



original meaning of "radical"), you can use them practically anywhere (not just in a special setting/office/clinic), and finally, they don't require any medicinals or special equipment beyond your hands.

\*\* "Therapy" since you eliminate the source of "psycho-physical-spiritual-garbage" and begin to follow your heart wisdom. What more could be required for the ultimate in a life skill?!!

I've been looking for this since 1951 when the Dianetics movement first came out. Like many who explored Callahan's "Five Minuet Phobia Cure," I had great fun and success as I demonstrated its power in my psychology classes. I literally did have people rid themselves of troubling stuck emotions within minutes in front of the class using the basic algorithms. I knew that this was indeed what I had been looking for all these years. However as I used the original algorithms again and again I, along with many and others, began to question the specific order and other aspects of meridian therapies and when the number of algorithms began to expand beyond reasonable limits for "do it yourself " approaches I began questioning the whole idea of set formulae. Then there was the whole "tapping thing" problem which began to surface more and more. Clients and counselors expressed reluctance to use tapping in public because it looked strange. So I looked at TAB (Touch And Breathe) and RAB (Rub And Breathe) alternative meridian point stimulation methods which people could do without feeling embarrassed and noticed. Then I started to question the elegance of stimulating each meridian individually and looked for approaches that would combine a balance in much fewer points/spots. The whole issue of diagnostics didn't fit with my "do it yourself " approach since most people, even if they know about energy/information psychology etc., won't be skilled in figuring out what meridian/chakra needs balancing.

While attending an energy psychology conference in the spring of 2001, I had an epiphany: I discovered that Donna Eden's Radiant Circuits were the most efficient way to work with the body's energy system. With my colleague, Janet Nestor, I spent the next 3 years researching, developing and refining the Radiant Energies Balance<sup>SM</sup> protocol (the official website, [www.rebprotocol.net](http://www.rebprotocol.net) , probes a wide range of clinical, neurological, philosophical, and empirical issues). The protocol can be used as both a sophisticated professional therapeutic system incorporating main stream and cutting edge therapeutic methods as well as an easy to use self help technique. It's one of the most user friendly approaches in the field of energy psychotherapy.

Thus, when I discovered Donna Eden's "radiant circuits" and triple warmer/spleen hook up posture I said: "This is the simplest and most elegant protocol of all." Thus, I started researching/developing my Radiant Energies Balance (REB)<sup>SM</sup> in the Summer of 2001 after training at the Energy Psychology Convention International at a workshop conducted by Stephanie Eldringhoff and Wayne McCleskey of Rapid Relief from Stress and Distress, Website: [www.rapidrelief.com](http://www.rapidrelief.com). I've sent earlier versions of this protocol with it's research/theory background to many people for feedback and have established the category of "supporting practitioner/developer" (ala the TV/movie awards category "Best supporting blah blah..."). I was blessed with creative, enthusiastic, skillful, and brilliant "supporting practitioner/developers" who have contributed greatly to the research and practice of the Radiant Energies Balance (REB)<sup>SM</sup> protocol. My development philosophy uses the Linux operating system development model where you put out methods and they get tried and refined and then the new refinement gets posted out there etc. This is in contrast to the Microsoft model of monopoly. The down side is the Linux model doesn't generate great wealth, just great health.

When I read Eden's description of the function of the Triple Warmer and Spleen meridians I said: "Hey, that's basically the sympathetic and parasympathetic branches of the autonomic nervous system!" Thus, I originally created the Radiant Energies Balance (REB)<sup>sm</sup> for balancing the Autonomic Nervous System using the Radiant Circuits. I now look at it as a very powerful empirically based "asana" since it engages the radiant circuits (Eden calls them "Energies of Joy") and facilitates the transition between physical and spiritual realms, an actual transformation implementing Wilber's transcend and include model in a practical simple manner.

