

CLEARING WITH A BIOFEEDBACK METER

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The Clearing Biofeedback Meter



Definitions of Healing Therapies

- **Clearing** : A technology for finding truthⁱ by using a biofeedback meter. It works with a person's mind and spirit while he is conscious. Clearing removes negative emotional charge and subconscious sabotage. It increases a person's abilities and awareness.
- **Kinesiology**: A technology which improves a person's health and wellbeing by working on the body's electrical systems. It is different from all other technologies in its use of muscle testing. Muscle testing enables a kinesiologist to communicate directly with the body's brain, which is like a super-powerful computer.
- **Deliverance** : The process of the removing or the "casting out" of demonic entities using the power and authority of the Lord Jesus Christ, as Jesus did in the bible.

Clearing

Clearing is a method of discovering truth. It is vastly more efficient than other technologies for finding hidden truth because of its use of the following:

A) Clearing Biofeedback Meter.

The Clearing Biofeedback Meter is a simple Wheatstone Bridge¹ which measures the resistance of the body as influenced by the electric field around it. It is fairly simple electronically. However, it is what is done with it in the hands of an experienced Clearing Practitioner that gives it its power.

To some people the Clearing Biofeedback Meter looks like a lie-detector. But it is in fact a 'truth detector'. It is many, many times more efficient and reliable than a lie-detector. As you will learn, the needle on a biofeedback meter gives a wealth of information. It does not react to the amount of sweat on the hands of the person as some seem to think. The Clearing Biofeedback Meter compares to existing devices as the electron microscope compares to looking through a magnifying glass.

When a person (the 'client') contacts a memory with negative charge², the electric field around his body is affected and causes a reaction (a 'read') on the meter's needle. The meter gives certain reads when the truth is being said. If a person makes up a story, or tells a false story which he believes to be true, the needle on the meter will read differently from when the person is telling the truth.

¹ Wheatstone Bridge: An instrument or circuit consisting of four resistors, or their equivalent, connected in a loop, with a galvanometer* linking the junction between one pair and the other. Used to determine the value of an unknown resistance when the other three resistances are known. (*A galvanometer is a device for detecting or measuring small electric currents by means of mechanical effects produced by the current to be measured).

² Charge: Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.

B) Acknowledgements.

An acknowledgment is a word or words that lets the client know that what they have said has been UNDERSTOOD and that THE COMMUNICATION IS NOW COMPLETE. It puts a “full stop” on what has been said.

‘Thank you’ is a common acknowledgement. Other acknowledgements could be ‘I understand’, ‘well done’, ‘I get it’, ‘great’. It is not WHAT you say so much as HOW you say it.

This is an extremely powerful technique. It enables a person to finally drop what they have been carrying. They can then see the next ‘layer of the onion’ underneath.

Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.

Acknowledgments help to take emotional charge off a person. This gives them the strength to face the truth. Also, once a story has finally been told, acknowledgments enable the client to finally put the past behind them and begin to change their life.

Acknowledgments also help to give a client certainty. If a person has memories, and they are sufficiently acknowledged, eventually they will come to realise the truth about their memories. They will realise that either (1) they really are true or (2) they are false – and they will realise then what really happened.

A Clearing Practitioner answers EVERY question with an acknowledgement. And gives an acknowledgement every time the client does what they are commanded to do.

Traditional psychology, however, never uses acknowledgements. Instead, the psychologist answers each answer with ANOTHER question. The client is left with hundreds of open loops. This keeps him stuck with his problems – and keeps him coming back to the psychologist, as he hopes to finally get a “full stop” to his answers.

C) The client is fully conscious throughout the session.

There is no hypnosis, or induced trances involved. A client is free to leave the session whenever he wishes. The success of the session depends on his full conscious support.

Personality change and improvement is not simply brought about by the practitioner acknowledging the client, but by the CLIENT acknowledging whatever it was that he found in the depth of his mind.

More on the Biofeedback Meter

A battery inside the meter sends a very low voltage current (9 volts) through a wire which is attached to an ordinary tin can which the client holds in one hand. The current interacts with the body's electro-magnetic fields. Only two volts actually arrive at the client.

A gross simplification of how the meter works is that the meter measures the resistance of the body as it is influenced by the electromagnetic field around it. It does not react to the amount of sweat on the hands of the client (as some may think).

When a person locates a memory with charge on it, the electric field around his body is affected and causes a reaction which registers as an INSTANTANEOUS needle movement on the meter. The more painful the memory, the more resistance there will be to the client remembering what happened – and the more resistance there will be, which will show up on the meter.

The meter measures **one level below consciousness** (i.e. on a pre-cognitive level). When working with a skilled Clearing Practitioner, a client can locate a particular event, the nature of that event, the location of that event in space and time and the amount of force contained within it – and the meter gives feedback.

A person can recall ANYTHING, no matter how deep. However, it can be easier to remember memories with **charge**.^v

Volney Mathieson presented his ideas about a biofeedback meter to Ron Hubbard, the inventor of Dianetics in 1952. A version of the meter known as the E-Meter (Electro-psycho Meter) was later put into widespread use in Scientology and Dianetics.

