

# Quantum Life iPhone/iPad App Outline of Training Program 101

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1st Draft

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MEDICINE WHEEL:  
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## Program

**QUANTUM TECHNOLOGY**  
The future of all healing

The world's first holistic portable Quantum Device is now available!

Using mobile technology (iPhone/iPad) you can analyze yourself or your client's well-being with the touch of a button.

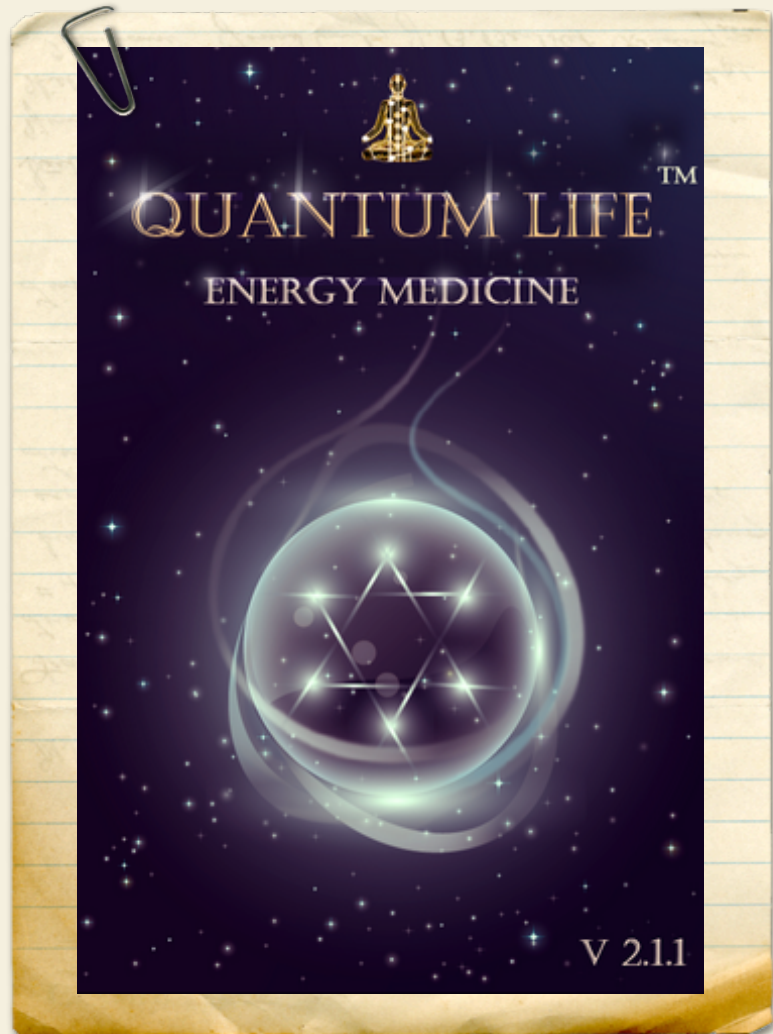
Balancing is achieved using a unique system that employs a mix of both sine waves and square wave technology, delivered by the sound card of your iPhone or iPad using specific frequency harmonics to energize and stimulate a healing response in your body.

By attaching the Quantum Crystal Harness System, you will be able to enhance the already incredible effects and direct it with more precision and effect to those areas of your body that you are most concerned with.

Discover for your-self the world of Quantum Wellness using your own portable communication device.

Disclaimer. All information given here, is for educational information only. This training program is not intended to replace a qualified licensed medical practitioner. This App is not intended to diagnose, treat, or make any medical claims.

To consciously utilize the full harmonic power of frequencies, to open our healing potential to our multi-dimensional selves, and transforming the frequencies of our disorder, and manifesting a new harmony of unconditional love and health.



## QUANTUM TECHNOLOGIES

The future of all medicines

### Quantum Technologies - How does it work?

Lets take a look at quantum science from its beginnings to today and the future. The word “quantum” is frequently applied to everything that might appear to be new or cutting edge technology. This is not the case for two reasons, firstly because quantum theory is now almost one hundred years old, and secondly because – when asked – most people who use this word might not be able to explain why they use it.

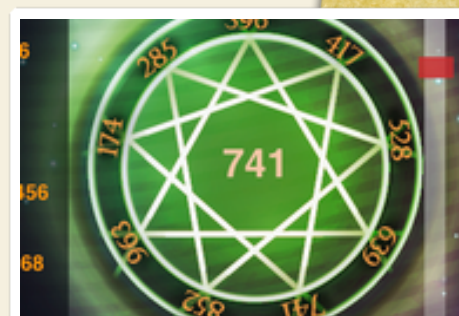
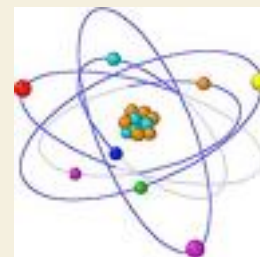
Originally the word ‘quantum’ was first applied to mainstream physics by Heisenberg when he discovered that energy is not a continuous stream but in fact consists of tiny packages, which he called quanta. From this discovery, a whole science developed that was called Quantum Theory, and with it arose a lot of misconceptions on what quantum theory is really all about.

### Quantum theory

Quantum theory was first called quantum mechanics, because it was assumed that there must have been some mechanical laws involved in the movement of atomic particles and quanta of energy similar to that of the mechanics of macroscopic bodies, like the planets. However, it was found that closely connected

particles behave more like waves and that each affects every other as if they are one being. In a broader sense, Quantum theory is therefore the science of complex systems, and the main tool of quantum mechanics is statistics. Quantum theory thus has a much wider scope than just the microscopic world and can be applied to systems in general where many individual parts work together and influence each other. Most of all this is the case in all living beings because each is a highly complex network of cells, organs and systems. Therefore, Quantum science gives the appropriate tools for the study of all aspects of human group behavior as well as the interactions of parts of the human body, mind and emotions as they network with each other.

In summary, quantum technology realizes the interconnectedness of everything. The Quantum Life APP interweaves and balances the dynamic state of the human body utilizing sine and square wave frequencies. Quantum principles are integrated into the measurement process utilizing harmonic frequencies to analyze and provide balancing to the individual.



Solfeggio Tones and Frequencies

Quantum Technology:  
A multidisciplinary research using quantum physics to show that the human body is controlled and regulated by the human energy system; also a branch of medicine that manipulates the body’s energy to treat and prevent dis-ease.

Quantum healing may be a combination of; functional medicine, oriental medicine, herbal and homeopathic medicine and quantum physics.

## Approaches and Tools to Achieving Harmony in Mind, Body, Spirit:

The word harmony derives from the Greek ἁρμονία (Harmonia), meaning "joint, agreement, concord", from the verb ἁρμόζω (harmozo), "to fit together, to join". This term was often used for the whole field of music, while "music" referred to the arts in general. In Ancient Greece, the term defined the combination of contrasted elements: a higher and lower note.

In the Middle Ages the term was used to describe two pitches sounding in combination, and in the Renaissance the concept was expanded to denote three pitches sounding together.

We all live in stressful times, everything seems to be progressing at exponential rates. Everything including our inner being and the ability to cope with all of our demands. The stress we deal with is both physiological and psychological. Stress is the result of what happens to us when our daily challenges are greater than our ability to deal with them.

Having a healthy body and mind gives the possibility of being able to go deep within oneself, to be able to embark on an incredible journey of self-discovery and personal truths.

Stress is a very serious issue that if constantly stimulated leads to the production of hormones that are detrimental to the cardiovascular system, immune system, increases the likelihood of stroke, cancer, infections, and other chronic diseases. Your stress is being compounded: you are constantly reacting to the infinite demands of your outside environment

so much so that you begin to suppress everything into your unconscious mind. You can feel the inner tension of telling yourself "I'll deal with it later". Your inner space becomes an ever growing "to do list".

To help relax the body try;

### **Focused breathing:**

Breath into your heart, breath deeply and slowly, put your concentration only on each breath and feel your tension begin to dissipate.

**Meditation:** The beauty of proper meditation is that it helps you create immense distance in your inner space. It gives you perspective, your level of consciousness changes. Here is an example of how to do *Progressive Muscle Relaxation*; tensing and then relaxing each muscle group of the body, one group at a time. Tense up a group of muscles, tense hard but don't strain, and hold for about 5-10 seconds. Release the tension from the muscles all at once. Stay relaxed for 10 – 20 seconds. Start relaxing your toes and feet, then slowly work your way up your body to your head. By the time you get to your head you will be in a meditative state, and totally relaxed.

**Positive affirmations:** Can be a very powerful tool used to change how each individual thinks and feels about themselves. Think of a statement that resonates with you and say it, over-and-over. In time your subconscious will begin to believe it and make it happen, if you were wise enough to pick a phrase that is achievable.



- The Three-Step Healing Processes for healing affirmations are:  
Think, See and Feel.  
You need to:
- 1) Think Positive Thoughts
  - 2) Visualize Radiant, Positive Images
  - 3) Feel Positive, Sparkling Energy flow within you



# Data Base Panel

With each new session, please upload a new picture and voice sample.

## **Important Energetic Picture Analysis**

The new picture and fresh voice sample. This will enhance the energetic analysis. Use your iPhone/iPad to take a picture of your client. For best results, the picture should be of the entire body against a white back drop.



## **a stream of affirmations.**

We are continually affirming subconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment.

Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want.

Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate. Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance.

***Every Cell in my body vibrates with energy and health***

90% of our thoughts are negative, no wonder we find ourselves struggling. Each negative thought or word is a **negative** affirmation and these nasty little beasts can be even more powerful than positive affirmations because we often find them easier to accept. It is these negative thoughts that feed and validate our negative internal beliefs. Under this kind of negative bombardment most people simply do not have the strength to break free of their negative thoughts and become hopelessly locked into their own (usually false) negative beliefs.

**Positive affirmations** are designed to challenge those negative beliefs and start to stem the flow of negative thoughts and words that seek to validate them.

Affirmations are more than just repeating words. It is a whole process of becoming aware of your thoughts and words in everyday life, choosing to think and project happy positive thoughts. The more you can consciously inject the spirit of your affirmations into your daily thoughts and words, the quicker they will work for you.

## **Client Data Base:**

Clients are stored into your contacts file allowing for easy retrieval of your clients.

## **Energetic Sound Analysis**

Have client repeat into the iPhone/iPad a positive based affirmation specific to their health related goals.

Developing a positive mindset is one of the most powerful life strategies there is. Using powerful positive thinking techniques and positive affirmations, it is possible to achieve whatever you want. Professionals and business people use these techniques to develop personal power or gain a competitive edge. At a personal level it will transform your life, your health and renew the joy and passion for life. Imagine waking up each morning, bursting with excitement, energy and joy for the new day! It really is that powerful...

Every thought you think every word you say is an **affirmation** All of our self-talk or inner dialogue is



## Explanation of Results

**Alignment:** Any type of energetic interference, whether its EMF, LMF, Microwave or any other electrical wave length or magnetic pollution, disrupts the alignment of consciousness to fulfill its purpose. Interference can range from mild subtle energetic interference to a severe energetic disruption, with or without physical symptoms.. Typically every human being deals with different types of subtle energy interference in their environment which impede one's thoughts, senses, feelings, motivation, emotions, or purpose or direction as well as, "sense of self". Disruption of alignment needs to be addressed before it becomes chronic, or if it's chronic already, then it needs to be reduced, repaired and brought back into alignment as quickly as possible.

**Harmony:** This App sends a correcting frequency via the Solfeggio tone frequencies that causes it to resonate with the body. When it resonates with the body/consciousness, then the harmony percentage is high. If the percentage is low then the resistance caused by the mind/

body blockage needs to be addressed by doing another panel where the blockage occurs.

The amount of energy that is available for Physical, Emotional, Mental activity is important. Fatigue is one of many symptoms of exhausted energy. Stress, uses up any remaining energy left. If you are trying to improve a percentage and your not getting anywhere, try treating for stress first and then go back to treating the original problem.

**Energy Flow:** Energy flows through the body at a certain rate, if this rate is impeded or is caused to be increased, then this in turn creates disharmony, and can even cause the alignment of the energy to be temporarily or permanently out of place.

If the flow is stopped, it becomes stagnated and pools, causing degeneration or necrosis to the surrounding tissues. If it speeds up, it causes inflammation and excess vascular activity. Any change in the Chi or energy flow in the

body will cause disorder resulting in disease in that area. Energy flows through the body at a constant rate, if the energy becomes restricted it speeds up causing disharmony in the form of pain and/or inflammation in that area.

On a final note of balancing energy, we have a right brain and a left brain. Our right brain is creative, our left brain is logical. When we are trying to treat an individual with our left brain, we do the obvious, and look for increased percentages that are high enough to satisfy our left brain.

When we use our right brain, we are more intuitive, and except lower percentages, knowing that any change that we are doing will still help the recipient, and as such is invaluable to the overall health and well-being of the person being treated. Good intentions should not be replaced by wanting higher and higher percentages. Nature is the best healer.



The classic cause of illness is fear. A person who is walking around with a chronic sense of fear gnawing away at them is doubly vulnerable to illness because their anxiety aggressively and progressively diminishes their sense of well-being, and this, in turn, affects their feeling of being safe in the world.

## Bee sting

Wasps and bees sting to defend themselves or their colony. Stinging involves the injection of a protein venom that causes pain and other reactions. Wasps and bumble bees can sting more than once because they are able to pull out their stinger without injury to themselves. If you are stung by a wasp or bumble bee, the stinger is not left in your skin. Honey bees have barbs on their stinger which remain hooked in the skin. The stinger, which is connected to the digestive system of the bee, is torn out of the abdomen as the bee attempts to fly away. As a result, the bee soon dies. If you are stung by a honey bee, scratch out the stinger (with its attached venom gland) with your fingernail as soon as possible. Do not try to pull out the stinger between two fingers. Doing so only forces more venom into your skin, causing greater irritation. Most people have only local reactions to wasp and bee stings, although a few may experience more serious allergic reactions. Local, nonallergic reactions range from burning, itching, redness, and tenderness to massive swelling and itching that may last up to a week. These local reactions can be treated with ice, vinegar, honey, meat tenderizer, or commercial topical ointment to relieve the itching. An allergic reaction may include hives or rash, swelling away from the sting site, headache, minor respiratory symptoms, and stomach upset. These allergic reactions *are not life-threatening* and can be readily treated with an antihistamine.

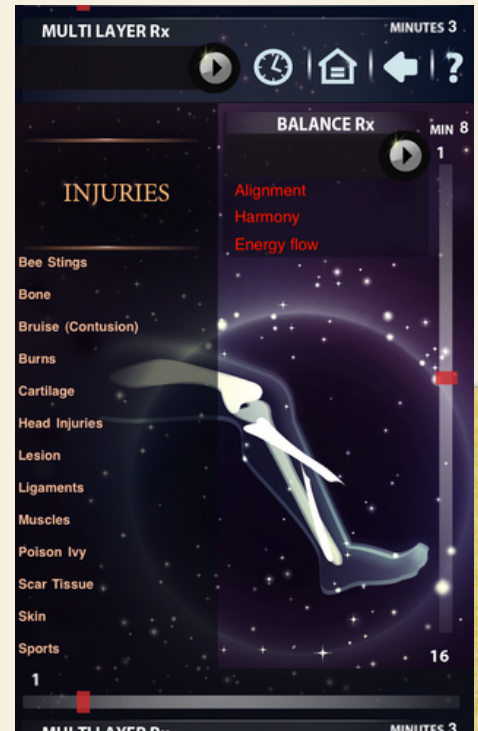
## Bone

The skeleton is built of bone tissue. Bone provides the internal support of the body and provides sites of attachment for tendons, ligaments and muscles, essential for locomotion. Bone provides protection for the vital organs of the body: the skull protects the brain; the ribs protect the heart and lungs. The hematopoietic bone marrow is protected by the surrounding bony tissue. The main store of calcium and phosphate is in bone.

Bone has several metabolic functions especially in calcium homeostasis. Bone is a hard, but brittle, tissue and is relatively light per unit volume. Bone is a dynamic tissue, which throughout life is continually being formed and resorbed. This remodeling and reorganization of bone tissue is the result of many factors including: mechanical stimuli;

**Metabolic causes** (*lack of dietary calcium, illness, aging*), **Endocrine changes**, and the **Effects of drugs**.

As people age, their bones begin to thin and lose strength. Bone thinning is called osteopenia. Severe bone thinning to the point where a person is at a high risk for broken bones is called osteoporosis. Warning signs of osteoporosis include loss of height or a stooped posture. However, most people are not aware until a bone is broken.



Up to age 75, osteoporosis is more common in women than in men. Women who develop osteoporosis usually do so after menopause. After menopause a woman's body stops producing estrogen, one of the hormones that keep bones strong.

## Bruise (contusion)

Skin bruises, which are the most common type of bruise, develop when small blood vessels that are directly under the skin are broken or ruptured. This usually happens from blunt trauma, such as being punched in the arm or smacking your shin against a table. Bruises develop slowly and can last for up to 1 month. Once the blood vessels have ruptured, the blood slowly seeps into the surrounding area. At first, the bruise appears as a reddish area. After a day or two, the bruise will turn the skin black and blue, as the damage to the tissue surrounding the broken blood vessels becomes more apparent. Over time, the body reabsorbs the blood, which makes the bruise turn a yellowish-green color. A bruise may be very small and may blend in with the texture of the skin, or it may be large, swollen and painful. Within days to a week or so, the bruise becomes more purple. As it heals, it becomes brownish-yellow. Generally, bruises heal and disappear within 2 to 3 weeks.