If you go to the various "Organized Skeptics" (see Leiter, 2002 "The pathology of organized skepticism") and quackbuster web sites and read about energy/information psychology, you'll notice that anything that violates 19th century western materialistic metaphysics gets soundly hammered. They routinely discount or denigrate 4000-5000 years of clinical research involving careful observations of efficacy (now called evidence based medicine) in cultures that don't have this particular brand of metaphysics. (Hufford, 1996; Kiene, 1996a&b; Kline and von Schön-Angerer, 1998) The incredible arrogance of these self proclaimed "right men" types continues to astound me and most are in the academic and university settings (so called higher education). One of the pioneers of quantum physics in the early 20th century made the comment that physics progresses funeral by funeral. To get a feeling for the thinking of these people read Larry Dossey (1998) "The right man syndrome: Skepticism and alternative medicine" and Robert Anton Wilson (1986/1991) The New Inquisition: Irrational Rationalism and the Citadel of Science. Wilson calls them "Fundamentalist Materialists."

I don't think the fate of energy/information therapies will be "funeral by funeral" given the access to alternatives on the internet and the savvy that clients now have. The medical profession in north America did not take any interest in CAM (complementary/alternative medicine) until they realized their patients were into it in a big way and paying for it out of pocket. The same will happen, I think, for psychotherapy. At least that's my hope. That's why I push methods that will be used by people in their daily lives anywhere, anytime without feeling foolish. I encourage counselors etc. to check it out but usually they have no interest. They have their method and aren't particularly interested any thing different. Maybe if clients ask why they don't use some form of energy/information therapy, they might question their Belief System (abbreviated BS) and take a look out of their professional reality tunnel (Wilson, 1986/91). The "Psychology Industry" is under the gun by psychologist Tana Dineen (1996). I look at energy/information psychology etc. as the ultimate complementary and adjunctive approach in that using it will make practically any other technique work better.

I stopped using tapping or TABing etc. since it's too piecemeal and random (you tap on all to hit the right ones) and the use of diagnostics is usually too invasive and cumbersome for my tastes. I now almost exclusively use the Triple Warmer/Spleen balance posture for the Autonomic Nervous System. The person can sit there at any time and stop in the posture and let things settle down rather rapidly. It may be necessary to stop for a day or so to let the system adjust. Using the posture to complete what came up in the session (i.e., review the session's effects) is very effective and speeds up the balance process. The use of this posture involves the whole energy system in one simple elegant pose via the Radiant Circuits. No more second guessing or random tapping or diagnostics. The assumption is that the energy system knows what it needs and the Radiant Circuits know how to give the system what it needs to balance for the issue. The practitioner just acts as a gentle guide or coach (I'm more and more using the coaching model when thinking about these techniques and refer to my roll as a "Healper" or Healing Helper).

In general my philosophy of science is best expressed by Larry Dossey (Hibbard, et al, 2002, p. 9) "I've never had an epiphany. I don't see auras, I don't channel, and I'm not a healer. In spite of this, I have an abiding sense of the spiritual dimension in my life. It simply doesn't conform to the popular descriptions about how you're supposed to get from point A to point B. I happen to believe in something that's out of favor, I think science itself is sacred, and that's been a spiritual path for me...Robert Boyle considered science so sacred that he recommended that scientists conduct their experiments on Sundays as part of their Sabbath worship...Jacob Needleman, in his book *A sense of the Cosmos*, said that the first generation of scientists wanted to have an unmediated confrontation with reality [basically a mystical encounter]. Thus they went to 'the wall of truth' via science wishing to know first-hand how the universe operated...[T]here was a huge mystical and spiritual element in how science was originally conceived. But...within a couple of generations this tradition was lost as science became authoritarian..." (underlining added) (see Horgan, 2003)

Also, I have been fascinated and attracted to the anomalous cases in research, the subjects that don't confirm the hypothesis and contribute to "error variance." As well, I've been curious about and wishing to explore the unexplained, the new and often outrageous in the field of psychology (see the Dianetics reference above). An outstanding source for scientific anomalies, things which challenge reigning paradigms, see William R. Corliss' "Source Book" project which has published 36 books on anomalies. (Corliss, 2002) The article is published in the Journal of Scientific Exploration, whose mandate is to publish peer reviewed material that mainstream journals will reject. I find it odd that such a journal is necessary in science since I thought that science was about exploration. But alas, science and universities are now greatly concerned with "defending the faith" much like the medieval church was many years ago.

