and college-level football, baseball and basketball teams. There are many forms of Hatha Yoga, some more demanding physically and some more flowing and gentle; check to see what's available in your area. For beginners, you might check your library for Lillian Folas videos or Richard Hittleman books; they can act as a good, safe introduction especially if going to classes is not an option for you. There are also various videos geared to athletes, pregnant women, children, geriatrics, and physically challenged individuals - there is something for everyone at every level.

Some people might also seriously consider Phoenix Rising Yoga, 1-800-288-9642/www.pryt.com, an incredibly effective assisted form of yoga allowing the benefits of various asanas to take effect quickly; especially helpful for physically challenged individuals and those desirous of emotional/cellular release.

For those persons who want to go beyond, sometimes far beyond, basic asanas, some good books are *THE COMPLETE YOGA BOOK* by James Hewitt and *THE COMPLETE ILLUSTRATED BOOK OF YOGA* by Swami Vishnu-devananda which is a very in-depth volume. Contrary to most more modern tomes, these go into great detail of all aspects of Yoga and include one of the most powerful abdominal moves ever designed: the Nauli. This asana massages the internal organs of the abdomen (positively affecting digestion and elimination) plus strengthens the musculature in a wonderfully efficient way to pretty much eliminate low back pain. While requiring great concentration, intent and time to master it, the Nauli is well worth the effort - I highly recommend it. Also described is the use of the Neti pot: essentially a daily sinus rinse with a warm saline solution (salt water) that can make a disproportionate difference in sinus health which can benefit not only the nasally or allergy challenged but also anyone interested in increasing health is a very simple way.

**FELDENKRAIS** - designed by Moshe Feldenkrais to enable a person to become aware of his/her own body and how it moves, it is a fabulously awakening for virtually everyone who tries it. While much can be learned from his book, *AWARENESS THROUGH MOVEMENT*, and even more through various excellent videos which are now being produced, it is by far most beneficial to go to a certified practitioner to experience the full impact of this very gentle yet effective approach to movement: 866-333-6248/www.FELDENKRAIS.COM.

**MARTIAL ARTS** - works along some of the same principals of energy (chi or prana) movement as Yoga, but takes it into a different direction. Ranging from the very gentle Tai Chi and basic Chi Gung to the more demanding Aikido up to the competitive forms of Judo, martial arts can develop concentration, fluidity and strength. There's a form available which can appeal, and be accessible, to just about anyone but be sure your instructor honors your individual physical limitations. Also, try to find an instructor who's aware of and who teaches the energy aspects of these disciplines so it does not become just another exercise filled with the glamour of personal power.

Not exactly martial arts per se but one of the foundations for various forms of them, is an excellent older volume

written by Christopher Kilham called *THE FIVE TIBETANS*—these movement forms are designed to activate and balance all areas of the body in a rather active way.

**CALLANETICS** - developed by ballet dancer, Callan Pinkney, for her bad back, this is one of only two formal "exercise" modalities I find I can recommend. Little equipment but your own body is needed; it accomplishes its goal of strengthening and sculpting deep muscles via tiny little movements that don't seem like they could accomplish much. I've heard of a number of people who considered themselves very strong, especially some aerobics athletes, who nearly wrecked themselves by not believing this seemingly simple program could really do anything! Start very slowly whether you're working on your own from her book, videos, or DVD's [WWW.CALLANETICS.COM] or with an instructor in a studio.

**PILATES** - After a life-time of self-taught physical fitness, in 1926, German-born Joseph Pilates (pronounced Pa-lah'-tees) opened his New York fitness studio in the same building which housed the famous New York City Ballet. Eventually Pilates gained an enviable reputation in being able to rehabilitate dancers and it grew from there. His technique, essentially similar to Callanetics, originally utilized some very expensive equipment which used to be available only in Pilates fitness centers under the watchful eyes of certified instructors. Today it is possible to obtain moderately priced equipment designed specifically for home use, but I would caution users to go through at least one really good round with an instructor before attempting a home program; it is vital that proper techniques be employed and that is the best way to learn them. For detailed information on both options: WWW.PILATES.COM/1-800-745-2837.