## Burns

Burns are generally classified according to the depth and extent of injury. There are three layers of skin. Burn depth is dependent on which layer of skin has been damaged.

Burn depth is classified according to its degree of damage - first-degree, second-degree, or third-degree burns. Symptoms range depending on the depth of damage.

**First-degree burns** involve the outermost layer of the skin, called the *epidermis*. Redness, tenderness or pain, and swelling usually describe these burns. There's usually no blistering.

Complete recovery usually occurs within a week, often with peeling and mild changes in skin tone.

First-degree burns often occur after over-exposure to UV rays of the sun, or after coming in contact with a hot object.

**Second-degree burns** involve damage to the second layer of skin, called the *dermis*. These very painful burns look pink, moist and soft. Blisters usually appear and fluid might ooze from the skin. Depending on the damage to the dermis, these burns may take anywhere from 2 to 6 weeks to heal. Scarring may result. Such burns often result from severe UV exposure and scalds.

**Third-degree burns** involve damage to the epidermis, the dermis, and the *hypodermis*, the third layer of skin. As a result, the full thickness of the skin is damaged. Fat, nerves, muscles, and bones may be affected. Damage of this sort causes the skin to appear a filmy white. The area isn't generally painful because nerve endings have been damaged. Since a large amount of tissue may be destroyed, healing is very slow and considerable scarring results. Later on, *contractures* (permanent tightening of tissue that prevents normal movement) can occur due to the deep scarring and occasionally tissue may have to be cut or "released" to relieve underlying pressure. Deep burns may result from contact with fires, electricity, or corrosive chemicals.



**Inhalation burns** can lead to airway swelling and inability to breathe; people with these injuries must be brought to a hospital as soon as possible, even if they initially do not have breathing difficulties.

**Treatment** decisions are based on the need to relieve pain, reduce swelling, prevent infection, and promote healing.



### Cartilage

Cartilage is a type of connective tissue in the body. It is made of cells called chondrocytes embedded in a matrix, strengthened with fibers of collagen and sometimes elastin, depending on the type of cartilage. There are three different types: **hyaline cartilage, elastic cartilage, and fibrocartilage.** Cartilage serves to provide structure and support to the body's other tissues without being as hard or rigid as bone. It can also provide a cushioning effect in joints.

Cartilage is *avascular*, meaning that it is not supplied by blood vessels; instead, nutrients diffuse through the matrix. Cartilage is usually flexible, again depending on the type. Some of the bodily structures that include cartilage are the ears, nose, ribcage, and intervertebral discs.

**Hyaline cartilage** makes up the majority of the body's cartilage. It lines the bones in joints, helping them to articulate smoothly. Hyaline cartilage contains mostly type II collagen fibers.

**Elastic cartilage** is more flexible than the other types of cartilage because of the elastin fibers it contains. This type of cartilage is found in the outer ear, the larynx, and the Eustachian tubes, for example. It provides the perfect balance of structure and flexibility and helps keep tubular structures open.

**Fibrocartilage** is the strongest and most rigid type of cartilage. It contains more collagen than hyaline cartilage, including more type I collagen, which is tougher than type II. Fibrocartilage makes up the intervertebral discs, connects tendons and ligaments to bones, and appears in other high-stress areas. Damaged hyaline cartilage is often replaced with fibrocartilage, which unfortunately does not bear weight as well due to its rigidity.

### Head injuries

Traumatic head injuries are a major cause of death, and disability normally referred to as traumatic brain injury.

The skull protects the brain against injury. The brain is covered in tough fibrous layers called meninges and bathed in fluid that may provide a little shock absorption.

When an injury occurs, loss of brain function can occur even without visible damage to the head. Force applied to the head may cause the brain to be directly injured or shaken, bouncing against the inner wall of the skull. The trauma can potentially cause bleeding in the spaces surrounding the brain, bruising of the brain tissue, or damage of the nerve connections within the brain.

Minor head injuries are a routine occurrence. From toddlers falling against tables, kids bumping heads playing ball, to an elderly person falling down; people often lead with their heads when they move about. Usually, a few stars are seen, a headache happens, and all is well. Sometimes it isn't so clear. The person may be knocked out for a few seconds, may vomit, and perhaps may have some loss of memory but by the time the doctor visits the bedside, everything is back to normal. The diagnosis of a concussion is made.



Head injury

A mild concussion may involve no loss of consciousness (feeling "dazed") or a very brief loss of consciousness (being "knocked out").

A severe concussion may involve prolonged loss of consciousness with a delayed return to normal.

The medial collateral ligament (MCL) is one of four ligaments that are critical to the stability of the knee joint. A ligament is made of tough fibrous material and functions to control excessive motion by limiting joint mobility.

### Lesion

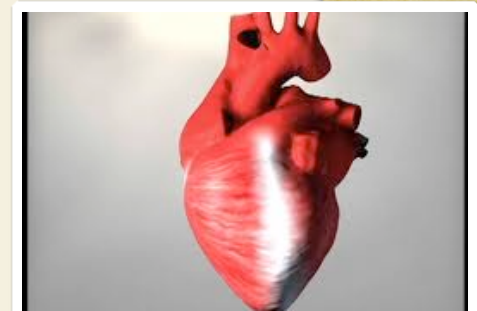
There are, not surprisingly, many types of lesions. There are also a number of different ways of classifying and naming lesions. Lesions can, for instance, be categorized according to whether or not they are caused by cancer. A benign lesion is non-cancerous whereas a malignant lesion is cancerous. For example, a biopsy of a skin lesion may prove it to be benign or malignant, or evolving into a malignant lesion (called a premalignant lesion). A person with a skin lesion has an abnormal lump, bump, ulcer, sore, or colored area on the skin. Common skin lesions include moles, warts and actinic keratosis.

### Ligaments

Ligaments are the fibrous, slightly stretchy connective tissues that hold one bone to another in the body, forming a joint. Ligaments control the range of motion of a joint, preventing your elbow from bending backwards, for example, and stabilizing the joint so that the bones move in the proper alignment.

Ligaments are composed of strands of collagen fibers. While ligaments are slightly stretchy, they are arranged in crossing patterns, this prevents the joint from becoming loose. Because ligaments are so important in the stabilization of joints, they are also highly susceptible to injury.

**Muscles** (from Latin *musculus*, diminutive of *mus* "mouse") is a contractile tissue of animals and is derived from the mesodermal layers of embryonic germ cells. Muscle cells contain contractile filaments that move past each other and change the size of the cell. They are classified as skeletal, cardiac, or smooth muscles. Their function is to produce force and cause motion. Muscles can cause either locomotion of the organism itself or movement of internal organs.



Cardiac muscles found in the Heart

Cardiac and smooth muscle contraction occurs without conscious thought and is necessary for survival. Examples are the contraction of the heart and peristalsis which pushes food through the digestive system. Voluntary contraction of the skeletal muscles is used to move the body and can be finely controlled. Examples are movements of the eye, or gross movements like the quadriceps muscle of the thigh. There are two broad types of voluntary muscle fibers: slow twitch and fast twitch. Slow twitch fibers contract for long periods of time but with little force while fast twitch fibers contract quickly and powerfully but fatigue very rapidly.

There are three types of muscle:

Skeletal Muscle.  
"voluntary muscle"

Smooth Muscle  
"involuntary muscle"

Cardiac Muscle. A mixture of both voluntary and smooth muscles.

If you are exposed, you should quickly (within 10 minutes): first, cleanse exposed areas with rubbing alcohol. next, wash the exposed areas with water only (no soap yet, since soap can move the urushiol, which is the oil from the poison ivy that triggers the rash, around your body and actually make the reaction worse). now, take a shower with soap and warm water. lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothes, with rubbing alcohol and water.

### Poison ivy

Poison ivy grows throughout much of North America, including the Canadian Maritime provinces, Quebec, Ontario, Manitoba, and all U.S. states east of the Rockies, as well as in the mountainous areas of Mexico up to around 1,500 m (4,900 ft) and is normally found in wooded areas, especially along edge areas. In addition to that, it grows in exposed rocky areas and in open fields. The plant is extremely common in suburban and exurban areas of New England, the Mid-Atlantic, and southeastern United States. Similar species, poison oak, and *Toxicodendron rydbergii* are found in western North America. Poison ivy rarely grows at altitudes above 1,500 m (4,900 ft). The plants can grow as a shrub up to about 1.2 meters (3.9 ft) tall, as a ground-cover 10–25 cm (3.9–9.8 in) high, or as a climbing vine on various supports. Older vines on substantial supports send out lateral branches that may at first be mistaken for tree limbs. The appearance of poison ivy can vary greatly between environments, and even within a single area. The following three characteristics are sufficient to identify poison ivy in most situations: (a) clusters of three leaves, (b) alternate leaf arrangement, and (c) lack of thorns. Although several other plants fit this simplified description, any plant that has these characteristics should be prudently avoided by people who are inexperienced in identifying poison ivy.

### Scar tissue

When skin or organs are damaged, the body naturally wants to heal itself. Since the body cannot re-create healthy skin or tissue, it puts together new fibers that are not as functional as the original tissue, but that serve as a protective, useful barrier. When this barrier is completely healed, it is known as a scar. Scar tissue is the fibrous connective tissue which forms a scar; it can be found on any tissue on the body, including skin and internal organs, where an injury, cut, surgery or disease has taken place, and then healed. Thicker than the surrounding tissue, scar tissue is paler and denser because it has a limited blood supply; although it takes the place of damaged or destroyed tissue, it is limited in function, including movement, circulation, and sensation. Other than with minor cuts and scrapes, scarring is a common result of any bodily damage. Scar tissue in the skin is inferior to healthy, normal skin for several reasons: sweat glands are damaged or destroyed, hair does not grow back, and there is less resistance to ultraviolet radiation. Skin scars are normally flat and pale, illustrating the history of the injury which caused them, yet often a body will produce too much fibrous tissue, resulting in an extra thick or raised scar.



*Rhoncus tempor placeral.*

Remember that poison ivy isn't contagious though, so touching the rash won't actually spread it.



### Skin

The skin is the outer covering of the body. In humans, it is the largest organ of the integumentary system. The skin has multiple layers of ectodermal tissue and guards the underlying muscles, bone, ligaments and internal organs. Human skin is similar to that of most other mammals, except that it is not protected by a pelt. Though nearly all human skin is covered with hair follicles, it appears hairless. There are two general types of skin, hairy and glabrous skin. The adjective cutaneous literally means "of the skin".

Because it interfaces with the environment, skin plays a key role in protecting (the body) against pathogens and excessive water loss. Its other functions are insulation, temperature regulation, sensation, synthesis of vitamin D, and the protection of vitamin B folates. Severely damaged skin will try to heal by forming scar tissue. This is often discolored and depigmented.

In humans, skin pigmentation varies among populations, and skin type can range from dry to oily. Such skin variety provides a rich and diverse habit for bacteria which number roughly at 1000 species from 19 phyla.

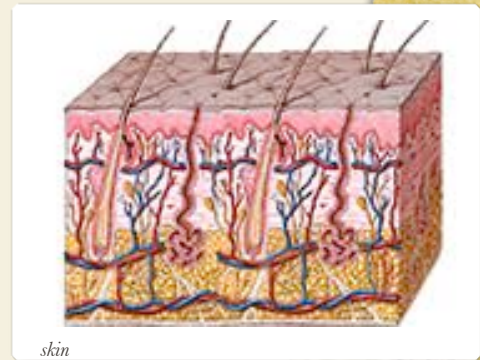
### Sports

The **history of sports** probably extends as far back as the existence of people as tribal sporting activities became more popular as a means of testing their youth without fear of losing them in a more warlike arena. Sport has been a useful way for people to increase their mastery of nature and the environment. The history of sport can teach us a great deal about social changes and about the nature of sport itself. Sport seems to

involve basic human skills being developed and exercised for their own sake, in parallel with being exercised for their usefulness. It also shows how society has changed its beliefs and therefore there are changes in the rules. Of course, as we go further back in history the dwindling evidence makes the theories of the origins and purposes of sport difficult to support. Nonetheless, its importance in human history is undeniable.

At a time of doom and gloom such as we are experiencing at the moment, it is necessary to have distractions and one of the most beneficial in my mind is sport. Whether participating or watching, and preferably the latter will encourage the former, sport is a great escape from the day-to-day monotony of bad news and gloomy predictions.

In a team game such as soccer, basketball or Gaelic football and hurling, you have teammates to share the victories with and console each other in defeat. In individual sports, the last person standing, or the one with the highest score or accuracy is the winner whether it is athletics, golf, horse racing, tennis or shooting a weapon.



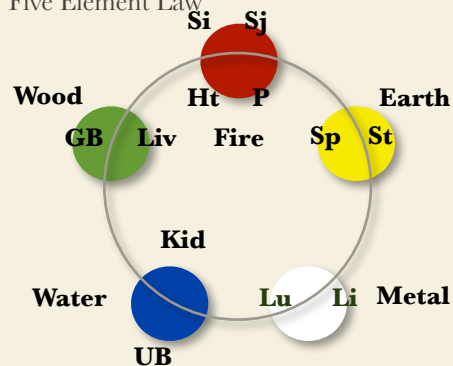
A word is not a crystal, transparent and unchanged; it is the skin of a living thought and may vary greatly in color and content according to the circumstances and time in which it is used.

**Oliver Wendell Holmes, Jr.**

## THIS PANEL USES THE 5 ELEMENT LAW OF TRADITIONAL CHINESE MEDICINE

The 5 Elements are; Fire, Earth, Metal, Water and Wood. These elements are expressed as; Sounds, Smells, Emotions, Tastes, Tissues, Senses and Climate.

Five Element Law



The body functions correspond to the seasonal cycles of transformation

including birth, growth, ripening, harvesting, and decaying or death.

### Fire

Ht=Heart, P=Pericardium,

Sj=San Jiao, Si=Small Intestine

### Earth

St=Stomach, Sp=Spleen

### Metal

Lu=Lung, Li=Large Intestine

### Water

UB=Urinary Bladder, Kid=Kidney

### Wood

GB=Gall Bladder, Liv=Liver

**Heart** deals with the circulation of blood. Tongue. The emotion is laughter.

**Pericardium** deals with mental activity.

**Small intestine**, deals with the separation and transportation of food and waste to the large intestine.

**Sanjiao** also called triple warmer or triple heater, maintains homeostasis of the body.

**Spleen**, deals with digestion and water metabolism as well as circulation of blood and immunity. Muscles of the limbs. Mouth and lips. The emotion is singing.

**Stomach**, deals with indigestion, digestion, transportation of food and water.

**Lung** deals with respiration. Nose. The emotion is crying.

**Large intestine** deals with excretion of wastes.

**Urinary bladder**, deals with water balance and genital functions.

**Kidney**, deals with regulation of blood pressure growth of bone, cartilage, teeth, nails and head hair. Also deals with genital functions. Ear problems. The emotion is groaning.

**Gallbladder**, deals with storage of bile and mental activity.

**Liver** deals with bile secretion and transport, regulation, storage and transportation of blood, control of tendons and endocrines. Deals with nerves, metabolism and muscles and tendons. Eye problems. The emotion is anger.



Meridian Screen

融洽

Energy can be likened to oil in a lamp, when the wick is lit, the oil goes down until the flame is extinguished. The flame is like life, it glows brightly until the oil is gone and life dies.

The body is born with a certain amount of energy (Qi) When its used up we die

“Life is like a flame in a lamp, soon to be extinguished when the fuel (Qi) is exhausted”

THE BODY IS BORN WITH A CERTAIN AMOUNT OF CHI (QI)

This Qi is depleted by our daily activities, and is replaced by eating, drinking, and breathing. If there is balance, then growth and health are found, if there is blockage in Qi, or if the balance is unbalanced by excess or deficiency, then illness or death can result.

The relationship of the five elements are represented as organs, some solid called Zang organs, some hollow called Fu organs.

Zang organs are heart, pericardium, spleen, lung, kidney, and liver.

Fu organs are Sanjiao, small intestine, stomach, large intestine, kidney and liver.

Zang Fu Organs are paired, one solid and one follow to each of the elements Fire, Earth, Metal, Water, and Wood.

Energy circulates around the five elements in a clockwise direction on the chart.

**Fire produces earth**, all life and growth upon the earth is dependent on fire, the sun. Any items burned will produce ash and return to the earth.

**Earth produces metal**. Metals are mined from the Earth.

**Metal produces water**. In China, metal means gold, where there is

gold there will also be a spring or water.

**Water produces wood**. Wood needs water to sustain life and grow.

**Wood produces fire**. Wood is consumed by fire and produces heat and warmth that helps sustain life.

The five element theory is one of the major systems of thought within Chinese medicine. From a historical perspective it is an important underpinning of medical theory and serves as one of the major diagnostic and treatment protocols.

In modern clinical practice the five element theory is used in varying degrees depending on the practitioner and their style of practice.

For practitioners of traditional Chinese medicine, the theory may be used to help form a diagnosis when there is conflicting signs and symptoms.

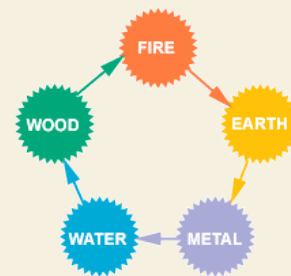
Additionally, elements of the theory are useful for assisting patients with nutritional imbalances and/or working through emotional issues.