The modern Clearing Biofeedback Meter is designed to measure mental state and changes of mental state accurately and quickly. It is a modern version of what is known to psychologists as the psycho-galvanometer.

Reading a biofeedback meter properly takes extensive training and experience. To start with, the Clearing Practitioner should have received a minimum of 40 hours of clearing themselves, before giving it to others.

The Clearing Practitioner must also be trained in the ability to stay 'Present', no matter what the client says or does. To "Be Present" means to "Be here, Be now, Do nothing". Have you ever talked with someone and you knew that while they were physically present, part of their mind and spirit was elsewhere? Or in another time? Many people are not present for at least some of the time. They particularly tend to not be present when they hear things which they don't like hearing – either because the things being discussed are too unpleasant, or are outside the person's reality³. It is crucial for a successful clearing session that the Clearing Practitioner be 100% present at ALL times.

To the beginner the needle seems like a madly wiggling wild thing. But to the expert each needle motion allows exact conclusions regarding the client's attention. The meter does not tell the practitioner what picture the client sees. But it does tell him when the client is approaching a "hot area" (an area with a lot of charge), when he is backing off from it and when there is no charge left and no more information to be gained from the session.

Occasionally the client has memories which he has picked up from another source. He might have accidentally or intentionally gained false memories or memories belonging to someone else. When this happens, the meter reads in a different way. Therefore a good Clearing Practitioner will soon ask "Is it possible that these are not your memories?".

The client will then realise whether or not they are his. The truthⁱ of his answer will be confirmed by the meter. Further questioning soon finds the true source of where any false memories come from. The proof of this is again indicated by reads on the meter.

The validity of the truth of what is discovered during a session is confirmed by the client having many changes during the session. Sudden body movements may manifest. The client may go from feeling light and happy one minute to VERY heavy and tired the next. And later back again to feeling light and happy. The client may suddenly burst into tears, or shake. Often pains suddenly appear and then disappear in various parts of the body. And each of these physical changes is usually congruent with what has been said during the session.

The client usually makes changes for the better after a good session. Things that are discovered by the meter, and looked at and talked about thoroughly, will not trouble the client again. Often the client will have large positive improvements in their happiness, wellbeing and ability to "make things go right".

³ Reality: Agreement to what is. For example, two people have the same reality if they both like dogs. They have different reality if one likes dogs, but the other dislikes them.

If memories are hidden from us, there is a reason for this. Sometimes the memories are too painful for a person to look at straight away. This is one problem with **hypnosis** - a person is dumped into painful memories, whether they are emotionally strong enough to face them or not.

In addition, hypnosis **does not remove** the electrical / emotional 'charge' on the memory. This can cause problems because the person now has activated memories with the charge fully intact and close to the surface – whereas previously the memories and charge were further away and less likely to affect the person as often.

One of the many advantages of the biofeedback meter is that the Clearing Practitioner asks the client **ONLY** about things which are reading. Anything which does not read is either:

1. Not a problem
2. Not true
3. Too big for the client to look at, at that time. However, these things occur in layers, like an onion. Once we take off the outside layer, the next layer is smaller. Once a person has looked at the less painful things, they can go back to the other issues which were originally too big to be looked at, and they will find that they can then face them easily.

Another important aspect to getting results is that the person doing the talking must feel totally safe. They must feel that the person they are talking to will believe them, and not be threatened or upset by what they are saying.

The Mind

What is the mind?

The mind is an energy field. It is partly made up of what are called 'pictures'. Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

The mind is not the brain. The brain is a physical 'switchboard' between the mind and the body.

We are not a body. We are a spirit (or soul) which lives in a body. We, (the spirit) communicate with the mind, which communicates with the brain, which communicates with the body.^{vi, ii}

Where is the mind? Part of it surrounds our body. It is not all 'in our head'. A simple experiment will prove this. Ask someone to close their eyes. Tell them not to open their eyes until you tell them to. Then tell them to visualize the dashboard on their car. Ask them to let you know when they have done that. Once they have done that, tell them to **physically touch the picture** of their dashboard **with their finger**.

Every single person who does this touches an area IN FRONT OF THEIR BODY. They do not try to touch their head. This shows that the pictures that form our mind are OUTSIDE us. We look at the outside world THROUGH our mind.

This is one reason why different people view the world differently from others at times - because their mind is full of pictures from their past, which can affect their view of the present **when the pictures are activated**.

We record EVERYTHING that happens to us. Even when we are asleep or unconscious. This has been shown many times, for example, by people remembering in Clearing sessions what happened to them during operations and at their birth.

The mind has different levels of activity. On a lower level people are controlled by the pictures in their mind. They are activated by these pictures which they experience energetically.

On a higher level is rational thinking.

But there is an even higher level than thinking. There is KNOWING. It is much more powerful to KNOW something than to THINK it. Ultimately, Clearing works to improve a person's knowingness.