**TRAMPOLINES AND BALLS** - widely available and of great value for many are mini-trampolines called rebounders and large exercise balls. You might want to check out WWW.NEEDAK-REBOUNDERS.COM/800-232-5762 and WWW.SIMPLEFITNESSOLUTIONS.COM/866-283-4242 as possible sources. An office style balance-ball chair is even available at WWW.GAIAM.COM/877-989-6321 which offers many of the benefits of the full balance ball while doing office work.

## VIBRATIONAL OPTIONS

The vibrational concept within healing is gaining great strides due to discoveries in physics and especially seeing, via Kirlian photography (and muscle checking!), how various substances can strengthen our cellular interaction - it is that communication which makes up our individual energy fields. In fact, Richard Gerber, M.D. authored a seminal work, *VIBRATIONAL MEDICINE*, which we think all should read. Barbara Ann Brennan, R.N.'s work, *HANDS OF LIGHT*, is another classic in the field.

Here is a brief overview of various vibrational forms of healing which can, to varying degrees, aid your process. An interesting note is that many alternatively minded physicians and vets who have tried the **DYNAMITE**® supplements, find their patients require other modalities, such as homeopathics, much less frequently or with less concentration. In other words, balanced bodies with a higher vibrational frequency require less intervention. Be sure to **muscle check** to see if a particular vibrational format is appropriate for you (and of course the 'dosage'), and then check individual brands/formulations - not all are created equal.

**Homeopathics** – How in the world can a ‘medication’ which tests out as water have a healing effect on an organism? The answer sounds simple – through vibratory frequencies. Some homeopathic physicians and vets suggest homeopathic *nosodes* in lieu of the current multiplicity of vaccinations which can cause an overloaded immune system especially in infants/children. Many individuals keep various basic formulations in their medicine chests, but be sure to learn how to use them most effectively; [WWW.LABRIYUT.NET/REMEDY\\_TABLE.HTM](http://WWW.LABRIYUT.NET/REMEDY_TABLE.HTM) contains some suggestions. Homeopathics are available in many health food stores or [WWW.HOMEOPATHYWORKS.COM/800-366-1695](http://WWW.HOMEOPATHYWORKS.COM/800-366-1695).

**Flower Essences** – Similar to homeopathics but using flowers as their base rather than the various salts homeopathics uses and especially helpful for emotional and psychological uses. In my experience, the *DYNAMITE* sprays **Relax, Release** and **Tranquil** have been far more effective than the widely used Bach Flower Remedies. For more information on our experience of their use, read my Product Profiles on them.

**Tones** – Chants have been used from time immemorial, not only to aid practitioners to go into trances, but to also actually and actively affect bodily organs and energy flows; Montak Chia has a tape of healing sounds. Others use drums, tuning forks, music, gongs, singing bowls, etc. – all have value.

Tuning forks are available at music stores – buy the best you can afford because the tones of lesser quality ones may not be accurate. I use the forks by striking their individual tone and placing the single base on “stuck” spots on the body – of course I will have muscle-checked first to see which fork is applicable where. They can also be used to activate chakras.

A more prosaic tone is that of a kitchen timer which is very helpful to signal the end of meditative sessions or “pity parties.” When fatigue overwhelms me, as it still does when I push too much, and I feel the old despair wash over me, I set the kitchen timer and allow myself a “pity party.” Of course, since the timer’s maximum time is fifty-nine minutes and I frequently set it for much less, I’m assured that these weepy times will never make my eyes too bloodshot – that’s saved for hours of writing and editing on the computer!