Within the five Element Theory there are four main relationships or ways in which the elements interact.

The first of these is a generating cycle often called the Mother and Child cycle. This cycle describes ways in which each element, serving as a mother, promotes the growth and development of the following child element. At times this generating cycle can also be called the Shen cycle.

Examples of this cycle are the wood element providing the generative force for fire, fire provides a generated force for Earth, etc.

This relationship provides the foundation for understanding the Five Elements Theory and consequently where imbalances may arise within the cycle. If Earth, for example, is weakened from a poor diet and overwork you will see more nourishment is requested from the Fire element to nourish Earth. Additionally, if Earth is weakened the Metal element may also be affected.



Generating (Sheng) Cycle



## Crown Chakra

Knowingness—The right to aspire. Dedication to the divine consciousness and trusting the universe. Learning about one's spirituality. Our connection to the concept of "God" or a higher intelligence. Integrating one's consciousness and subconsciousness into the superconsciousness.

### **Imbalances:**

Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy. Varicose veins and blood vessel problems. Skin Rashes.

## Brow or Third Eye Chakra

Intuition—The right to "see." Trusting one's intuition and insights. Developing one's psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts.

### **Imbalances:**

Learning disabilities, co-ordination problems, sleep disorders.

### **Depression:**

Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.

## Throat Chakra:

Relationships—The right to speak. Learning to express oneself and one's beliefs (truthful expression). Ability to trust. Loyalty. Organization and planning.

### **Imbalances:**

Thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause.

## Heart Chakra

Relationships—The right to love. Love, forgiveness, compassion. Ability to have self-control. Acceptance of oneself.

### **Imbalances:**

Heart and breathing disorders. Heart and breast cancer. Chest pain. High blood pressure. Passivity. Immune system problems. Muscular tension.

## Solar Plexus

Personal power—The right to think. Balance of intellect, self-confidence and ego power. Ability to have self-control and humor.

### **Imbalances:**

Digestive problems, ulcers, diabetes, hypoglycemia, constipation. Nervousness, toxicity, parasites, colitis, poor memory.

## Spleen Chakra

Feelings—The right to feel. Connected to our sensing abilities and issues related to feelings. Ability to be social and intimacy issues.

### **Imbalances:**

Eating disorders. Alcohol and drug abuse. Depression. Low back pain. Asthma or allergies. Candida & yeast infections. Urinary problems. Sensuality issues as well as impotency and frigidity.

## Root/Base Chakra

### **Lesson:**

Survival—The right to exist. Deals with tasks related to the material and physical world. Ability to stand up for oneself and security issues.

### **Imbalances:**

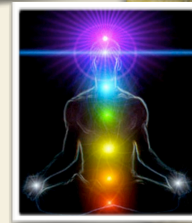
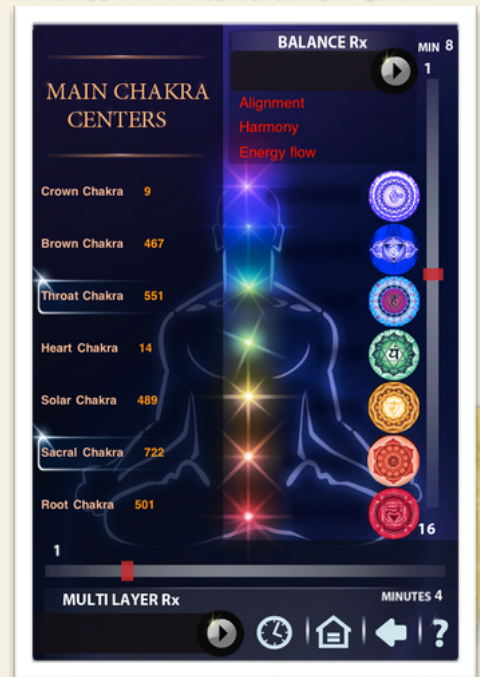
Anemia, fatigue, lower back pain, sciatica, depression. Frequent colds or cold hands and cold feet.

## Explanation of Results

**Alignment:** Any type of energetic interference disrupts alignment of consciousness to fulfill its purpose. Interference can range from mild subtle energetic interference to a severe energetic disruption with very little physical evidence. Typically every human being deals with certain types of subtle energy interference which may impede one's clarity, sense of purpose or direction and sense of "self".

**Harmony:** This is a frequency that may or may not resonate with the body. If it resonates with the body/consciousness then harmony is the result. Otherwise, The result is dis-harmony. If this is the case we can then look for the cause of disharmony to facilitate more harmony.

**Energy Flow:** How much energy is available for Physical, Emotional, Mental activity. Fatigue is one of many indications of stagnant energy flow



Chakra is a concept originating from Hindu texts and used in Hindu practice. Its name derives from the Sanskrit word "wheel".

Chakra is a concept referring to wheel-like vortices which, according to traditional Indian medicine, are believed to exist on the surface of the ethnic double man. The chakras are said to be "force centers" like whirlpools of energy permeating, from a point on the physical body they are considered focal points for the reception and transmission of energy.

***The chakra is a doorway. These are doorways that lead you into other dimensions. But you have to focus on them to the exclusion of everything else.***

A person can collect energy from several different levels of vibrations—including color, or frequencies “tones”, that are utilized in various parts of the body.

Throughout our body we have 7 main energy centers, which are connected to major organs or glands that govern other body parts. Each of these 7 main energy centers are referred to as chakra. chakra is a Sanskrit word which means, “wheel”. A chakra is a wheel-like spinning vortex that whirls in a circular motion forming a vacuum in the center that draws in anything it encounters on its particular vibratory level.

It is said that our body contains 7 main chakras that are the key to the operation of our being. These “*spinning wheels*” draw-in coded information from our surroundings. Coded information can be anything from a color vibration to ultra-violet ray to a frequency (sine wave) to tones.

In essence our chakras effected by our environment, including the people we are in contact with (*that’s why other people’s moods have an affect on us!*). As well our chakras also radiate an energy of vibration.

These seven main chakra centers are connected to our being on several different levels: physical, emotional, mental and spiritual. On the physical level each chakra governs a main organ or gland, which is then connected to

other body parts that resonate the same frequency.

Every organ, gland and body system is connected to a chakra and each chakra is connected to a color vibrational frequency. For example, the heart chakra governs the thymus gland and it is also in charge of the functioning of the heart organ, lungs, bronchia system, lymph glands, secondary circulatory system, immune system as well as the arm and hands. And the heart chakra resonates to the color green.

The seven main chakra centers are aligned along the spinal column. If there are disturbances on any level, this shows in the chakra’s vitality level.

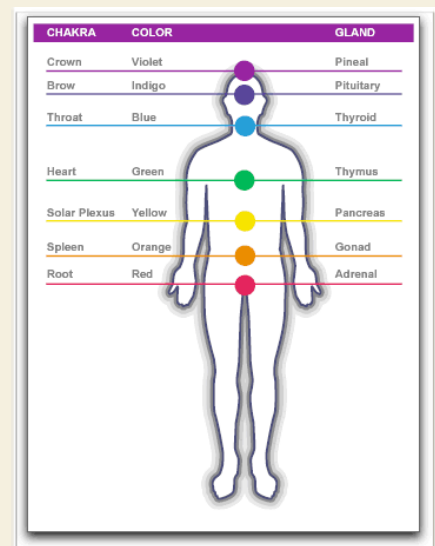
Also each of the seven main chakras have their own intelligence center. This means that each chakra is not only associated with our physical health but also controls aspects connected to our emotional, mental and belief system.

To help balance a chakra—whether on an emotional, intellectual, physical or spiritual level—we need to bring in the chakra (color) vibration, which resonates at the same frequency.

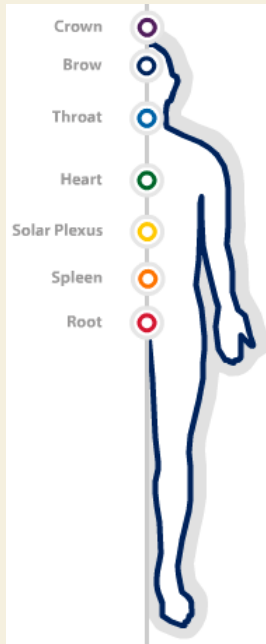
In the study of the anatomy of the aura it is important to understand the significance of the chakra system and the language of colors expressed in the aura.

When one part of a chakra center is out of sync it may eventually effect its other parts and possibly its neighboring chakra. When a chakra center is out of balance it generally means that it is over-active or under-active, or possibly congested or blocked. If this happens it is usually felt on a mental, emotional or physical level.

### The Seven Main Chakras and the Master Organ that each one Governs.



**THE CROWN CHAKRA:**  
Is location at the top of head, displaying a Violet colour.



**The Crown chakra** is about knowing and aspiring and also deals with the consciousness and trust in the universe, the chakra deals with spirituality learning with a higher intelligence aspect that gives us our concept of God and integrating the conscience with the unconscious and opening up the super conscience.

**Imbalances:** Imbalances of this chakra can cause headaches photosensitivity left/right brain disorders or cell emission problems, blood vessel problems and skin rashes.

**BROW OR THIRD EYE CHAKRA**

The brow or third eye chakra is located on the forehead between the eyes. Displaying a indigo colour.

This chakra deals with intuition, developing psychic abilities, self-realization, it can also be used to release or repress negative thoughts.

**Imbalances:** imbalances of this chakra leads to learning disabilities coordination and sleep disorders, and depression.

**THROAT CHAKRA:**

Is located in the throat region displaying a blue-collar.

The Throat chakra deals with relationships, and the right to speak. learning to express oneself or one's beliefs. It deals with trust and loyalty and occasionally organization and planning.

**Imbalances:** Thyroid swollen glands fevers and flu infections, hyperactivity and hormonal disorders like PMS mood swings.

**THE HEART CHAKRA:**

This chakra is located in the centre of the chest in a heart area, Its colour is green.

This chakra deals with love, forgiveness, compassion and self-control as well as acceptance of oneself.

**Imbalances:** Heart and breathing disorders, chest or breast disorders, high blood pressure, sharing problems, and muscular tension.

**SOLAR PLEXUS CHAKRA:**

This chakra is found above the navel in the stomach area. Displaying a yellow colour.

This chakra deals with personal power balance of intellect self-confidence and self-control as well as humor.

**Imbalances:** Digestive problems, diabetes, constipation, nervousness, and digestive disorders is also linked with poor memory.

**THE SPLEEN CHAKRA:**

Located below the navel in lower abdomen area, displaying an orange colour.

The spleen chakra deals with feelings, connected to our sensing abilities and issues related to feelings. The ability to be social or intimate.

**Imbalances:** Addictions, depression. Asthma or allergies, candida and yeast infections, urinary problems, sensuality issues as well as in impotency or fragility.

**ROUTE OR BASE CHAKRA:**

Is located at the base of the spine, coccyx

The root chakra is about survival, the right to exist. Deals with tasks related to the material and physical world. The ability to stand up for oneself, security issues.

**Imbalances:** Anemia, fatigue, depression, low back pain or sciatica, cold hands or feet and susceptibility to viruses like flu.





Fear of heights



Wolf Spider

Almost everyone has irrational fears. Some get nervous at the thought of needles. Others shriek at the sight of a mouse. Still others get woozy when they look down from tall buildings. For most people, these fears are minor. But for some, these fears are so severe that they cause tremendous anxiety and interfere with normal day-to-day life.

When fears are irrational and disabling, they are called phobias. If you're living in fear because of your phobia, take hope. You can overcome phobias and fears with the right treatment and self-help strategies. So don't wait to seek help.

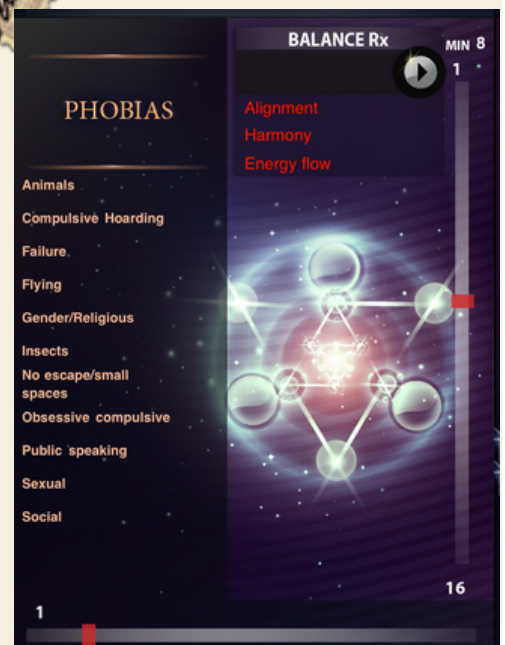
A phobia is an intense fear of something that, in reality, poses little or no actual danger. Common phobias and fears include closed-in places, heights, highway driving, flying insects, snakes, and needles. However, we can develop phobias of virtually anything. Most phobias develop in childhood, but they can also develop in adults.

If you have a phobia, you probably realize that your fear is unreasonable,

yet you still can't control your feelings. Just thinking about the thing you fear may make you anxious. And when you're actually exposed to your phobia, the terror is automatic and overwhelming.

Fear is a natural, instinctive reaction to dangerous situations. It is what causes us to escape from a burning building. A sudden rush of fear protects us, by alerting us to danger and stimulating adrenaline so that we think and move more rapidly than usual.

But for people with phobias or panic disorder, fear is an overwhelming and unwelcome feature of their daily lives. They are struck by fears which they know are irrational and illogical, yet which are so powerful and unpredictable that they drastically change their lives to avoid feared situations



Fear from the Greek:  
 φόβος = phóbos,  
 Meaning "fear"  
 or "morbid fear"

Animals  
Flying  
No escape/small spaces  
Sexual

Thunderstorms  
Gender.  
Obsessive / Compulsive  
Social

Failure  
Religious  
Public Speaking  
Fear of Death

Agoraphobia  
Insects

## There are four general types of common phobias and fears:

- Animal phobias. These are fears caused by an animal or insect. Examples include fear of snakes, fear of spiders, fear of rodents, and fear of dogs.
- Natural environment phobias. Are fears cued by objects found in nature. Examples include fear of heights, fear of storms, fear of water, and fear of the dark.
- Situational phobias. These are fears triggered by a specific situation. Examples include fear of enclosed spaces (claustrophobia), fear of elevators, fear of flying, fear of dentists, fear of driving, fear of tunnels, and fear of bridges.
- Blood-Injection-Injury phobia. These involves fear of the sight of blood, or a fear of shots or similar medical procedures.

**Some phobias don't fall into one of the four common categories. Such phobias include fear of choking, fear of getting a disease such as cancer, and fear of clowns.**

**Agoraphobia:** Is another phobia that doesn't fit neatly into any of the four categories. Traditionally thought to involve a fear of public places and open spaces, it is now believed that

agoraphobia develops as a complication of panic attacks.

Afraid that they may have another panic attack, people with agoraphobia become anxious about being in situations where escape would be difficult or embarrassing, or where help wouldn't be immediately available.

If you have agoraphobia, you are likely to avoid crowded places such as shopping malls and movie theaters. Standing in line is another situation that can be panic provoking. You may also avoid cars, airplanes, subways, and other forms of travel. In more severe cases, you might only feel safe at home.

**Social phobia:** Also called social anxiety disorder, is fear of social situations where you may be embarrassed or judged. If you have social phobia you may be excessively self-conscious and afraid of humiliating yourself in front of others. Your anxiety over how you will look and what others will think may lead you to avoid certain social situations you'd otherwise enjoy. Fear of public speaking, an extremely common phobia, is a type of social phobia. Other fears associated with social phobia include fear of eating or drinking in public, talking to strangers, taking exams, mingling at a party, and being called on in class.



Whats worrying you?

Phobias and panic disorder are anxiety disorders, which are among the most common of mental health problems. In fact, it is estimated that 1 in 10 people are affected by anxiety disorders

## Other phobia's explained

**Erotophobia: (Sex phobia)** It is the fear of sexual love or sexual questions. Erotophobes are less likely to talk about sex, have more negative reactions to sexually explicit material, and have sex less frequently. Researchers state that people suffering from such a phobia have a correlation between less consistent use of contraception and a lack of knowledge about human sexuality. Each year this surprisingly common phobia pushes countless people to needless distress.

The main cause for such a fear is created by the unconscious mind as a protective mechanism. It may be the result of your past history. There may be an event linking sexual love or sexual questions and emotional trauma. At the same time, the original activator may have been a real-life scare of some kind, the condition can also be triggered by benign events like movies, TV, or perhaps seeing someone else experience trauma.

The most common symptoms of Erotophobia include shortness of breath, rapid breathing, irregular heartbeat, sweating, nausea, and overall feelings of dread. However, the symptoms may vary from person to person.

**Glossophobia:** or the **fear of public speaking**, is very common. In fact, some experts estimate that as much as 75% of the population has some level of anxiety regarding public speaking. Of course, many people are able to manage and control the fear. If your fear is significant enough to cause problems in work, school or social

settings, then it is possible that you suffer from a full blown phobia. You may worry weeks or months in advance of a speech or presentation, and you will probably have extreme physical symptoms during a performance such as shaking, blushing, a pounding heart, quivering voice, and shortness of breath.