## **2. MY (PWW) EXPERIENCES WITH EMOTIONAL FREEDOM PROCESSES (EFPs) AND THE RADIANT ENERGIES BALANCE<sup>sm</sup> PROTOCOL**

### **2.1 TRAUMA ELIMINATION USING ONLY WRITTEN INSTRUCTIONS FOR CALLAHAN'S TRAUMA ALGORITHM**

A very dramatic example of the power of the meridian tapping method (early Callahan Techniques version) comes from the description of the results from a client who received my instructions in the mail with no oral/verbal coaching by me; she just followed written directions. This method was used due to the extreme distance involved (large time zone difference and expense of phone calls. Email was not an option at the time.) The first set of procedures she used was Dr. Roger Callahan's Trauma Algorithm. With persistence, she was able to eliminate this set of traumas as well as use the other Callahan algorithms for other problems as needed. Subsequently I sent her other Emotional Freedom Processes (EFPs) related to TFT.

I quote her description (*in italics*) at length using the original hand written copy available from the author. She is a bright divorced woman about 50+ years at the time (Reports are in letters from 1997 to 1999). The report is edited [in brackets] to protect the client from her ex husband. My comments are in { }. Her ex-husband while married played "mind games" similar to those in the movie "Gas Light," trying to shake her sanity.

1997 May 3 Statement (from "Meridian Tapping Record" form [now called "Emotional Freedom Processes (EFP) Record"])

Description of the nature, triggers and circumstances of the problem: *Unwanted vivid memories of*

*[prior] episodes with ex-husband's [many] months of psychological games designed to (to quote family doctor) "drive [me] to insanity and divorce." Triggers are anything which reminds me of that time -- something on T.V. perhaps. Once I begin remembering a specific episode I cannot stop the "film" until I've gone through everything that was said or happened. I feel as I felt at that time -- like a mouse circling a small cage in panic. Also a sort of torn apart feeling...*

*Comments on post session feelings: The blocking off of old emotions lasted about a week from that one session. When it did creep back it was very mild and easily corrected by a tapping session. [Because of family gatherings] I expect to be seeing [my ex-husband] once in a while and hope to have strength enough for this face to face reality check. Now that would mean I was cured.*

*Expanded comments beyond the "Meridian Tapping Record" form: ... Here's my experience in detail....*

*I did not really think these procedures would work for me but I decided to try. {A classic reaction}. First I read all the material carefully and made out my own "cheat sheet" with the specific instructions for PTSD and the psychological reversal corrections. I had [my current husband] read them to me as I practiced some dry runs. I had a problem with accessing my issue-related feelings on cue. Could only get up to a "3" {using a 1 to 10 Subjective Unit of Distress/SUD scale} rating and did not notice much difference at the end.*

*However when a "real" episode took hold of me I went off by myself, and threw the whole bag of tricks on it. This time I could tell it was really working. I felt like I was battling the old demons with strong ammunition. My taps got more aggressive as my feelings threatened to overwhelm me, and when I felt the bad stuff get stronger I switched often to the psychological reversal strategies with positive talk which in retrospect seems wildly excessive. It seemed necessary at the time.*

*I have no idea how long I was involved in this but I sure knew when I was finished. I felt dazed and sort of empty for a few minutes. Then collected my wits enough to turn my thoughts to my issue -- dredged up some bad memories. It was like a giant billboard or something slammed up to block the emotions. It said "This is only an event" i.e., without any emotional baggage attached (like the second world war was an event). This was an astounding moment!*

*I couldn't believe that this stuff was really gone!! I got out my old journals from that time and read a few pages as this always brings on terrible stress. I read on and on with serene objectivity. Wondered why I had written so much about how I felt as it now seemed unimportant. Felt more facts should be included. One very positive thing happened with this reading. I can now access clearly [my children's] feelings and problems at that time. Used to be blotted out by overwhelming personal emotions.*