“Tones” can also, especially in these modern, technological times, mean ultrasound. I tried numerous devices to ease my muscle spasms with no success until I tried the INFRA-TONIC QGM machine [800-743-5608/[WWW.CHINAHEALTHWAYS.COM](http://WWW.CHINAHEALTHWAYS.COM)]. It utilizes a low frequency sound that mimics the vibration discovered in the hands of top healers. It really works in pain management and accelerated recovery for a broad spectrum of health challenges from open wounds to arthritic symptoms. Interestingly, Kentucky Derby winner Monarchos, was a “user” of this effective form of treatment.

**Stones** – Not only precious or semi-precious stones have healing vibrations; many ‘found’ rocks also can be used as stations or to help correct energy flows. It is also possible to utilize gem elixirs – again, similar to homeopathics, but using gems as the base – rather than actual stones. While there are numerous books which tell which stones do what, I prefer to simply muscle check for each individual use rather than go by general considerations. They can be used in ways similar to tuning forks.

**Magnets** – While magnets have been shown to help pain associated with Post Polio Syndrome and can stimulate both circulation and healing, they should be used with caution. Most magnets used in mattresses *start* at 400 gauss and some magnet

manufacturers even claim a field in excess of 15,000 gauss. Magnetic exposure greater than 10 gauss can affect pacemakers while a 12 gauss magnetic field can alter the pineal gland. MRI’s produce about 15,000 gauss or less. Some bio-kinesiologists have discovered that people who have magnetic pads in their shoes or elsewhere will not test accurately in kinesiological checks on reflex points, testing totally differently when the magnets are removed, and have even anecdotally noticed an increased rate of prostate cancer among patients who wear magnets. Therapeutic short use, 30 min., of pulsed magnet therapy may be extremely beneficial, but longer term may be quite a different story.

**Colors** – The colors we wear, and those with which we surround ourselves, can greatly affect our well-being – the eyes lead directly to the brain. For personal calming and soothing, stay with colors that pick up your own skin/hair/eye tones. The standard neutrals of black and white and their many variations can aid in comfortability and meditation. Muscle check to see which colors are your personal best for stimulation or impact. Many people consider that purples enhance spiritually minded efforts and that teals to be vibrant aids in raising our cellular vibratory frequencies. Bear in mind that all colors come in different intensities and hues. Discover for yourself whether you do better with clear jewel tones or dusky earth tones, or red, blue or yellow undertones, etc. In home decorating, utilize colors according to the purpose of the room yet pay attention to the color affect for both yourself and your family members.

**Aromas** – Aromatherapy is very popular for good reason – the olfactory sense goes directly to the limbic brain to affect our psychology. Available in numerous places but beware of scent which is derived via chemical means (usually *benzine*) rather than the kinder extraction method.

**Light** – From lasers on down to hand-held light devices, and with the awareness of Seasonal Affective Disorder, we can see how important light is. Use full-spectrum bulbs wherever you spend large blocks of time, but use natural light as much as possible. Sometimes shining a light through a color (a scarf or a piece of plastic) onto various bodily areas can be surprisingly effective in aiding healing. Currently, exciting research is going into effective portable laser units [WELL BEAM 866.885.4325/[WWW.LIGHTSOUNDTECHNOLOGY.COM](http://WWW.LIGHTSOUNDTECHNOLOGY.COM)].

## OBVIOUSLY THERE ARE DOZENS,

if not hundreds, of other very effective techniques such as acupuncture (learning the meridian system is very important for all healers), Neuro-Link, EFT, Insight Neuroscience Technology, and on and on with new, or rehashed old, ones arriving on the scene with great regularity. Use your new muscle checking skills to find what might be best for you at various times as you move along with your own healing process.

We also need to remember that true healing occurs within a person’s spirit or soul. Eventually, no matter the age of the individual, it is time to expand from the confines of the physical. Rather than fear this transition, we should learn to embrace it within the concept of “to everything there is a season.” Stephen Levine speaks eloquently of this in *HEALING INTO LIFE AND DEATH*.

I have learned much from working with AIDS people, the deaths of both my parents, my mother-in-law and grandson, friends, and my own experiences to know the Truth of this. ■