The symptoms are a result of the fight or flight response -- a rush of adrenaline that prepares you for danger. In the absence of any real physical threat, it can feel as though you have lost control of your body.

Fear is a natural, instinctive reaction to dangerous situations. It is what causes us to escape from a burning building. A sudden rush of fear protects us, by alerting us to danger and stimulating adrenaline so that we think and move more rapidly than usual.

But for people with phobias or panic disorder, fear is an overwhelming and unwelcome feature of their daily lives. They are struck by fears which they know are irrational and illogical, yet which are so powerful and unpredictable that they drastically change their lives to avoid feared situations

These tones were believed to impart healing and awareness based upon the different levels and frequencies



ECG

Solfeggio  
Frequencies are  
ancient

As St Benedict  
states .....  
Listen with the ear  
of your Heart!

When we are in  
resonance, we are  
in balance.



## *Right now we cannot do anything about dying, so there is no point fearing death itself.*

### **Animals**

Animal phobia is different than a realistic fear of a dangerous animal or anxiety about an unpleasant interaction with a particular type of animal. Healthy fear is a natural response to an actual danger, whereas a phobia elicits an extreme or irrational response that disrupts an individual's normal life. It's hard to be precise, though sometimes an unpleasant experience such as being badly scratched or bitten, or perhaps barked at by a large dog, may trigger it. Animal bites can be painful, and some carry disease, so we all try to avoid being bitten, but most people can cope with having animals around them without becoming phobic.

### **Thunder Storms (Astraphobia)**

Storms are natural phenomena that tend to inspire strong emotions in humans. Some love to watch them, as the thunder and lightning crash all around. At the opposite extreme, both humans and animals may develop astraphobia, a fear of thunder and lightning. Astraphobia can cause some symptoms that are similar to those of other phobias, as well as some that are unique. Sweating, shaking and crying may occur during a thunderstorm or even just before one begins. You may seek constant reassurance during the storm. Symptoms are often heightened when you are alone.

### **Fear of Death**

Thanatophobia may also have roots in fears of the unknown. Many people's fear of death is tied into their religious beliefs, particularly if they happen to be going through a period of questioning. Some people think that they know what will happen after death, but worry that they may be wrong. Some believe that the path to salvation is very straight and narrow, and fear that any deviations or mistakes may cause them to be eternally damned. The fear of death has been rated as the most common and the second worst fear that troubles us. Many are traumatised long before they near their end from their impending death.

### **Failure**

Atychiphobia, as with all phobias, is an extreme, irrational fear. Phobias, generally, keep us from enjoying some aspects of life. The fear of failure is often one of the most paralyzing phobias. Sometimes, we're so concerned about failing that we don't try an activity we want to try. Other times our fear of failure is so strong we subconsciously undermine our own efforts so we don't have to continue to try. This is why many have linked it with the fear of success. Like so many other fears, this phobia is often so strong it brings about the very failure that was feared.

In today's driven society, failure is often seen as unacceptable. We are encouraged to innovate but avoid "wasting" time or money. When we fail, we may be threatened or even punished by employers, spouses and parents. This negative experience can lead to a fear of failure. A low level of fear can be inspiring, but a higher level of fear can become a full-blown phobia, crippling our progress.

### **Flying**

First of all, it is not the inability to travel in a plane! Most 'fearful flyers' do actually fly - although they find it a very uncomfortable experience. How each person experiences fear of flying will differ considerably and can range from a mild concern, that passes once you have made the decision to fly, to a powerful and over-powering fear that makes air travel an impossibility. A phobia of flying can be so incapacitating as to make air travel quite impossible and can even prevent them traveling to an airport to meet someone else. For some this is inconvenient or embarrassing. For others it is a major block - as when their aerophobia prevents them and their families going on holidays together. In some cases fear of flying can have a major impact on a person's career - they will avoid or turn down promotion or will not even apply for positions that might require them to travel by plane.

## A phobia is a special kind of fear: an intense, persistent fear of a particular thing or situation.

### **Gender.**

Gender roles have traditionally affected the level and intensity of sex discrimination in the United States and throughout the world. While our society has made significant strides in awarding equal rights to all Americans without regard to sex, color, religion or political affiliation, sex discrimination remains a widespread concern.

### **Religious**

The link between religion and phobias is strong, though not well understood. Although strong religious faith can bring comfort to those who are suffering, certain phobias appear to have a religious component. These phobias often appear or worsen during a crises of faith, but may occur at any time. They may happen to anyone, regardless of religious background. Of course, religion does not cause phobias. Many people draw comfort rather than fear from their religious faith. Additionally, the phobias listed above often occur in those who do not identify themselves as religious.

### **Insects**

Insect phobia involve an irrational fear of insects without the insect bites or infestation actually being experienced. Insectophobia and Entomophobia are names of phobias relating to the fear of insects. people often mix up

aversion and phobia. Aversion to insects is natural, it is in human instinct and has been for hundreds of thousands of years. On the other hand, phobia is not instinctive. Aversion, however, can turn into phobia, which is irrational and immense fear.

### **No escape/small spaces**

Claustrophobia is defined as a fear of enclosed spaces. Like any phobia, the severity of claustrophobia can vary widely from person to person. Sufferers may experience symptoms in small rooms, crawl spaces, crowds and many other situations. If you have claustrophobia, you may feel panicked when you are in a small space. You may sweat, shake or experience heart palpitations. You may cry or yell. You might attempt to get out of the situation by any means possible. Some people with claustrophobia find it difficult to breathe. Some say that it feels like the walls are closing in on them.

### **Obsessive Compulsive**

Obsessive-compulsive disorder (OCD) is an illness that affects thoughts and actions and is believed to be rooted in a biochemical imbalance of the brain. This puzzling illness is characterized by recurrent and disturbing thoughts (called obsessions) and/or repetitive,

ritualized behaviors that the person feels driven to perform (called compulsions). Obsessions can also take the form of intrusive images or unwanted impulses.

### **Public Speaking**

Glossophobia, or the fear of public speaking, is remarkably common. In fact, some experts estimate that as much as 75% of the population has some level of anxiety regarding public speaking. Of course, many people are able to manage and control the fear. If your fear is significant enough to cause problems in work, school or social settings, then it is possible that you suffer from a full blown phobia.

"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."

-Frank Herbert, *Dune*, "Litany Against Fear", 1965

### Sexual

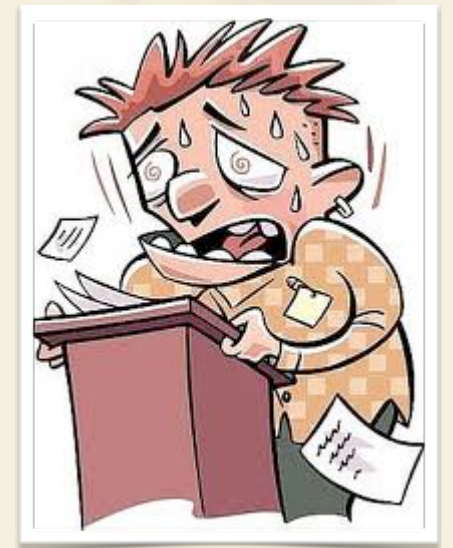
Living with any kind of phobias is quite difficult but if one suffers from sexual phobia (phobia related to sex) then it will affect both his social and sexual life altogether. Could a simple kiss, hug or touch give an individual a panic attack? Yes, people suffering from sexual phobia can have severe anxiety or panic attacks when exposed to such situations or at the mere thought of being in such a situation. For such people having sex or even touching genitals can be filled with feelings of revulsion or anxiety.

### Social

Social phobia -- also known as social anxiety disorder -- is an intense fear of becoming humiliated in social situations, specifically of embarrassing yourself in front of other people. It often runs in families and may be accompanied by depression or alcoholism. Social phobia often begins around early adolescence or even younger." If you suffer from social phobia, you tend to think that other people are very competent in public and that you are not. Small mistakes you make may seem to you much more exaggerated than they really are. Blushing itself may seem painfully embarrassing, and you feel as though all eyes are focused on you. You may be afraid of being with people other than those closest to you. Or your fear may be more

specific, such as feeling anxious about giving a speech, talking to a boss or other authority figure, or dating. The most common social phobia is a fear of public speaking. Sometimes social phobia involves a general fear of social situations such as parties. More rarely it may involve a fear of using a public restroom, eating out, talking on the phone, or writing in the presence of other people, such as when signing a check

Although this disorder is often thought of as shyness, the two are not the same. Shy people can be very uneasy around others, but they don't experience the extreme anxiety in anticipating a social situation, and they don't necessarily avoid circumstances that make them feel self-conscious. In contrast, people with social phobia aren't necessarily shy at all. They can be completely at ease with people most of the time, but particular situations, such as walking down an aisle in public or making a speech, can give them intense anxiety. Social phobia disrupts normal life, interfering with career or social relationships. For example, a worker can turn down a job promotion because he can't give public presentations. The dread of a social event can begin weeks in advance, and symptoms can be quite debilitating.





## This is a combination panel for Essential Nutrition and Homeopathy ~ “Nutriopath”

Fungus, virus, bacteria, injury and parasites are all energetic signals and candidates for a combination of homeopathic, and/or nutritional remedies which may be beneficial to the client.

Lets take a look at a few:

### Amino Acids

Amino acids are like protein building blocks. The 20 amino acids that are found within proteins convey a vast array of chemical versatility, the precise amino acid content or sequence of those amino acids is determined by the genes that encodes these proteins, and in turn determine the biological activity of these proteins. As human beings we can produce 10 to 20 amino acids, the others must be supplied in the food we eat. If we fail to get these extra amino acids the results is degradation of the bodies proteins. Like vitamin C the body does not store excess amino acids for later use, they must be found in the food we eat every day.

### Anti Oxidants

Antioxidants are nutrients found in our foods which can prevent or slow the oxidative damage to our body. When our body cells use oxygen, they naturally produce free radicals which can cause damage. Antioxidants act as "free radical scavengers" and hence prevent and repair damage done by these free radicals. Health problems contribute to oxidative damage. Antioxidants may also enhance immune defense and therefore lower the risk of cancer and infection.

### Argentum

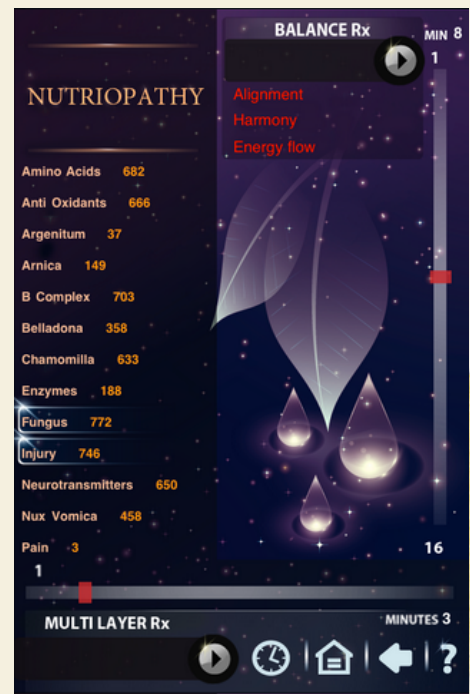
Typically, Argentum Nitricum people are always on the go, strongly motivated to get things done but fear trials or ordeals like public speaking and exams when they become very nervous and agitated to the point that it may induce diarrhea or/and vomiting. Extroverted, mainly cheerful, impulsive and impressionable. Easily swayed, they are easy to laugh or cry and can very suddenly change from elation to depression. They tend to have phobia's and can be superstitious. They are physically warm people that generally dislike warm weather and hot rooms. Physically they are easily exhausted and when they are tired is normally accompanied by trembling. Exhaustion is normally caused by mental exertion. They have a sweet tooth but their sensitive digestive system does not cope well with these cravings.

### Key Symptoms:

Anxiety, Fear of ordeal, Phobias, Easily feels hot, Impulsive, Sweet tooth, Nervous digestion with flatulence.

### Used for treatment of:

Anxiety, Irritable Bowel Syndrome, Diarrhea, Flatulence, Indigestion, Constipation, sore throat, Hoarseness, Eye inflammation, Giddiness, Insomnia.



### Homeopathy

Is a medical science developed by Dr. Samuel Hahnemann (1755-1843), a German physician. It is based on the principle that "like cures like". In simple words, it means that any substance, which can produce symptoms in a healthy person, can cure similar symptoms in a person who is sick. This idea is referred to as the "Law of Similars", and was understood by Aristotle and Hippocrates and mentioned in ancient Hindu manuscripts. It was Hahnemann, however, who turned it into a science of healing.

## **Arnica**

Arnica (*Arnica montana*) has been used for medicinal purposes since the 1500s and remains popular today. Applied topically as a cream, ointment, liniment, salve, or tincture, Europeans and Native Americans have used arnica to soothe muscle aches, reduce inflammation, and heal wounds. It is often the first remedy used for injuries such as sprains and bruises. Arnica in herbal form is primarily restricted to topical (external) use because it can cause serious side effects when taken internally.

Arnica is often used in homeopathy, and should be taken internally only in the extremely diluted form common to homeopathic remedies. Arnica preparations are usually taken after surgery to reduce pain and swelling, for alleviating acute sprains and strains, and for bruise relief. It is also used to manage the pain before and after labour and delivery, as well as to lessen trauma.

## **B-Complex**

Common name(s): B vitamins; vitamins B1, B2, B3, B5, B6, B7, B9, and B12. thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folic acid or folate (B9), cobalamin (B12) B vitamins are an important part of the diet and are needed to help avoid many health problems. B vitamins are essential for growth, development, and a variety of other bodily functions. They play a major role in the activities of enzymes, proteins that regulate chemical reactions in the body, which are important in turning food into energy and other needed

substances. B vitamins are found in plant and animal food sources.

## **Belladonna**

Belladonna is considered one of the most important of the homeopathic remedies. It is excellent for the heart, lungs, blood vessels, and the nervous system. Belladonna is a very poisonous plant. When it is dispensed as a homeopathic medicine, it has been greatly diluted into non-toxic doses.

Belladonna works best for people with specific character traits. Someone with a flushed face or shiny skin will usually get very good results by using Belladonna. Used to relieve a fever quickly and treat flu symptoms, it has a calming effect on the nervous system. It is also effective with issues pertaining to the upper respiratory and digestive system. Belladonna can alleviate anxiety, insomnia, and also ease painful sensitivity to light or to touch. Its mainly used for tonsillitis, severe headaches, PMS, and sore throats. Belladonna is also an excellent choice for nerve pain or neuralgia.

## **Chamomilla**

Chamomilla is believed to be extremely beneficial for people who are very sensitive to pain, are ill-tempered, intolerant as well as implacable. It has been observed that the chamomilla patients perspire a lot and are, at the same time, extremely susceptible to wind and chilliness. This homeopathic medicine is also prescribed for children, who are irritable and also display violent fits of temper.

## **Enzymes**

Enzymes are biological catalysts or assistants. Enzymes consist of various types of proteins that work to drive the chemical reaction required for a specific action or nutrient. Enzymes can either launch a reaction or speed it up. The chemicals that are transformed with the help of enzymes are called substrates. In the absence of enzymes, these chemicals are called reactants.

To illustrate the speed and efficiency of enzymes, substrates can be transformed to usable products at the rate of ten times per second. Considering that there are an estimated 75,000 different enzymes in the human body, these chemical reactions are performed at an amazing rate. On the other hand, in the absence of enzymes, reactants may take hundreds of years to convert into a usable product, if they are able to do so at all. This is why enzymes are crucial in the sustenance of life on earth.

## **Fungus**

A single-celled or multicellular organism. Fungi can be true pathogens (such as histoplasmosis and coccidioidomycosis that cause infections in healthy persons or they can be opportunistic pathogens (such as aspergillosis, candidiasis, and cryptococcosis) that cause infections in immunocompromised persons. An example of a common fungus is the yeast organism which causes thrush and diaper rash. Fungi are also used for the development of antibiotics, antitoxins, and other drugs used to control various human diseases.

**NATUROPATHY RESORT**  
*Rejuvenate your mind, body & Soul*



## Injury

Means to harm or damage that is done or sustained, a particular form or instance of harm, an injury to one's body. Perhaps the results of a traffic or sports accident.

## Neurotransmitters

Neurotransmitters are the chemical messengers which allow the transmission of signals from one neuron to the next across synapses.



They are also found at the axon endings of motor neurons, where they stimulate the muscle fibers, and this is produced by glands such as the pituitary and the adrenal glands.

However, a nerve impulse can also be transmitted from a sensory receptor cell to a neuron, or from a neuron to a set of muscles to make them contract, or from a neuron to an endocrine gland to make it secrete a hormone. In these last two cases, the connection points are called neuromuscular and neuroglandular junctions.

## Nux Vomica

The typical Nux patient is rather thin, spare, quick, active, nervous, and irritable. They do a good deal of mental work; they have mental strain and lead a sedentary life, found in prolonged office work, overstudy, and close application to business, with its cares and anxieties.

A Major digestive remedy. Helps with nausea, sour burping, bloating a few hours after eating, indigestion and heartburn. Also for nausea during pregnancy. Fast relief from the gas and indigestion of holiday overeating.



In homeopathy, nux vomica is used for allergies, back pain, colds, constipation, digestive problems, emotional stress, flu, hangovers, headaches, hemorrhoids, and menstrual problems. As a polycryst, nux vomica's primary indication is for disorders related to abuse of narcotic drugs, alcohol, coffee, or tobacco, overindulgence

of rich food and beverages, and mental strain from excessive work.