#### 1997 June 30 Statement (in a letter)

*Thank you ... again for your help in my mental crisis. I realize now that this has been an inevitable outcome of my horrible .... months at the end of the [ex-husband] relationship. For so many years I was just holding all together because I had [my children] to look after. When [they were independent] I starting taking care of other people .... I notice in my journal that since Christmas I've been dealing with [those horrible months] in a direct way finally, and actually making some progress with the stuff. Then came my two [ex-husband] related events, combined with some present stuff that sent me into all the PTS {Post Traumatic Stress} symptoms plus a generalized 24 hour a day anxiety. What I didn't tell you [was about new problems family members here are having]...*

*The meridian tapping procedure really saved me mentally. I was at the exact point in my life when chucking past garbage was not only appropriate but essential if I was going to deal with the present problems. I am almost completely disconnected with bad emotions concerning that time. [Recently, I attended community event and] it happened that I came in the same entrance at the same time as [my ex-husband], and I did not feel that horrible stab of terror. Just felt recognition and nothing else. It was as if he were a person from some other lifetime.*

*I now realize from reading my old journal that [my ex-husband] was not only targeting me with crazy-making behavior but also targeting [our children]....he targeted me only when children were not present. When they were present they were part of the drama; they were used.*

#### 1997 July 10 Statement (in a letter)

*Just a line to let you know that things are progressing ...*

*Also I have seen a therapist myself. ...[She] is a terrific help. With [background] information as a framework she was able to whisk me from childhood problems to [my current husband's] problem in one session. Told me I had a very strong "symbolic" stage (?) which agreed with my usual confidence in my inner core of tranquility. She tagged various problems in my childhood as affecting me in adult life and I could see that her observations were accurate...*

*One interesting phenomenon was that in therapy session when I mentioned the [many] months of hell with [my ex-husband] I started to cry. Sadness has never happened before in my recollections of this. Therapist felt this was a good thing, a progression. I told her about [the] tapping procedures, as they would be responsible for this emotional surprise. She was very interested and wants me to photocopy the information for her.*

*Without [your] help in eradicating the past garbage, I would have been swamped by this latest thing. I know that.*

#### 1997 December 6 Statement (in a letter)

*Have been reading some self improvement books. I was so impressed with the meridian tapping results that I am pursuing other similar avenues...Also reading for spiritual insights. The two seem to go together.*

#### 1997 December 8 Statement (same letter)

*I think my new interest in self-help and spirituality is all due to [the] meridian tapping therapy. Before I let go of all that garbage all my energies went to just keeping my head above water. In a way all that negative stuff now is useful in that it deepened and broadened my experience and brought me to seeing that I need some self development, etc. If I can only convince myself that "I'm worth it." Anyhow -- tell me what to read. I'm ready to go.*

#### 1998 July 16 Statement

*I used the tapping therapy again recently to banish my free-floating anxiety and it worked very well. I think this anxiety is partly about being alone and partly about [my ex-husband] encounters. I did notice one eye position which was stress producing and worked on it.*

*I had a very successful (compared to the [earlier] episode) encounter with [my ex-husband] during [a family get together]...I decided to enjoy the day and focus on [others]; also to think of about [my ex-husband] as an unwanted thought intruding on a meditation -- just let him float through my consciousness whenever he happened by and then forget about him. This worked so well that I did not use my back up plan of doing the Freeze Frame {a technique from the HeartMath Institute}. So you see all these things are working very well for me. I really revel in this. Used to have a fixed idea that doing anything for myself was somehow wrong. Stupid, hey?*

*Now I find I am also more interested in buying clothes I love, doing things to house "just to make my self happy." Need used to be my only prerogative. I find [I can ask for money] but I used to ask only when disaster loomed {the Pschoenergetic/Polarity Reversal--self-sabotage has been eliminated!!} ...Reading this over I notice I forgot to mention that current anxieties are not PTSD. That has been banished from my life by the tapping therapy. Never think of the past at all in that regard. Could that be why I have more anxiety about [my ex-husband's] present escapades?...Quite sure I'll be fine anyway. Merely enjoying therapy.*