## Pain

Pain is "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage." It is the feeling common to such experiences as stubbing a toe, burning a finger, putting iodine on a cut, and bumping the "funny bone".

Pain motivates us to withdraw from potentially damaging situations, protect a damaged body part while it heals, and avoid those situations in the future. Most pain resolves promptly once the painful stimulus is removed and the body has healed, but sometimes pain persists despite removal of the stimulus and apparent healing of the body; and sometimes pain arises in the absence of any detectable stimulus, damage or disease.

Pain is the most common reason for physician consultation in the United States.







Emotions



Each emotion offers us an essential truth and insight into what it means to be human. While emotions are a window into our own reality, thinking offers the balanced perspective of including the reality of the other. One challenge of aging well is to incorporate feelings and thinking together.

**Affection** is usually identified with emotions, but actually these are very different phenomena although closely related. Whereas the emotions are an internal individual response dealing with such issues as survival or love. Affection could be described as social interaction between two or more organisms.

**Anger** if it is aimed at someone, anger is much more hurtful. Being angry is different than wanting to hurt someone. It draws a line in the sand. Separates us from others. Can be constructive disagreement or destructive. The healthy side of anger defines you as important, the ugly side of anger is to be too self-important. Conflict is a sign

of growth. Remember, challenge can be an affirmation.

**Angst** an acute but unspecific feeling of anxiety; usually reserved for philosophical anxiety about the world or about personal freedom

A kind of fear or anxiety; Angst is German for "fear." It is usually applied to a deep and essentially philosophical anxiety about the world in general or personal freedom.

**Annoyance** is an unpleasant mental state that is characterized by such effects as irritation and distraction from one's conscious thinking. It can lead to emotions such as frustration and anger.

"Listen, Rose. You're gonna get out of here, you're gonna go on and make lots of babies, and you're gonna watch them grow. You're gonna die an old... an old lady warm in her bed, but not here, not this night. Not like this, do you understand me?"  
- From the movie 'Titanic.'

"Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian." -

Shari R. Barr

The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted.

**Apathy** absence of interest in or enthusiasm for things generally considered interesting or moving. Apathy is also a state of little or no motivation, initiative or drive. Usually the person has a lack of interest in previously enjoyed activities, and may be content to do little or nothing with his time.

**Awe** an overwhelming wonder, admiration, respect, or dread. Awe comes from an Indo-European word meaning "to be afraid." The word awe is usually preceded by the preposition "in," as in: "you are in awe of something." Awe can also serve as a verb, meaning "to cause awe (fear, dread, admiration) in someone."

**Contempt** the attitude or feeling of a person towards a person or thing that he considers worthless or despicable. If someone or something is beneath contempt they are so bad or so unimportant that they do not deserve any attention.

**Implicit explanation:** Clients unconscious emotions; Not expressed emotions.

**Explicit explanation:** Clients conscious emotions; expressed emotions.

**The value bar** represents a combined total of the conscious and sub conscious results of the client ~ an Overall Emotionality Score.

On the value bar a positive number indicates the clients positive position/feeling towards the respective emotion, while a negative number indicates the clients resistance/negativity towards the emotion.

When someone says they feel as though their heart is breaking, or broken, it isn't the physical heart that is causing the pain, but the energy system that can be found right where the physical heart is located.

Now of course, the energy system is a part of the human totality, and it is completely connected to the physical body, not only by the method of feeling emotions in the body as powerfully as physical pain can be; so someone who experiences enough pain in the energy body in the form of painful emotions can absolutely expect that this will cross over and cause physical illness at some later date.

If the energy system collapses and ceases to function altogether, a person can and will indeed, die of a broken heart - the physical collapse

follows shortly after the energy system collapse.

### Explanation of Results

**Harmony:** This is a frequency that may or may not resonate with the body. If it resonates with the body/ consciousness then harmony is the result. Otherwise, The result is disharmony. If this is the case we can then look for the cause of disharmony to facilitate more harmony.

**Alignment:** Any type of energetic interference disrupts alignment of consciousness to fulfill its purpose. Interference can range from mild subtle energetic interference to a severe energetic disruption with very little physical evidence. Typically every human being deals with certain types of subtle energy interference which may impede one's clarity, sense of purpose or direction and sense of "self".

**Energy Flow:** How much energy is available for Physical, Emotional, Mental activity. Fatigue is one of many indications of stagnant energy flow

## Allergens and Food Sensitivities

Approximately 3% of Americans and Canadians have been diagnosed with environmental sensitivities, many of these environmental sensitivities include, pollen, dust, and other airborne toxins. More and more people are becoming sensitive to traces of chemicals found not only in our environment but in foods and also an electromagnetic phenomena caused by cellphones, microwave towers, and other forms of electromagnetic pollution. The general population are experiencing numerous neurological symptoms and are taking new steps to avoid these triggers and regain health.

We live in an imperfect world full of imperfect people doing imperfect things. We can't avoid toxins but we can learn to limit and remove them.

People's response to these polluting factors in their environment, know the symptoms vary enormously, for instance, blue-eyed people and redheads are sensitive to sunshine and burn more readily than darker skinned people. What may well be less known is that other people exhibiting debilitating reactions to their environmental toxins, are often misdiagnosed as a pathology and the toxin overload is completely overlooked.

Environmental sensitivities may develop gradually after chronic exposure to relatively low levels of chemicals as seen in "sick building syndrome", or suddenly after a major exposure. The condition may also be triggered by a combination of environmental factors such as mulled,

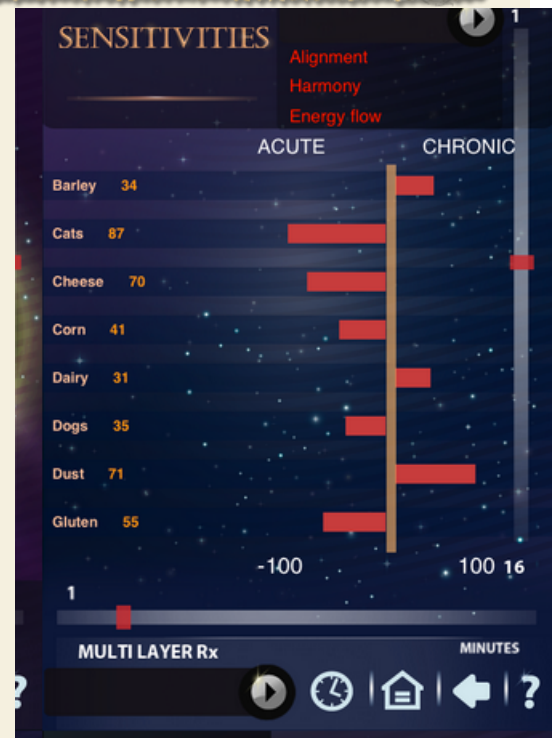
pesticides, solvents, chemical off gassing from carpets or furnishings, or electromagnetic phenomena.

Once a person has developed environmental sensitivities, reactions can occur on a broader range and level. What could be once previously tolerated now builds up in the body, and is intolerable.

**Acute:** acute sensitivities, are sensitivities that occur now, they are new. Acute sensitivities always react more severely than chronic sensitivities, inasmuch, as the experiences are new and often more severe.

**Chronic:** Sensitivities have been occurring for some time, in the background of our body, which has become insensitive and often asymptomatic. Chronic sensitivities are due to a buildup of toxins that the body is sensitive to, because of the slow progression of the sensitivity, the body fails to notice any significant changes until it's too late.

The body reacts to sensitivities by increasing B-cell activity which elevates histamine which causes a reaction experienced by the body as an allergy (sensitivity).



The treatment of most allergic symptoms, is an "antihistamine". This remedy deals with the histamine cascade created by the body and suppresses it, giving the effect that you have overcome or control the allergy, but in fact all you've done is suppress it.



An allergy is an exaggerated immune response or reaction to substances that are generally not harmful.

### Barley

Of the main cereal crops (wheat, Barley, oats and rye), barley is probably the least commonly used in day-to-day food. It is often used to make beer and whisky. As a food, barley is most often used in soups and stews. In Asia, it is boiled to make barley water, a popular drink which is ideal for hot weather. Barley contains gluten and must be avoided if you are celiac or allergic to barley. If you are allergic to wheat, you may still be able to eat barley. Barley is a good source of fibre, selenium, phosphorus, copper and manganese.

### Dander

Cat allergies are terrible...sneezing, itchy runny eyes, coughing, sinus headache, and rashes are just a few of the cat allergy symptoms. Your beloved feline may be a major contributor to your dander allergies. While cats also produce albumin, they generally contribute more by way of dander. This is probably because cats are rarely bathed. People with pet dander allergies are not allergic to an animal's fur, but to a protein found in

- dander (dead skin flakes)
- saliva
- urine

This microscopic protein in the dander, saliva, or urine becomes airborne. When this protein is inhaled it causes an allergy attack.

### Cheese

Cheese allergies are caused by an adverse reaction in the body that occurs upon ingestion, causing Immunoglobulin

E (IgE) antibodies to recognize chemicals, proteins or mold found in cheese as harmful substances. Antibodies defend the body by releasing chemical histamines to fight against the cheese allergen. Histamine production causes inflammation of the nasal passages, lungs, sinuses, ears, eyes and skin, leading to allergic reactions that result in an array of cheese-allergy symptoms. People who are lactose intolerant can have similar symptoms.



*Corn-on-the-cob*

### Corn

Corn/Maize allergy is a type of food allergy. It can be a difficult allergy to manage, particularly in the United States, due to the high number of food products which contain various forms of corn, such as corn starch, citric acid, modified food starch, vinegar, and vanilla, among many others. Allergy sufferers' fear, as corn is often hidden in innocent-sounding ingredients such as vitamin E, vegetable oil, and of course, natural flavors. And that's not even mentioning the packaging, which is increasingly corn-based. Even the best organic food is not exempt from the curse. Corn is in the adhesive which holds fair-trade tea bags together, and in the citric acid added to organic applesauce. It's in the soaker pad under that cut of beef, and in packets of yeast disguised as ascorbic acid.

Are you tired of feeling tired? Do you feel terrible after you eat? Do you have difficulty with overeating?

Breathing problems, or even eczema? You might be suffering from a corn allergy.

Do you get headaches or migraines?

It could be corn allergies!



## Dairy

The problem is that lactose, one of the primary sugars in cow's milk, and casein, one of the primary proteins in cow's milk, are both added to a wide variety of foods; lactose is added for flavor while casein is often added for emulsification. Lactose intolerance is an enzyme deficiency, not an allergy. However, lactose intolerance can be the result of a dairy allergy and the two are frequently confused.

## Animal Hair

The proteins from the hair, saliva or urine of household pets cause an allergic reaction that attacks the eyes and the airways, like hay fever, and can result in respiratory symptoms. It may also cause a skin rash. These proteins, which when in contact with the skin or breathed in, cause an allergic reaction that provokes the body into producing histamine. The histamine produces swelling and irritation of the upper airways and causes typical hay fever and asthmatic symptoms. The tendency toward allergic reactions is often hereditary.

## Dust

Dust mites, cousins to the spider, are tiny, eight-legged arachnids measuring only one-quarter to one-third of a millimetre in size. They spend their two to four months of life eating, creating waste and reproducing. A female will lay 100 eggs in her lifetime, and each mite produces about 10 to 20 waste pellets a day. Dust mites prefer a plentiful supply of skin flakes or animal dander, moisture

and warmth. This is why you'll find the highest concentration of mites in your bed. An average mattress contains between 100,000 and 10 million bugs.

## Gluten

Gluten is composed of the sticky storage proteins found in some cereals like wheat. The gluten-sensitive designation may not be appropriate in all cases, as wheat allergies are often directed toward albumins or globulins of wheat, or the person may have a sensitivity to proteins commonly found with wheat products (e.g. fungal amylase or bread yeast mannins)

Gluten is not a protein itself but rather a protein composite, composed of the proteins glutenin and gliadin (in wheat), secalin (in rye) and hordein (in barley), which are elastic proteins in the protein family known as prolamins. Gluten is insoluble in water and comes from the endosperm within the seeds of grass-related grains. Gluten provides an elasticity and glue-like capacity to hold its flour products together and provide them with a chewy texture. Coeliac Disease (CD), also called Gluten Enteropathy, has until recently been known as Gluten Intolerance. CD is a hereditary disorder of the immune system in which eating gluten leads to damage of the mucosa (lining) of the small intestine (small gut).



*Pet allergies*

This results in malabsorption of nutrients and vitamins. CD is the result of IgA and IgG antibody responses to gluten. It is important to differentiate between CD, mediated by IgA and IgG antibodies, and wheat allergy, which is mediated by IgE antibodies.

## Stress is toxic to the body Stress can kill you

The soothing solfeggio tones help to reduce this stressors below and in turn reduce the damage to our bodies. These tones/frequencies, help to neutralize the harmful effects that you may experience from one or more of these stressors.

### Age Stress:

Nearly all humans at some time in their life become aware that their not getting any younger. If this is important to you then that next birthday could cause you more stress than we care to admit.

### Cell Phone EMF:

Cell phones emit radio-frequency energy (radio waves), which is a form of non-ionizing radiation. The tissues next to where the phone is held absorb this energy. Potential health effects of radio-frequency exposure from cell phones, radar, satellite stations, microwave ovens, and other sources have been studied for many years.

### Chemtrails:

A combination of the most common found airborne contaminants are found in chemtrails. These chemtrails are created by low flying aircraft, called contrails (condensation trail). It is believed by many, but the United States Air Force has denied that any chemical warfare trials are being performed in the skies above.

### Emotional Stress:

According to the college of physicians and surgeons, 98% of all diseases are stress related. As soon as we are under stress our immune system becomes impaired. Without an active immune system we're open to all types of

invasion, viral, fungal, bacterial. Stress also reduces the function of organs and increase adrenal function to a point where it becomes dangerous.

### Environmental:

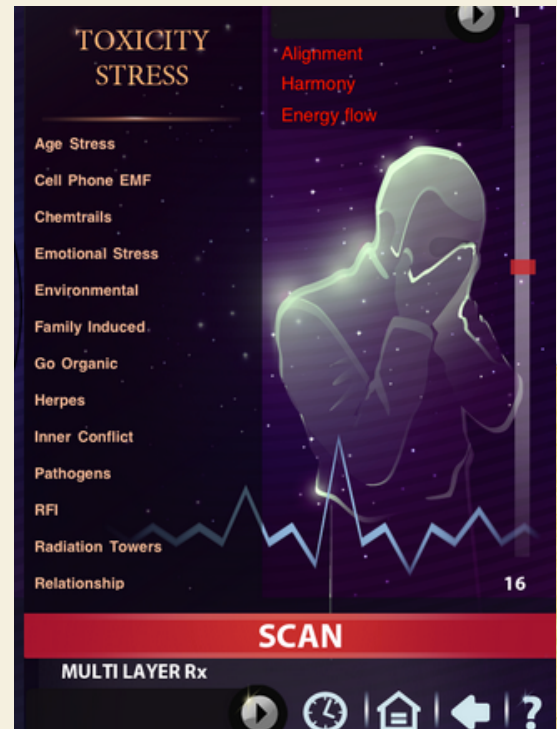
We are surrounded by environmental toxins in our home, place of work, and in our own backyards. We ingest chemicals in food and water, we breath in pollutants and airborne pathogens, you are surrounded by EMFs, microwaves, and radio waves, as well as of gassing from kitchen tops to carpets.

### Family Induced Stress:

A philosopher once said that God gave us friends to make up for our family. Many of us have either great families or dysfunctional relationships, if its the former then great, but, if its the latter then try to understand that Love and Hate are the opposite poles on the same magnet. Family stress is responsible for a myriad of health related issues.

### Go Organic:

Organics is the only way to go if you want to avoid unnecessary toxic pollution in your body. Going organic means that the food is cleaner and not a GMO product genetically engineered in a lab, its healthy'er and has more living enzymes to assist the body in building a healthy living lifestyle.



### Go Organic:

Because of a combination of herbicides and pesticides used in agriculture.

Place your magnetic pad under your plate while eating. This will help neutralize the effects of the contaminants found in your food



We live longer than our forefathers; but we suffer more from a thousand artificial anxieties and cares.

**Herpes:**s a viral disease caused by both Herpes Simplex Virus type 1 (HSV-1) and type 2 (HSV-2). Infection with the herpes virus is categorized into one of several distinct disorders based on the site of infection. Oral Herpes, the visible symptoms of which are colloquially called cold sores or fever blisters, infects the face and mouth. Oral herpes is the most common form of infection. Genital Herpes, known simply as herpes, is the second most common form of herpes.

Most individuals have no or only minimal signs or symptoms from HSV-1 or HSV-2 infection. When signs do occur, they typically appear as one or more blisters. The blisters break, leaving tender ulcers (sores) that may take two to four weeks to heal the first time they occur. Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over a period of years.

**Inner Conflict:**

A big part of becoming aware of ourselves, is discovering the amount of conditioning we have. So much of how we perceive the world is based upon what we believe – and these beliefs are often unquestioned assumptions. The conditioning process starts early with our parents. Parental discipline instills within us a sense of right and wrong – what we can and can't do. We aren't taught to consciously decide for ourselves whether something is correct or incorrect, instead we are taught to fear the consequences of being wrong.

Being correct establishes a reward and / or a sensation of well being. Being wrong establishes a contrasting lack of reward and the sensation of feeling outside the community. There is no “correct” or “incorrect” action or thoughts. Things are simply how they are. We generate the idea of doing the “wrong thing” when we rely too much upon our inner programmed conditioning. We place high expectations upon ourselves, because we are conditioned with a sense of achieving and failure.

**Pathogens:**

The term pathogen is commonly used to refer to infectious organisms. Pathogenicity is the ability of an organism to enter a host and cause disease. We are surrounded each and every day by pathogens, and we need to keep our immune system working to stave off this infectious organism. Stress and fatigue, and depression are just three of the reasons our immune system fails. Good food, clean water, rest, meditation, positive thoughts and exercise, are just a few of the things we can do to help ourselves to restore our ability to fight.



*Bacteria Pathogens*

Today, while many medical advances have been made to safeguard against infection by pathogens, through the use of vaccination, antibiotics and fungicide, pathogens continue to threaten human life.

## Invisible, Environmental Toxins that are making Many of us Sick

**RFI: Radio Frequency Interference.** Electric fields are created by differences in voltage: the higher the voltage, the stronger will be the resultant field. Magnetic fields are created when electric current flows: the greater the current, the stronger the magnetic field. An electric field will exist even when there is no current flowing. If current does flow, the strength of the magnetic field will vary with power consumption but the electric field strength will be constant.

RFI: This app helps neutralize the effects of harmful radio waves UHF: (Ultra High Frequencies). This app helps neutralize the effects of harmful Ultra High Frequencies. Place the magnetic pad under your water to help neutralize the harmful effects of contaminants in your water.

**Radiation Towers:** The safety of cellphone towers is the subject of extensive scientific debate. There is a growing body of scientific evidence that the electromagnetic radiation they emit, even at low levels, is dangerous to human health. Over 100 physicians and scientists at Harvard and Boston University schools of public health have called cellular towers radiation hazard.

The current US standard for radiation exposure from cellphone towers is 580 to 1000  $\mu\text{W}$  per square centimeter. More progressive European countries have set the standard of 100 to 1000 times lower than the United States.

**Relationships:** A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship, or a parent-child relationship. Individuals can also have relationships with groups of people, such as the relation between a pastor and his congregation, an uncle and a family, or a mayor and a town. Finally, groups or even nations may have relations with each other. Our need to belong, part of the tribe, part of a group is strong. When we feel isolated, rejected or unwanted this is the beginning of health issues that are difficult to resolve.

**Self Induced:** Meaning: Brought about by yourself. All too often we eat and/or drink too much, we exercise too little, we work too hard etc. We can gain control of our own lives, but, we must first recognise that something is wrong. You've heard the term, "half the cure is recognizing the problem and admitting it". Becoming aware of your own body takes practice. Becoming aware of your own emotions and in that moment having the insight to change a negative emotion to a positive emotion is a choice we can choose to act on or not.



High Tension Power Lines

Today, EMF protection for you & your family is more important than ever. According to a recent news release issued by the World Health Organization "Electrical Hypersensitivity" (EHS), an allergic-like reaction to Electric and Magnetic Fields (EMFs), is a growing worldwide health concern.

# “If we look to others for fulfillment, you will never be truly fulfilled”

Lao Tzu

Spiritual Protection is something that everyone should know how to do, regardless of our religious beliefs. It encompasses far more than just ghosts & spirits too.

Negativity in any form can be damaging to the human energy field (aura). Fear, anger, depression, negative people/places, arguments and more actually create negative energy that can cling to you or build up in your home and cause problems over time. Spiritual cleansing is therefore very important, for yourself and your home.

There are many different ways that you can protect yourself spiritually and equally many different reasons why you may require to consciously protect yourself.

While you can drag any of the items to apply Energetic Balancing, the results lend to physical actions you can undertake to better protect yourself!

### Auric Protection

Long ago, people were able to see Auras. Advanced spiritual people such as Buddha, Christ and their immediate disciples were painted with golden haloes around their heads, because some artists could actually see Auras. In Australia remote West Kimberleys you can find prehistoric cave paintings, many thousands of years old, depicting people with golden haloes. The Aura is a reflection of our True Nature at any given moment. Your aura is controlled by how you feel. If you are fearful or feeling depressed your aura becomes

quite small and can be hard to see. If you are feeling very positive your aura expands to a great size, becomes full of light and is very easy to see.

### Chanting & Invocations

Sometimes Buddhist or Hindu mantras, or invocations are used to invite the positive energy of a particular healing or positive energy into our lives. Chanting and singing have been used for centuries in many traditions to help people to connect to the divine spirit in themselves and the universe. Whether singing praises to god, chanting native or tribal songs, singing kirtan (call and response chanting), or chanting a personal or universal mantra, there is something within the singing itself that soothes the spirit and sets a tone of reverence and honor.

### Cutting the Cord

The process, of "Cord Cutting" is based on the premise that when we enter into relationship with a person, or even business relationships, and contracts of all sorts, an energetic thread or cord is activated. As we move through life, often these relationships no longer are what we need or want them to be. "Cord Cutting" allows for the energetic thread that has been running to be cut. Relationships don't have to end, but this allows for new beginnings instead of being trapped in the past.



Aura's

**If you find yourself dreaming about someone, or about things in the past and not getting anywhere, doing a cord cutting ceremony can be useful.**

**It can help stop the psychic negativity that may be coming your way from others.**



“He who raises himself on tiptoe cannot stand firm;  
he who stretches his legs wide apart cannot walk.”

Lao Tzu

### Dark Forces

Evil is usually seen as the opposite of good. It is wickedness, malevolence, the desire to do people wrong. To take power for yourself at the expense of others, and then using it in the most ruthless and vile of ways. It is hurting people for no good reason at all, horrifically destroying their lives. Dark Forces are the opposite of Light.

### Embracing the Light

Embracing the light involves the heart reaching out in love to do what it can to serve the greater good and life in a way that will be of benefit to all. With respect to each action taken, it requires considering whether the action is mainly self-serving, or if it will be of benefit to others. Such a perspective does not necessitate the abandonment of self and its wishes, since these, two, partake of the soul's purpose and essence. Yet it places these in service to the greater good, understanding that the good of the whole and the good of the self are inseparable.

### Grounding

Spiritual grounding is the act of being here in the present, with no misconceptions about where we are or who we are. It is about being fully aware of our physical selves, while striving to be more spiritual. If we are grounded, we are conscious of our selves, our surroundings, and our connection to the earth. We have a strong sense of being.

To become grounded, one has to understand the chakras that are present in the body. The energy from the

chakras must be directed into the grounding regions for each of the four bodies--physical, emotional, mental, and spiritual. This will bring balance to the state of our physical and emotional beings. Only then can we properly learn to attain higher spiritual levels, bridge our spirit to our physical selves, and self-heal.

### Protective Jewelry

Crystals and stones have given their metaphysical energies to protect people for aeons. From amber which was used extensively for protection by the ancient Romans to golden amulets of the ancient Egyptians to modern good luck charms, many protection items have been made of crystals and stones of various kinds. The lists here are not all inclusive. They are compiled from traditional and modern information about protection magic lore with crystals and stones. Other means of protection, common to many traditions, include the wearing of sacred texts, amulets, charms, and talismans. Ancient tribes and medieval craftsmen put their heart and soul into their jewelry creations, which they believed were charged with unseen magical power. Their unique, distinctive designs and fine craftsmanship have remained unsurpassed to this day. Most of these reproductions are hand-made in Europe in the old tradition of infusing jewelry and talismans with spiritual power.



talismans or amulets

Your best shield  
against negative  
influence in your life  
is your own attuned  
state with life.

Crystals have been  
used for thousands of  
years in numerous  
cultures as channels  
for protection. Some  
crystals are said to  
contain super  
powerful protection  
energies.

“If you do not change direction, you may end up where your heading”

Lao Tzu

**Psychic Attack**

Psychic attacks are defined as the manipulation of supernatural energies and forces. Psychic attacks occur when dark and negative energetic vibrations are sent from one individual to another individual or place creating disturbances in the energetic and physical bodies of the person or place. This negative energy can be called a spirit, an entity, a thought form or a dark negative energy. Each of these energies can create harmful effects within the person receiving them. Psychic attacks come in many forms. The simplest is an everyday experience. Someone says something bad about you, makes a judgment, calls you a name, yells or curses at you. The person is directing his or her energy in a harmful way toward you. If you are not strong enough in self-esteem and personal power, these little attacks take their toll.

**Releasing Attachments**

What is Releasing Attachment?: The Process of Spiritual Surrender and Expectation

"If I am able to remain unattached to results, I am happy. It is when I am so attached to a certain outcome that I suffer.

I know that I can manifest all the goals and dreams that I've been given by my Higher self, but only if I can let go of my attachments, particularly my attachment to time and my attachment to the end product only then can I achieve my goals and be happy.

**Surround & Protect:**

FTHG (For The Higher Good)

What philosopher said the needs of the many outweigh the needs of the few?

Many think this quote is old and from some famous philosopher. The thought does have its origins in an ancient text, but it wasn't spoken by a great philosopher, and the thought didn't originate from a 1982 motion picture.



Psychic Attack

The thought came to us from Caiaphas, the High Priest mentioned in the Gospel of John. In John 11:49-50 the Apostle John wrote, "And one of them, named Caiaphas, being the high priest that same year, said unto them, Ye know nothing at all, Nor consider that it is expedient for us, that one man should die for the people, and that the whole nation perish not."

Slightly earlier than the reference above, Aristotle, in his "**The Aim of Man**" develops a similar idea. In his discussion about the "highest good" he writes, "Even supposing the chief good to be eventually the aim for the individual as for the state, that of the state is evidently of greater and more fundamental importance both to attain and to preserve. The securing of one individual's good is cause for rejoicing, but to secure the good of a nation or of

While the concept has existed for centuries, and it has been worded in many ways, the closest approximation of the words, "The needs of the many outweigh the needs of the few (or the one)." are found in the motion picture *Star Trek: The Wrath of Khan*, and were spoken by the character Mr. Spock, and attributed to the Vulcan philosopher Surak.

“Good words shall gain you honour in the market-place,  
but good deeds shall gain you friends among men”

Lao Tzu

In nature, we find patterns, designs and structures from the most minuscule particles, to expressions of life discernible by human eyes, to the greater cosmos. These inevitably follow geometrical archetypes, which reveal to us the nature of each form and its vibrational resonances. They are also symbolic of the underlying metaphysical principle of the inseparable relationship of the part to the whole. It is this principle of oneness underlying all geometry that permeates the architecture of all form in its myriad diversity. This principle of interconnectedness, inseparability and union provides us with a continuous reminder of our relationship to the whole, a blueprint for the mind to the sacred foundation of all things created.

### Archimedean Solids

A polyhedron whose faces are regular polygons and whose angles are all congruent. The faces may all be of the same type, in which case the solid is a regular polyhedron, or may be of different types. There are only thirteen Archimedean solids.

### Circle

A circle is the set of points in a plane that are equidistant from a given point. The distance from the centre is called the radius. Twice the radius is known as the diameter. Starting with what may be the simplest and most perfect of forms, the circle or sphere is an ultimate expression of unity or completeness. There is no point of view given greater or lesser importance, and all points on the surface are equally accessible and

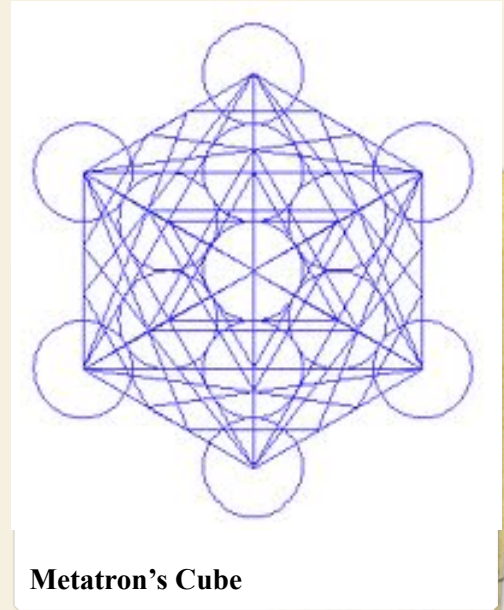
regarded by the center from which all originate. Atoms, cells, seeds, planets, and globular star systems all echo the spherical paradigm of total inclusion, acceptance, simultaneous potential and fruition, the macrocosm and microcosm.

### Dimensionality

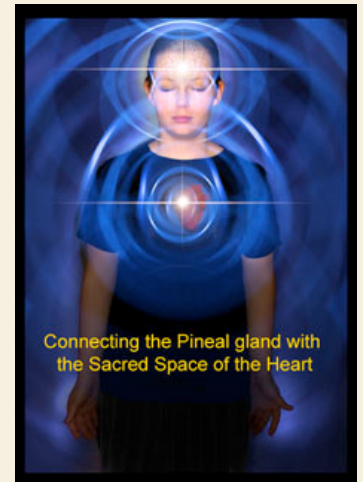
The progression from point (0-dimensional) to line (1-dimensional) to plane (2-dimensional) to space (3-dimensional) and beyond leads us to the question – if mapping from higher order dimensions to lower ones loses vital information (as we can readily observe with optical illusions resulting from third to second dimensional mapping), does our “fixation” with a 3-dimensional space introduce crucial distortions in our view of reality that a higher-dimensional perspective would not lead us to?

### Fibonacci

Fibonacci ratios appear in the ratio of the number of spiral arms in daisies, in the chronology of rabbit populations, in the sequence of leaf patterns as they twist around a branch, and a myriad of places in nature where self-generating patterns are in effect. The sequence is the rational progression towards the irrational number embodied in the quintessential golden ratio



Metatron's Cube



Connecting the Pineal gland with the Sacred Space of the Heart



## Flower of Life

Indelibly etched on the walls of temple of Osirion at Abydos, Egypt, the Flower of Life contains a vast Akashic system of information, including templates for the five Platonic Solids.

## Fractals

A Fractal is generally "a rough or fragmented geometric shape that can be split into parts, each of which is (at least approximately) a reduced-size copy of the whole," a property called self-similarity. The term was coined by Benoit Mandelbrot in 1975 and was derived from the Latin fractious meaning "broken" or "fractured." A mathematical fractal is based on an equation that undergoes iteration, a form of feedback based on recursion.

## Golden Ratio

The golden ratio is the unique ratio such that the ratio of the whole to the larger portion is the same as the ratio of the larger portion to the smaller portion. As such, it symbolically links each new generation to its ancestors, preserving the continuity of relationship as the means for retracing its lineage.

## Metatron's Cube

Metatron's Cube contains 2-dimensional images of the Platonic Solids and many other primal forms. As a symbol, the Metatron's cube, like a map, can indicate many destinations. Ultimately you will decide where in the infinite realms of consciousness this

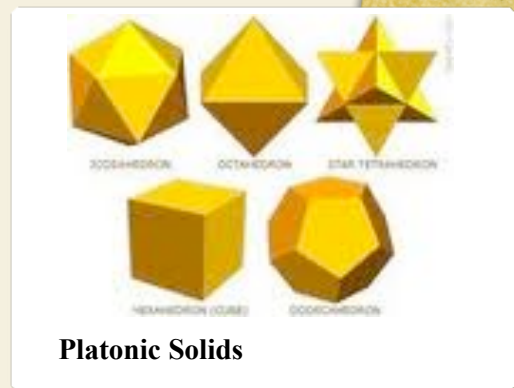
map of ancient forms will take you.

Metatron's Cube is based on a deceptively simple pattern called 'The Fruit Of Life', which is concealed in the ancient 'Flower of Life' inscribed on the walls of the Osirion temple at Abydos, Egypt.

Metatron is the name of the angel that guards God's throne in Judaism. The figure of Metatron's Cube has been in sacred art for thousands of years. The 5 Platonic solids can be found within the cube. Because it contains the 5 Platonic solids, it is thought that it contains the building blocks of creation.

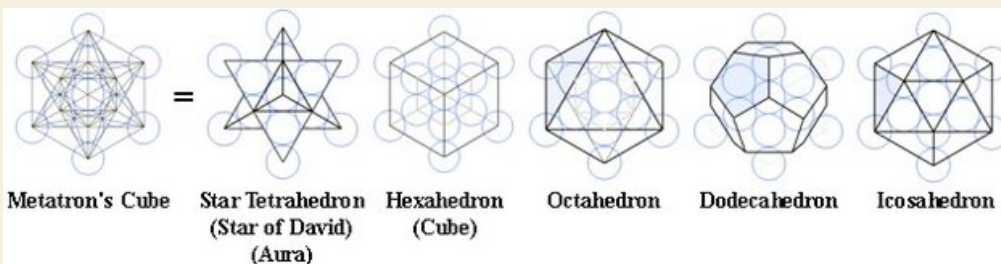
## Perfect Right Triangles

Triangle is the physical shape of a deeply sacred number, the number three. Think of Maiden, Mother, Crone. Father, Son, and Holy Ghost. Father, Mother, Child. Three Fates, three Graces, three primary colors, three lights in a spotlight—the list of significant threes goes on and on. A solid sense of Balance is one of the primary attributes of TRIANGLE. Think of a pyramid: it focuses energy from a solid triangular base upward to a single point, an analogy for what people do when they sit in lotus position to meditate or pray.