#### 1998 October 26 Statement (in a letter)

*I am working on [the] new Tapping [instructions] etc. [I sent her an expanded version of corrections including the "Body/Mind Tune Up" which provides a variety of simple do-it-yourself specialized kinesiology techniques from a number of sources. See Part 3 for a description. As well I sent her a copy of the trauma cases video from Garry Craig's Emotional Freedom Technique/EFT course to better demonstrate the concept of "Aspects"}. I've always liked the [collar bone] breathing activity even though it was not part of my PTSD routine. The "Body/Mind Tune Up" routines are good for sorting myself out in the morning.*

#### 1999 January 6 Statement (in a letter)

*Going thru my tapping regularly and what is coming up now is that "I blame myself for choosing [my ex and current husbands]. When it was only [my ex husband] I would believe it was all his fault, but when [my current husband] threatened...me I felt I was seriously flawed in making these choices of husbands....the emotional quality of my response to all this has significantly lessened. The meditation and spiritual reading builds up my flagging self-esteem.*

#### 1999 September 16/18 (in a letter)

*Must add...some details of my progress with "releasing to a Higher Power." I do TAB [Touch And Breath] pressure with rubbing in tiny circles. As I "release" the various emotions they are also coming up and I almost feel the black sludge of stuff moving from various parts of my body up and out thru the crown of my head. I was amazed at how much "pain" this was. As I rubbed the iw-lfs [inside wrist-little finger side] spot I felt it necessary to massage the stress release points on my forehead with my free hand. That seemed to help the pain I felt as it all passed through. Same with "guilt." After "releasing" each spot I felt it necessary to say "thank you for accepting all this pain" etc. as I TABed. Did use word "replacing" as I did step 14 [of the Rapidly Integrated Transformation Technique (RITT)]. Then I hold the stress release points as I ran thru some eye movements, counting and humming.*

*I felt so exhausted -- but relaxed and exhausted instead of my recent usual toxic anxiety. I had to give up on the tree image, and the breathing work that should accompany the TAB, as the image of*

*sludge moving from all over my body and out the crown was overwhelming... End of quotes.*

A big advantage of these procedures are they can take place in informal (no office) settings; since the system is so simple it can be done almost anywhere; all that is required is that the person must be able to focus on (tune into) the problem without disturbance. No special setting or equipment is required. It can be done over the phone as long as you get the person to tap and rub the correct places. And it can be done by the person as long as they follow the directions provided, as indicated by the above case study.

## **2.2. MY (PWW) EXPERIENCES WITH THE RADIANT ENERGIES BALANCE<sup>SM</sup> PROTOCOL**

While attending an energy psychology conference in the spring of 2001, I had an epiphany: I discovered that Donna Eden's Radiant Circuits were the most efficient way to work with the body's energy system. With my colleague, Janet Nestor, I spent the next 3 years researching, developing and refining the Radiant Energies Balance<sup>SM</sup> protocol (the official website, <[www.rebprotocol.net](http://www.rebprotocol.net)> , probes a wide range of clinical, neurological, philosophical, and empirical issues). The protocol can be used as both a sophisticated professional therapeutic system incorporating main stream and cutting edge therapeutic methods as well as an easy to use self help technique. It's one of the most user friendly approaches in the field of energy psychotherapy.

Thus, in 2001 May I first used the Radiant Energies Balance or REB<sup>SM</sup> (triple warmer/spleen balancing posture described in Part 2) to eliminate a bug phobia for a relative. I had just learned this technique at the 2001 Energy Psychology Convention International at a workshop conducted by Stephanie Eldringhoff and Wayne McCleskey. This very brief therapy session produced a lasting change in a life long problem according to the report given me by someone who knows this person very well. Interestingly, the person who received the benefit doesn't seem to acknowledge it since the change is so dramatic and contrary to the life of extreme bug avoidance; a typical "Apex Problem" or "Cognitive Dissonance" phenomenon.

My next use was with allergy/sensitivity type reactions with equally rapid and permanent results. Then I used Radiant Energies Balance (REB)<sup>SM</sup> with a client who's energy/muscle testing was frozen due to the amount of charge on the issues. Thus, I said "Let's take the edge off of the issue(s) so we can get an accurate energy test response." Well, we started to delve into the various aspects as they came up while the client held the posture. Aspect after aspect came up and then dissolved. Thus, the only energy technique I used was the posture. In another case, I used this procedure to eliminate the residual effects of trauma from about four years prior. Here I found that some parts of the person wanted to hold on to a bit of the emotional upset from the trauma so I used the head/eye procedures described in module 6 to locate and eliminate this residual.

Next (2001 September), I used it for a person's ongoing stress and trauma from serious family problems. In this case, a specific eye position brought up another significant aspect which in turn provided the key for the Module 7 Desired Outcome and "heartfelt emotion" induction. An interesting side event happened with her rather neurotic/nervous dog. I did a surrogate balance with the posture sending a message of calmness and peace to the dog. Very soon, the dog stopped barking and pacing, laid down and went to sleep; quite a change from its usual behaviour!. Later, while I was coaching this person in the balancing process, my wife tried the same thing for the dog but her message was "to lay down" without the calming intention. The result was much less dramatic. This demonstrates the importance of the correct focus and intention to obtain the desired

outcome.

My next use was 2001 Oct 27 and Nov 3. During a break at my workshop, one student couldn't move her eyes as is recommended in step 6 (a problem she had since childhood and diagnosed when she was in grade 11 but no help given; about 20+ years). She wanted to be able to do this since she couldn't get a drivers license. So I said "Sure, let's clear that up." Because this was a class, I was concerned about getting in too deep. Little did I know that I was going to do my first "exorcism!" In order to speed things up, I did Frontal/Occipital holding as I coached her through the steps.

As I had her go back to grade 11 and do a multi-sensory review of the situation (step 5). I asked what images and feelings surfaced. She contacted the image of a man whose eyes, she said, were like "black holes." I asked for feeling and she said fear/terror at a SUDs (Subjective Unit of Distress) level of 10+. It turned out that this image/man had been haunting her all these years. She felt somewhat possessed and haunted by this image. Well, we worked for about an hour on this image. I used the typical NLP technique of manipulating the image and emphasized that it WAS an image that was controlling her. The image manipulation technique demonstrates to the client that they have control over it. I had her move it away from her until the SUDs was 0 and then gradually move it closer, always keeping the SUDs 0. When she was able to have the image "in her face" without any distress I asked her to take a deep breath (which she could not do) and literally blow it away as a puff of fluff. After several tries, she did a couple of small puffs and it was out. At this point, she took her first deep belly breath. Then we went to step 7 and started to bring in positive feelings and choice including HeartMath's core heart feelings. I made a suggestion that her healing sources would begin to replace the negative affect with the positive feelings which we listed and we listed them all again including the ones she particularly desired. Then, as the class continued, we stopped a couple of times and asked her to check in as to her progress; % completion of substituting positive for the vacuum of negative affects. It went from 60% to 90% complete by the end of the class.

The next week's session (Nov 3) she expressed how much better, lighter etc. she felt but said "It's about half done." Turns out her ex boyfriend was an out-of-control psychopath type who frightened her to death until she escaped. Well ridding her of this image took another 45 mins or so. I, again, was doing frontal/occipital holding throughout to speed things up. The interesting thing about this is my discovery that she spontaneously engaged both of her triple warmer sedating points rather than doing the hookup of triple warmer/spleen. Apparently, there was so much fear stuck in her system that she needed a double dose of calming. Another discovery was that she broke out of the posture and asked to hold the hand of one of the students to complete the balance.

At any rate, we have a new technique "Hand Holding Therapy!!" The lesson here is go with what the person desires to deal with the issue. Don't get hung up on the method. As they say in Educational Kinesiology, for a given individual, "anything CAN balance anything" and you need to discover and allow this to take place; not blindly follow a "technique."