Platonic Solids

One of our intentions with lightSource, is to provide a bridge to an intuitive spiritual understanding that is in alignment with the appropriate use of this knowledge.



Metatron's Cube = Star Tetrahedron (Star of David) (Aura) Hexahedron (Cube) Octahedron Dodecahedron Icosahedron

“The difficult things of this world must once have been easy”

Lao Tzu

**Platonic Solids**

As far back as Greek Mystery schools 2500 years ago, we as a species were taught that there are five perfect 3-dimensional forms -The tetrahedron, hexahedron, octahedron, dodecahedron, and icosahedron. Collectively these are known as The Platonic Solids -- and are the foundation of everything in the physical world. Modern scholars ridiculed this idea until the 1980's, when Professor Robert Moon at the University of Chicago demonstrated that the entire Periodic Table of Elements -- literally everything in the physical world -- is based on these same five forms! In fact, throughout modern Physics, Chemistry, and Biology, the sacred geometric patterns of creation are being rediscovered, but often without the greater context of spiritual understanding which protects against their misuse.

**Point**

The point is found at the center of the sphere or the circle. All measurements must either begin with the point or pass through the point. It is the beginning and it is the end. In sacred geometry the center point is thought to be the place creation began.

**Recursive Geometries**

In recursive geometry the formula making up a form can be used repeatedly.

**Sphere**

While the sphere may be one of the simplest forms in sacred geometry, it is also the container that can hold all of

the other forms. All measurements are equal in a sphere. It is a figure that is complete in its entirety. The earth, a seed, and an atom are all spheres.

**Spirals**

The SPIRAL echoes the inside of a nautilus shell and the swirl of stars in distant nebulae. It curves both inward and outward, with the potential for continuing on into infinity. And unlike the circle that goes endlessly round and round, a spiral approach to life implies progression: we may come near to similar issues and life-problems, but always from a more spacious perspective.



Bee Honeycomb

**The ancients believed** that God created the universe according to a sacred geometric plan. **Sacred geometry** is used in the planning and construction of many religious structures such as cathedrals, churches, temples, mosques, and many religious monuments, altars, tabernacles. we can even see it in action in many sacred spaces such as temenoi, (holy precincts) sacred groves, village greens and holy wells, as well as in the creation of religious art. In sacred geometry, symbolic and sacred meanings are ascribed to certain geometric shapes and certain geometric proportions.

*The Sacred Merkaba around the Earth.*



## The spinal cord is the information super-highway, with messages traveling to and from the brain and body.

The spine - including the spinal cord and surrounding structures of bones, ligaments, and muscles - is the link between the brain and body. Working with the spine is efficient, because improvements in spinal structure and behaviour reflects in all body processes, increases self-awareness, and develops new abilities for the body to become self-reliant.

To successfully activate the chakras we need to appreciate how precious the spine is. More importantly, we need to engage practices that foster a healthy back and spine at both the physical and subtle levels. These practices need to maintain physical strength and flexibility as well as the flow of prana, mind and awareness within the spinal system.

C1 - Controls blood supply to the head, pituitary gland, scalp, bones of the face, brain, in and middle ear, sympathetic nervous system.

Possible symptoms; headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, and the easier, chronic tiredness, dizziness.

C2 - Controls eyes, auditory nerves, sinuses, mastoid bone, tongue, forehead.

Possible symptoms; sinus trouble, allergies, crossed eyes, deafness, eye trouble, fainting, vision difficulties.

C3 - Controls cheeks, ears, facial bone, teeth and tri-facial nerve.

Possible symptoms; neuralgia, neuritis, acne, eczema.

C4 - Controls nose, lips, mouth and eustachian tube. Possible symptoms; hay fever, hearing loss and adenoid problems.

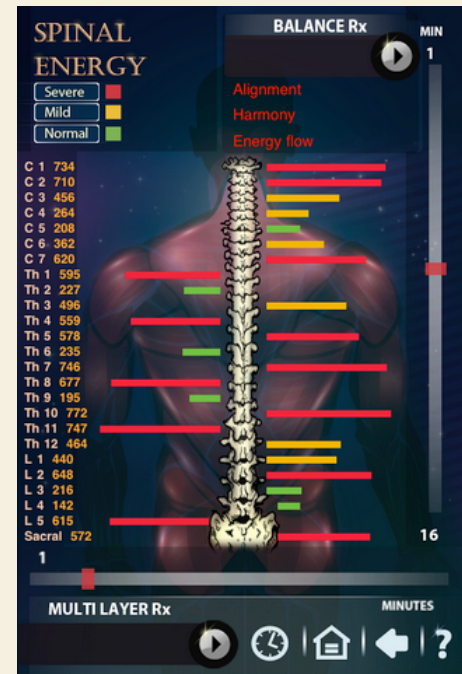
C5 - Controls vocal chords, and neck glands and pharynx. possible symptom; laryngitis, hoarseness, sore throat.

C6 - Controls nose, lips, mouth, eustachian tube. Possible symptoms; hay fever, hearing loss and adenoids.

C7 - Controls nose, lips, mouth and eustachian tube. Possible symptoms; hay fever, hearing loss and adenoids.

T1 - Controls arms from the elbows down including hands, oesophagus and trachea. Possible symptoms; asthma, cough, difficulty breathing, shortness of breath, pain in lower arm including hands.

T2 - Controls heart, pericardium and coronary arteries. Possible symptoms; functional heart conditions and chest conditions.



Kundalini could be described as energy being coiled up at the base of the spine, usually within muladhara chakra. The image given is that of a serpent coiled 3 and a half times around a smokey grey lingam. Each coil is said to represent one of the 3 gunas (means 'string' or 'a single thread or strand of a cord or twine), with the half coil signifying transcendence.



T3 - Controls lungs, bronchial tubes, pleura, and chest area.  
Possible symptoms; bronchitis, pleurisy, pneumonia, congestion and influenza.

T4 - Controls gallbladder and the common bile duct.  
Possible symptoms; Gall bladder conditions, jaundice, shingles.

T5 - Controls liver, solar plexus and blood.  
Possible symptoms; liver conditions, fevers, low blood pressure, anaemia, poor circulation, arthritis.

T6 - Controls stomach.  
Possible symptoms; stomach troubles, indigestion, heartburn.

T7 - Controls pancreas and duodenum.  
Possible symptoms; ulcers and gastritis.

T8 - Controls spleen.  
Possible symptoms; Lowered resistance to colds and disease.

T9 - Controls adrenal glands and suprarenal glands.  
Possible symptoms; allergies and hives.

T10 - Controls kidneys.  
Possible symptoms; kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.

T11 - Controls kidneys and ureters.  
Possible symptoms; acne, pimples, eczema and boils.

T12 - Controls small intestine, lymph and circulation.  
Possible symptoms; rheumatism, gas pains, sterility.

L1 - Controls large intestine and inguinal rings.  
Possible symptoms; constipation, colitis, dysentery, diarrhea, ruptures and hernias.

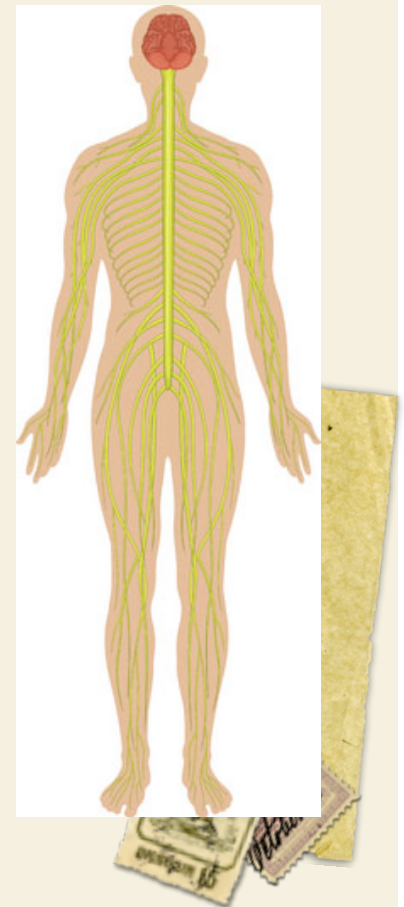
L2 - Controls appendix, abdomen, and upper leg.  
Possible symptoms; cramps, difficulty breathing, acidosis, of varicose veins.

L3 - Controls sex organs, uterus, bladder, knees.  
Possible symptoms; bladder troubles, menstrual troubles, miscarriages, bed wetting, impotency, change of life symptoms, knee pain.

L4 - Controls prostate gland, muscles of the low back and sciatic nerve.  
Possible symptoms; sciatica, lumbago, painful or to frequent urination, backaches.

L5 - Controls lower legs, ankles and feet.  
Possible symptoms; poor circulation legs, swollen ankles, cold feet, weakness in the legs and ankles and leg cramps

Sacrum - controls hipbones and buttocks.  
Possible symptoms; low back pain and spinal curvature.



# Sound is multi-dimensional in nature

## SOUND IS THE MEDICINE OF THE ANCIENTS

Religious Phobias Of course, religion does not cause phobias. Many people draw comfort rather than fear from their religious faith. Additionally, the phobias listed above often occur in those who do not identify themselves as religious. Instead, it seems that personal religious beliefs may be a small component of a larger picture.

It is easy for religious messages to be misunderstood or misinterpreted. Even many who consider themselves devout base their understanding largely on the words spoken by well-meaning religious leaders who are ultimately fallible human beings.

Perhaps the crux of the connection between religion and phobias is that religious belief requires the ultimate act of faith. As science has not yet conclusively proven what happens after death, fear of the unknown may be the ultimate driver behind the religious component of certain phobias.

Fear is a natural, instinctive reaction to dangerous situations. It is what causes us to escape from a burning building. A sudden rush of fear protects us, by alerting us to danger and stimulating adrenaline so that we think and move more rapidly than usual. But for people with phobias or panic disorder, fear is an overwhelming and unwelcome

feature of their daily lives. They are struck by fears which they know are irrational and illogical, yet which are so powerful and unpredictable that they drastically change their lives to avoid feared situations.

### SOLFEGGIO HEALING TONES

These sacred frequencies were handed down to our ancestors as a vehicle for the natural expansion of consciousness. These healing tones are often found in the form of ancient mystic chanting. The same vibrational patterns are also encoded within many Gregorian chants. Their power comes from the specific frequency and its direct effect on human consciousness in general.

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We are all conscious beings that vibrate at specific rates. These rates

or frequencies can be harnessed to maximize your physical, mental, emotional and spiritual growth.

You can use these sacred healing frequencies to maximize your conscious evolution, create an open channel for physical and spiritual development, enhance your self-healing abilities and provide deep mental and physical rejuvenation as well as a huge list of other benefits that you can experience, simply by listening to this.

Dr. Robert Girard believes that playing the Key of C (528hz) on an instrument can activate and ultimately heal DNA. His work mainly focused on using certain frequencies to activate DNA. It seems that biochemists are using the frequency 528Hz to repair human DNA (using the "C"). But, the regular "C" that we all know of in this culture does not vibrate to a frequency of 528 Hz. It has a frequency of only 512 Hz.

The "C" of 528 Hz used in DNA repair had been a part of an ancient scales, called Solfeggio tones. The difference in the scales exist because of different tuning methods that were utilized in ancient times.

The hymn (*The Hymn of St. John*) was written by *Paulus Diaconus* in the 8th century. It translates as:

*So that these your servants can, with all their voice, sing your wonderful feats, clean the blemish of our spotted lips, O Saint John!*

## Solfeggio Frequencies

*What Are The Ancient Solfeggio Frequencies?*

These original sound frequencies were apparently used in Ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses.

The Six Solfeggio Frequencies include:  
**UT – 396 Hz –**  
 Liberating Guilt and Fear

**RE – 417 Hz –**  
 Undoing Situations and Facilitating Change

**MI – 528 Hz –**  
 Transformation and Miracles (DNA Repair)

**FA – 639 Hz –**  
 Connecting/Relationships

**SOL – 741 Hz –**  
 Awakening Intuition

**LA – 852 Hz –**  
 Returning to Spiritual Order

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency

used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!

Each of the six Solfeggio frequencies correspond to, not only a note on the tonal scale, but to a cycle per second hz frequency number, and to a specific color, and, ultimately, to a particular chakra in the body. For instance, middle C is related to the 528 hz frequency tone, which is associated to the color green, which, in turn, is related to the heart chakra. It is the third note on the scale and relates to the note "MI" on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle."

The 528 hz frequency is known as, the "528 Miracle," because it has the remarkable capacity to heal and repair DNA within the body and is the exact frequency that has been used by genetic biochemists. Green, of course, is the primary color of our Mother Earth, because our planet vibrates to the frequency of love or of the heart. In music, *sol-fège* (French) also called *solfeggio*, *sol-fa* or *solfa*) is a pedagogical solmization technique for the teaching of sight-singing in which each note of the score is sung to a special syllable, called a *sol-fège syllable* (or "sol-fa syllable"). in English continues in many areas.



The seven syllables commonly used for this practice in English-speaking countries are: do (or *doh* in tonic sol-fa), re, mi, fa, sol (so in *tonic sol-fa*), la, and ti/si, which may be heard in "Do-Re-Me" from Roger's and Hammerstein's score for *The Sound of Music*, as well as the Robert Maxwell song "Solfeggio". In other languages, "si" is used for the seventh scale tone, while its earlier use in English continues in many areas.



The body has natural mechanisms to eliminate acids. It can handle the natural acids created by the body which are created in energy production and the process of rebuilding cells. However, the extra acidity created by a poor diet has the body systems overwhelmed with a backlog of acids. This pH (acidity/alkaline) is important to the health of living organisms.

### Acid:

Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to these simple words: pH imbalance... The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, A New Health Era in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acid accumulation in the body:

The pH level is one of the most important balance systems of the body. The term pH stands for "potential" of "Hydrogen". It is the amount of hydrogen ions in a particular solution. The more ions, the more acidic the solution. The fewer ions the more alkaline (base) the solution. The pH level is a measure of acidity or alkalinity, on a scale of zero to fourteen, with zero being most acid, fourteen being most alkaline and seven being mid-range. The most critical pH balance is in the blood.

### Adrenal:

Your adrenal, or suprarenal, glands are located on the top of each kidney. These glands produce hormones that you can't live without, including sex hormones and cortisol, which helps you respond to stress and has many other functions. The adrenal glands are the part of the body responsible for releasing three different classes of hormones. These

hormones control many important functions in the body, such as:

- Maintaining metabolic processes, such as managing blood sugar levels and regulating inflammation
- Regulating the balance of salt and water
- Controlling the "fight or flight" response to stress
- Maintaining pregnancy
- Initiating and controlling sexual maturation during childhood and puberty

The adrenal glands are also an important source of sex steroids, such as estrogen and testosterone.

### Bacteria:

Bacteria are living things that have only one cell. Under a microscope, they look like balls, rods or spirals. Most bacteria won't hurt you - less than 1 percent makes people sick. Many are helpful. Some bacteria help to digest food, destroy disease-causing cells and give the body needed vitamins. Bacteria are also used in making healthy foods like yogurt and cheese. But infectious bacteria can make you ill. They reproduce quickly in your body. Many give off chemicals called toxins, which can damage tissue and make you sick. Examples of bacteria that cause infections include Streptococcus, Staphylococcus, and E.coli.



Antibiotics are the usual treatment.

Each time you take antibiotics, you increase the chances that bacteria in your body will learn to resist them.

Later, you could get or spread an infection that those antibiotics cannot cure.

**If an apple a day keeps the doctor away, what would it take to avoid a heart surgeon? How about a multivitamin / mineral pill and some omega-3 oil (canola-rapeseed, flax, fish)? Add a diet low in processed food and a good 'lifestyle' (don't smoke, control waist size, manage stress well and some exercise)**

### Blood Sugar

Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With Type 1 diabetes, your body does not make insulin. With Type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves.

After fasting your blood sugar levels should be between 4.8 - 6.8 Canadian or 90 - 100 US.

The food that people eat provides the body with glucose, which is used by the cells as a source of energy. If insulin isn't available or doesn't work correctly to move glucose from the blood into cells, glucose will stay in the blood. High blood glucose levels are toxic and cells that don't get glucose are lacking the fuel they need.

### Brain

Your brain is made of approximately 100 billion nerve cells, called neurons. Neurons have the amazing ability to gather and transmit electrochemical signals -- think of them like the gates and wires in a computer. Neurons share the same characteristics and have the same make up as other cells, but the electrochemical aspect lets them transmit signals over long distances (up to several feet or a few meters) and send messages to each other. The brain

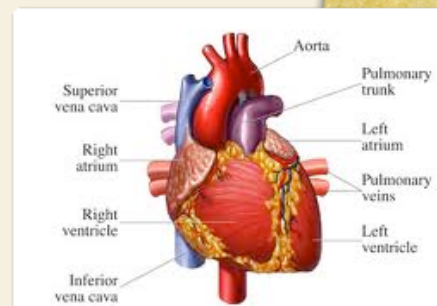
is very complex, and the symptoms of many brain disorders are heterogeneous and often diverse. Classification systems have been developed by panels of expert psychiatrists to enable clinicians to make accurate diagnoses of brain disorders. Using these classification systems, the symptoms of brain disorders are clearly defined and grouped.

### Cardiovascular

The heart and circulatory system (also called the **cardiovascular system**) make up the network that delivers blood to the body's tissues. With each heartbeat, blood is sent throughout our bodies, carrying oxygen and nutrients to all of our cells. Every day approximately 10 pints (5 liters) of blood in your body travel many times through about 60,000 miles (96,560 kilometers) of blood vessels that branch and cross, linking the cells of our organs and body parts.