Next Case was 2001 Nov 17. This 40 year old (or so) female was born out of wed lock to Catholic parents who, from that time on, treated her as if she didn't exist. She felt her brother and sister also treated her like this as well. The only time she felt any family recognition is when they needed a scape goat. Thus she experienced a life time of rejection and hassling from her family. The SUDs on this mess from 'the gang of 4' (as we called it towards the end) was off the scale. I worked on her for about 1 hr and 45 mins after my class on the basics of Donna Eden's system.

A 2002 January 23 email from her stated [slightly edited for clarity and correctness]: "I wanted to

let you know that I finally had the release we had been working on in class. My spirits have picked up towards my family. I can't explain it. I was reading something about handling a situation with another person and letting them save face, (about two weeks ago January). It was about how not to back a person up in a corner during a conflict and all of a sudden the release happened. It felt like a pop. I thought it was too good to be true but here I am and the emotional mass is still gone. I had been carrying it for 37 years. I wanted to share my win with you, and to thank you again for all of your help and teachings. I sent my family condolence cards with words of love and forgiving for my part in the conflicts. Something I couldn't have done before the release. Phil what I realize is that my behavior is what counts not theirs. I hope this makes sense to you. I will be working on my next layer and handle my constant worrying behavior. If you have any advice I would be willing to hear it. Thanks take care." I responded "Thanks very much for the feedback. With long term issues, it may take the system a while to process the change." Many times the Emotional Freedom Processes results create a context for continued growth but rarely do those who benefit actually recognize the source or their growth. This is frustrating for those who use EFPs but get used to it!!

My response to her request for help with "my constant worrying behavior. If you have any advice I would be willing to hear it." The best way to start is take a big worry area and take the charge out of it. Then the next one and so on. Since there's a generalization effect you may only have to do this 2 or 3 times for all the worry thing to be gone. Follow the protocol and make sure you substitute the goal/positive stuff at the end.... I'll coach you over the phone if you like."

### **3. EXPERIENCES FROM OTHER PRACTITIONERS WITH THE BALANCING PROTOCOL (emails)**

2001 Aug 10 (using early instructions): "Thank you so much for sharing this information. I shall primarily be using it on myself, as my work at the moment is all by telephone, but I am aiming to work with some one-to-one clients soon, but I shall feed back when I have anything useful to tell you. I tried it today, but will have to put it on tape, and have to admit that the eye movements part made me feel quite ill, and in the concentration, I kept forgetting to keep my tongue just behind my upper front teeth, and then I felt a bit hot and not well, so I slowed everything down abit. But as I say, when I can follow instructions from a tape, I'm sure this will be easier! Thanks once again, Love & Light, V...USA"

2001 Aug 16 (using early instructions): "... with the other article you sent on the Radiant Energies, it began to make even more sense to me as I re-read it today, and while I was reading, I just decided to sit in the hook-up pose of one hand on my elbow and my other hand under the breast and curved around, and after about a minute on both sides, I experienced a definite change in my feelings! It was very cool! I felt an inner joy and elated, yet peaceful, feeling, and it was really nice! :) L...UK"

2001 Sep 19 (using early instructions): "I have used your procedure on 8 clients and found the results excellent. My last client with a extreme cat phobia dating back as long as she can remember, found that very strong physical feelings came on almost immediately (back ache and headache) within minutes of starting the processes. We only got through the centre head position. Because of these physical feelings we stayed with that position to clear the pain which, even through we were only trying to watch it, moved between the two points (head and back) and it took 20 mins for them to recede. After the treatment she floated out; but my question is: is this a regular occurrence for moving pain and is there any other way to clear it quicker (used all techniques in info you sent me). Have ordered Donna Eden's book for more info and background information. Look forward to your response S...UK" I, PWW, responded with suggestions.