Our bodies actually have two circulatory systems: The **pulmonary circulation** is a short loop from the heart to the lungs and back again, and the **systemic circulation** (the system we usually think of as our circulatory system) sends blood from the heart to all the other parts of our bodies and back again.

The heart is the key organ in the circulatory system. As a hollow, muscular pump, its main function is to propel blood throughout the body.



The Heart

The heart has four chambers that are enclosed by thick, muscular walls. It lies between the lungs and just to the left of the middle of the chest cavity.

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

### Circulation

Blood Circulation plays an important part in our being. In order to stay healthy it is very important to have good blood circulation. Proper blood circulation helps in transferring nutrients and oxygen to various parts of the body. Lack of good blood circulation causes diseases due to harmful foreign particles entrapped in the tissue.

**Hypertension:** A common problem found with many people mainly middle-aged and elderly people. This happens because cholesterol plaques are deposited along the walls of the arteries, causing it to harden.

**Varicose Veins:** This happens when the walls of the veins loses its elasticity. Lack of exercise, increasing age, junk food just adds to the stress escalating this problem from one leg to the other.

### Connective Tissue

Connective tissue is responsible for providing structural support for the tissues and organs of the body. This function is important in maintaining the form of the body, organs and tissues. The tissue derives its name from its function in connecting or binding cells and tissues.

### Degeneration

**The "Degeneration Phase."** The presence of an invader inside your cells starts interfering with your normal cell functions and processes. As a result, your health noticeably degenerates. Finally, at this 5th stage, your laboratory tests start picking up that

you have a problem. The diagnosis of serious pathology is given. What **happens next?** If it has not done so earlier, natural medicine quickly jumps into action and attempts pulling the body back to Phase 4, then Phase 3, and so-on in the process of recovery.

### Emotional

All humans have basic emotional needs. These needs can be expressed as feelings, for example the need to feel accepted, respected and important. While all humans share these needs, each differs in the strength of the need, just as some of us need more water, more food or more sleep. One person may need more freedom and independence, another may need more security and social connections. One may have a greater curiosity and a greater need for understanding, while another is content to accept whatever they have been told.

One of the major problems I have observed in schools is the treatment of all children as if their emotional and psychological needs were identical. The result is many children's needs are unsatisfied. They then become frustrated, as any of us do when our needs are unmet. They act out their frustration in various ways which are typically seen as "misbehavior."



Some authors use the terms primary and secondary emotions.

This distinction is very helpful.

A primary emotion is what we feel first.

The secondary emotion is what it leads to.



## Heavy metals may enter the human body through food, water, air, or absorption through the skin.

### Environmental

We are flanked by environmental toxins. Compounds that could lead to problems or sickness to our body systems are located in anything that we consume as well as in the air we breath. Many of these substances are a by-product of the industrialized society. Heavy metals such as lead and cadmium are discharged from industrial facilities or are built as waste materials in the industry. We're also subjected to a lot of naturally-occurring toxic materials.

For instance, volcanic eruptions discharge a lot of the free mercury which can be discovered in the surroundings. Our systems have a wide range of components for coping with this poisoning; however the present total load surpasses the human body's capacity to adjust. As soon as our bodies don't break down or get rid of all these toxins the only real method to cope with them is to detox efficiently. The entire body will attempt to deposit these types of substances into tissues to reduce their possible harm. For instance, lead could be sequestered into bone tissue, displacing calcium and improving the danger of brittle bones. The entire load of such harmful toxins is oftentimes known as our "body burden."

Environmental toxicity is a worldwide issue. These contaminants do not acknowledge national or political restrictions. For example, Japan has encountered a phenomenon referred to as "yellow sands" in the last several years. This is brought on by pollutants

blowing in from Chinese industrial facilities over the Sea of Japan.

### Fungus:

A single-celled or multicellular organism. Fungi can be true pathogens (such as histoplasmosis and coccidioidomycosis) that cause infections in healthy persons or they can be opportunistic pathogens (such as aspergillosis, candidiasis, and cryptococcosis) that cause infections in immunocompromised persons. An example of a common fungus is the yeast organism which causes thrush and diaper rash (diaper dermatitis). Fungi are also used for the development of antibiotics, antitoxins, and other drugs used to control various human diseases.



Mercury Amalgams

### Heavy Metal Toxicity

There are 35 metals that concern us because of occupational or residential exposure; 23 of these are the heavy elements or "heavy metals". Interestingly, small amounts of these elements are common in our environment and diet and are actually necessary for good health, but large amounts of any of them may cause acute or chronic toxicity (poisoning). Heavy metal toxicity can result in damaged or reduced mental and central nervous function, lower energy levels, and damage to blood composition, lungs, kidneys, liver, and other vital organs.

Long-term exposure may result in slowly progressing physical, muscular, and neurological degenerative processes that mimic Alzheimer's disease, Parkinson's disease, muscular dystrophy, and multiple sclerosis.

The cardiovascular system has some characteristics that make it a unique, such as the fact that it is a closed circle, the fact that it is elastic, and the fact that it is filled with liquid at a positive mean pressure

## Circulatory System

The main components of the human cardiovascular system are the heart, the veins, and the blood vessels. It includes: the **Pulmonary circulation**, a "loop" through the lungs where blood is oxygenated; and the **Systemic circulation**, a "loop" through the rest of the body to provide oxygenated blood.

## Digestive System

The digestive system is made up of the digestive tract—a series of hollow organs joined in a long, twisting tube from the mouth to the anus. Organs that make up the digestive tract are the mouth, esophagus, stomach, small intestine, large intestine—also called the colon—rectum, and anus.

## Endocrine System

The **endocrine system** is a system of glands, each of which secretes a type of hormone directly into the bloodstream to regulate the body. These chemicals are known as hormones. A hormone is a specific messenger molecule synthesized and secreted by a group of specialized cells called an endocrine gland. These glands are ductless, which means that their secretions (hormones) are released directly into the bloodstream and travel to elsewhere in the body to target organs, upon which they act.

## Integumentary System

The integumentary system consists of the skin, hair, nails, glands, and nerves. Its main function is to act as a barrier to protect the body from the outside

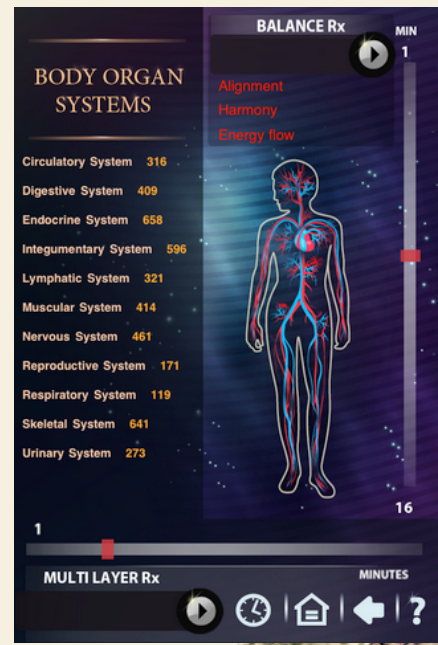
world. It also functions to retain body fluids, protect against disease, eliminate waste products, and regulate body temperature. In order to do these things, the integumentary system works with all the other systems of your body, each of which has a role to play in maintaining the internal conditions that a human body needs to function properly.

## Muscular System

The muscular system in your body is composed of skeletal muscle, cardiac muscle and smooth muscle. Skeletal muscle attaches primarily to your skeleton and moves voluntarily or by reflex. Cardiac muscle is the muscle of your heart and contracts involuntarily. Finally, smooth muscle is found in your blood vessels, eyes, hair follicles and the walls of hollow organs like your stomach and intestines.

## Reproductive system

The reproductive system is the key to the procreation and survival of the human race. Human reproduction is the effort of a male and female that involves four functions of the reproductive systems. These functions are production of egg and sperm cells, transportation and sustenance of cells, development and nurturing of offspring and production of hormones. The male and female hormones have significant effects on the functions of the reproductive system.



In the human digestive system, the main sites of digestion are the oral cavity, the stomach, and the small intestine. Digestive enzymes are secreted by different exocrine glands including:

- Salivary glands
- Secretory cells in the stomach.
- Secretory cells in the pancreas.
- Secretory glands in the small intestine.

## Respiratory System

The primary function of the respiratory system is the supply of oxygen to the blood so this in turn delivers oxygen to all parts of the body. The respiratory system does this while breathing is taking place. During the process of breathing we inhale oxygen and exhale carbon dioxide. This exchange of gases takes place at the alveoli. The average adult's lungs contain about 600 million of these spongy, air-filled sacs that are surrounded by capillaries. The inhaled oxygen passes into the alveoli and then diffuses through the capillaries into the arterial blood. Meanwhile, the waste-rich blood from the veins releases its carbon dioxide into the alveoli. The carbon dioxide follows the same path out of the lungs when you exhale. To put it simply, the principle functions of the respiratory system are:

- Ventilate the lungs
- Extract oxygen from the air and transfer it to the bloodstream
- Excrete carbon dioxide and water vapor
- Maintain the acid base of the blood

## Skeletal System

The adult human body contains roughly 206 bones, both fused and individual, which are supported by a system of ligaments, tendons, muscles and cartilage. We rarely think about bones until we break one, or until time forces us to consider the combined effects of gravity and age.

No doctor's or orthopedic surgeon's office can be considered complete without a Skeletal System chart, which shows the bones in the human body from both the front and rear. Diagrams within the chart also display and describe such skeletal features as the bones of the inner ear, important in maintaining balance, and the bones of

the female pelvis, integral to gestation and birth. In addition, a complete diagram of the spinal column shows how attached bones of the neck, thorax and lower back maintain the curvature needed for this balancing act. Each bone is listed with its anatomical name, enabling doctors, surgeons and teachers to explain this complex miracle of upright stature to patients and students.

## Urinary System

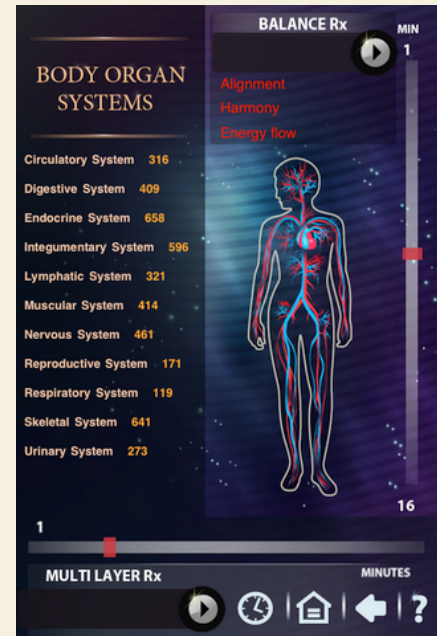
The urinary system is made up of kidneys, bladder, ureters and the urethra.

The human body has two kidneys, one on either side of the middle back, just under the ribs. Each kidney contains thousands of small filters called nephrons. Each nephron has a mesh of capillaries, connecting it to the body's blood supply. Around 180 liters of blood sieve through the kidneys every day. The main functions of the kidney include:

- Regulating the amount of water and salts in the blood
- Filtering out waste products
- Making a hormone that helps to control blood pressure.

Each kidney has a tube called a ureter. The filtered waste products (urine) leave the kidneys via the ureters and enter the bladder.

The bladder is a hollow organ that sits inside the pelvis. It stores the urine. When a certain amount of urine is inside the bladder, the bladder 'signals' the urge to urinate. Urine contains water and waste products like urea and ammonia. The urethra is the small tube connecting the bladder to the outside of the body.



Kidneys filter and regulate the blood.

Most waste products are removed from the body by the urinary system.

Waste products are passed in urine.



## Lymphatic System

The lymphatic system is a component of the circulatory system. It is comprised of lymphatic ducts; lymphatic vessels; lymphatic capillaries; lymphatic connectors, nodes and lymph as well as the spleen. 90% of tissue fluid is constantly reabsorbed by the blood capillaries; the lymph constitutes the remaining 10% of the tissue fluid that is not picked up by the blood capillaries.

Vessels of the lymphatic system are found throughout most of the body. Lymphatic capillaries permeate the body's tissues and merge together into larger ducts, which follow the veins and arteries towards the centre of the body. These converge and eventually empty into the venous system via the thoracic and lymphatic ducts in the chest.

The primary role of the lymphatic system is to remove excess fluid, molecules and particles from the body's interstitial space. A significant percentage of the proteins and water that pass from the capillaries to body tissue is not directly taken back up by the venous system, and must instead be removed by the lymphatic system. The lymphatic system also takes up products of tissue breakdown. As the lymph returns to the venous system, it must pass through the lymph nodes, where bacteria, viruses and other particles are removed. The lymph nodes act like mini incinerators, where they kill pathogens and trap cancer cells and slows down the spread of cancer until they are overwhelmed by it.

## Nervous System

The nervous system is the means by which the body communicates messages to and from muscles and

organs and maintains awareness of the outside world through the senses. The nervous system is divided into two areas;

- the central nervous system (CNS) consists of the brain and spinal cord and is enclosed within the skull and backbone
- the peripheral nervous system (PNS) comprises all other nerves.



## The peripheral nervous system

Nerves connect the brain and spinal cord to the peripheral nervous system, which is what nerve tissue outside of the central nervous system is called. It is made up of two main parts: the autonomic and the somatic.

## The autonomic nervous system

The autonomic nervous system is part of the peripheral nervous system. One of its main roles is to regulate glands and organs without any effort from our conscious minds. The central nervous system receives, processes and stores information and initiates instructions for bodily activities. The autonomic nervous system is made up of two parts: the sympathetic and the parasympathetic. These systems act on the body in opposite ways. Together, they coordinate a multitude of adjustments required for our changing personal needs as we move through our environment.

**The somatic nervous system** is also a part of the peripheral nervous system. One of its roles is to relay information from the eyes, ears, skin and muscle to the central nervous system (brain and spinal cord). Another role is to obey commands from the central nervous system and make muscles contract or relax, allowing us to move.

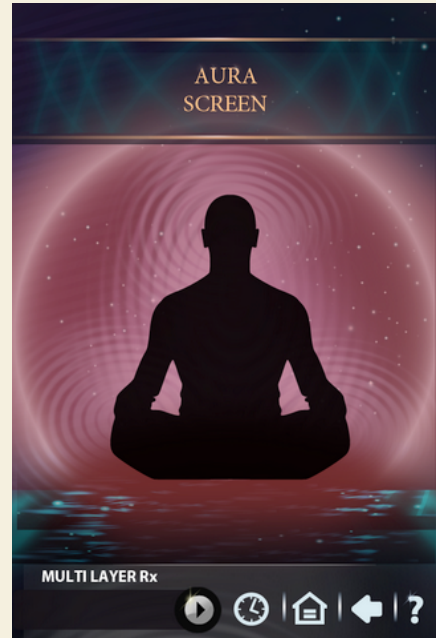
The human aura may be described as a fine, ethereal radiation or emanation surrounding each and every living human being. It extends from two to three feet, in all directions, from the body. It assumes an oval shape--a great egg-shaped nebula

**The Aura**, which looks like a halo of coloured light surrounding a person, whose colour's and patterns change according to that persons health, mood, intentions, spiritual condition, and so on, is a staple of 'New Age' theories and spiritual paths. It is a phenomena which people have claimed to have seen for as long as such observations have been recorded. There are even special photographic techniques which can be used to get a picture of a person's aura. And as part of the multi-billion dollar new age industry that has sprung up over recent decades there are now a multitude of professional aura readers, along with many, many books in the stores which teach interested candidates How to read aura's for themselves.

When mystic practitioners talk about some kind of spiritual energy, or the light of the soul, or uses whatever language their particular tradition has adopted, then the automatic reaction of the scientist is to dismiss it as religion or superstition, and then not pay the matter a second thought. But just because the Vikings thought thunder and lightning where caused by one of their gods striking a hammer in the heavens does not mean that thunder and lightning doesn't exist, just that they were wrong about the reasons. I believe the same could be true for many new age phenomena, including auras. Likewise if a mystic talks about the motions of the heavens being regulated by universal love, he may well be talking at least in part about gravity and the motions of the planets. And that is

why I was fascinated to read of research conducted by Jamie Ward of University College London and reported in the journal Cognitive Neuropsychology which suggests that a rare form of synaesthesia could explain the phenomena of auras. Many of you will be familiar with a condition called synaesthesia. It is not a common condition, and has only been thoroughly documented and explained quite recently, but because it is such an interested condition it has received relatively large amount of publicity, including many television programs and magazine articles. To summarize the condition briefly: synaesthesia, in its most common form, is when the area of the brain dealing with two separate senses somehow becomes linked. When this happens the subject experiences a mingling of usually distinct faculties, and finds they are able to smell colors, taste sounds, and so on. Synaesthesia may also involve the subject associating colors, or tastes, or whatever it may be, to certain words or numbers; so that whenever they come across a particular word, the corresponding taste comes into their mouth.

The aura is an energy field- it's our life force. It takes two forms - the cosmic vibratory energy that is omnipresent in the universe, structuring and sustaining all things and the specific aura that sustains each human body.



The aura is shaped like an egg made of fibrous light surrounding the whole of the body. To some, it is like a heat haze radiating all around the person shimmering with light and energy.