2001 Oct 13 (using October instructions): "Thanks for the new instructions; look forward to reading them. Regarding this client [mentioned in the Sep 19 post] (found many more as well now) the pains came in her back and neck and I decided to focus on them just like an emotion and watch them go. The pains were traveling up and down her whole spine and back and after chasing them around she had a regressive memory appear in her mind. She explained to me that she now could not breath. I asked her were she was she said she was in a pram and became aware of being a baby and the found that the cat was sitting on her. We let all the emotions and pain out and when she came back for the next session she had spent all week with her daughters cats letting them sit on her and she loved stroking them. All her family were totally amazed as she has never touched a cat in her life and in the final year could not even leave the house if there was a cat on the street. I have since tried to work further with this. If you would like me to explain in any further detail please let me know. I have found that, with my clients who were only able to work with one eye position per session (very slow as 8 to 12 different feelings stored) this has helped speed it up. (later that day post): Forget to tell you more info on the cat phobia lady; while treating her she was having tests at the hospital for her high blood pressure which she had had for many years. She went back in between the treatments and they were all staggered to find that she no longer has any high blood pressure whatsoever. I felt this was showing me the mind body link and I am continuing to investigate this. S...UK"

2001 Oct 17 (using October instructions): "Thank you so much for all of the valuable information that you have sent. It is a wonderful body of work and I do have 2 patients who can benefit form balancing and from the information regarding trauma. I have no problem at all giving you credit for your work and I will be in contact as to the outcome. By the way, I am a mental health counselor who uses a lot of energy work in my practice...My client ... has been struggling very painfully for 20 years. She talks about living in a fog all of the time, being disconnected from her spirit self, feeling helpless to make any real movement in her life. She still is not really in touch emotionally with a lot of the trauma of her early life etc. I don't know if it necessary for her to be in conscious contact with all of it, but it is necessary to increase the functioning of her energy system...since we know from trying to use muscle testing ...that she is not always connected....that often the muscle testing reads out false. I am looking forward to trying this technique...and if we make some real strides you will hear the cheers all the way from North Carolina....I will be in touch. Blessings and much thanks for your generous sharing....J USA"

2001 Oct 20 (using October instructions): "My client ...responded very well to this process...a lot of thoughts and feelings seemed to take focus for her...and the images were very profound and meaningful. When we did the matrix [of head/eye positions], she seemed to have a physical sensation in her stomach that she described as a sinking feeling when she moved her head straight up left and over left and down left. I was struck by the fact that the somatic symptoms were all on the left....J...USA"

2001 Oct 24 (using October instructions): "I have been sharing 'it' with my clients, one to one and in the groups that I am a Life Skills facilitator with. For want of a better handle I have referred to 'it' as a the 'Be Ok Self Hug' position. K...Canada"

2001 Oct 26 (using October instructions): "I wanted you to know that I have used the balancing technique several times now with several clients...both male and female. I really like the results. The results seem very deep and the insights seem to be important. Most of all the process appears to be gentle and yet very effective as a means of releasing very deep issues. I shared the process with a counsellor friend and experienced it myself today...as I wanted to do that. I was very impressed. Congrats on coming up with a wonderful and very useful technique..J... USA"

2001 Oct 29 (using October instructions): "Been away on holiday so I have only just received info; I have been able to download the new instructions; thank you. Several other therapists have been interested in your approach. I would be interested in training other therapists, let me know what you think. Kind regards. S...UK" I (PWW) said "go for it."

2002 Feb. 26 (using October instructions): "Sounds like really exciting developments. I was using your posture (holding the arms) with trauma clients while lasering and I found it very effective. I'd be interested in the new material - so much to read and absorb, so little time!!! We'll miss you [at Energy Psych Conference 2002 in Arizona]- keep in touch. Cheers for now. J... in Australia"

2002 April 9 (using March instructions): "Hope this finds you well and ever curious and open to our endless universe. Thank you for giving me the Emotional Balancer. Have shared it with my family, friends and clients. Those of us who have used it have found it an amazing tool while most seem resigned to coping with their past and choose to continue carrying their burdens into their futures." K...Canada"