The File Clerk

There is a part of each mind which has been called “the file clerk”. When it is told to go and get a memory from the person’s mind, it does so if the memory is there. If the person is told to remember their last birthday, the file clerk goes straight to the files and gets out the last birthday. If told to remember what the person was doing on a certain date, it will do that as well. People who have a clearing session are usually amazed at how quickly long-forgotten memories will resurface. They do so because the Clearing Practitioner gives **precise, carefully worded** commands to the File Clerk.

The File Clerk gives answers as long as the client has the power to confront what’s comingⁱⁱ. Otherwise it’s hypnosis when the person is “switched off”.

Sometimes the memories that are remembered are so unusual that the client may doubt the truth behind his memories. In that case, all he has to do is "make up" something that is equally strange. The "made-up" memories will not register on the meter. Only what is TRUE will read on the meter.

The Clearing Practitioner will then get the person to look deeper at areas that are registering on the meter, by commanding them to do so, which activates the file clerk. This will get to the whole truth extremely quickly. The meter measures one level below consciousness. It reacts to signals from the client that are so subtle that they aren't perceptible to the eye.

To “As is”: How Negative Thoughts and Emotions are Cleared

In the physical universe, two things cannot exist in the same space at the same time. This also applies to the invisible universe of mental charge.

A memory exists as an energy in a person’s mind called a ‘picture’⁴. It is not the memory that causes the problem, it is the **NEGATIVE CHARGE** associated with the pictures that causes negative emotions, thoughts and behaviour.

When we get a client to remember **EXACTLY** what happened to him, he creates a perfect copy of the original picture. When he creates the perfect copy this vanishes the charge on the memory. The person then knows what happened, but the pictures and charge which were affecting him negatively have now gone.

Ron Hubbard called this process to “as-is” something. The person looks at a memory exactly as it is, at which moment it vanishes and ceases to exist. The memory will remain as a gentle knowingness, but without the painful charge that caused him problems.

You yourself have probably “as-ised” things at times without realising it. Think of a time when you had an absolutely **BRILLIANT** idea. But a few moments later you couldn’t remember what it was. No matter how much you thought, the memory never came back. You as-ised it. After creating the first thought, you then created another perfect copy. Two things cannot exist in the same place at the same time – and so your thought vanished.^{ii, iii}

⁴Mental image ‘pictures’ are often visual. But they are not always visual. Mental image ‘pictures’ can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

The Language of the Clearing Biofeedback Meter:

Understanding the notes from a session

Tone Arm (TA)

As the current of the meter runs around the client's body, it meets resistance. When the client begins to remember painful past memories, the resistance of his body increases. The needle of the meter moves to the left. In order to keep the needle on the "set" position on the dial, the clearing practitioner has to move the needle to the right. To do this, he turns a knob on the face of the meter clockwise. This allows more current to flow out in order to match the increased resistance.

This knob is called the Tone Arm. It measures resistance in the following amounts:

Tone Arm (TA)	Ohms (resistance)
2	5,000
3	12,500
4	30-40,000
5	150,000
6.5	10,000,000

A person who is in a happy state of being would probably have a tone arm between 2 and 3.5. TA measures the mental tenseness of the client. TA of 5 and above is very high.

Note that TA goes up EXPONENTIALLY, not linearly. If a person gets TA of 5 and above, they will generally feel quite 'heavy'. I describe this sometimes as feeling like a block of concrete. When the needle is between 2 and 4, when they will generally feel light and happy.

TA is one of the two things to look out for when reading the records of the sessions. TA is recorded as numbers throughout the sessions, in the right hand column.

Notice when TA goes up.

This means that mass is being pulled in. This generally means that a memory is brought in which the client does not want to remember now. High TA can also be caused by other things such as drugs, tiredness or pain in the body. It can also be caused by looking at the wrong areas. Or by a person lying. Or for there being something the person does not want to tell the Clearing Practitioner.

Most importantly, notice when TA goes down.

Two things cannot exist in the same place at the same time. When the client remembers what happened, he creates a perfect copy – which cannot exist in the same place as the original memory. He “**as-ises**” the pictures⁵ in his mind. Therefore the tension of the memory vanishes, and the person becomes less dense. The TA then goes down.

This is why we say that he has seen the truth. Since TA and a read can occur ONLY by creating a PERFECT copy of an event, it therefore stands to reason that this is a TRUTHFUL copy of the event.

TA goes down when the client remembers at least part of the truth. This reduces the charge on the incident. A drop of even 0.1 is meaningful. A sudden drop of 0.5 – 1.5 is a major realisation of the truth.

↓ This symbol beside a number in the right hand side of the right hand column denotes when there is a sharp drop in Tone Arm.^{iv,vi}

⁵ Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

READS: Short Falls, Falls and Long Falls

A **read** is a sudden movement to the right by the needle. Depending on the size of the movement of the needle, it is called a tick, a short fall, a fall or a long fall.

A read means a charged item was located and the charge reduced. The charge is on the words that were said IMMEDIATELY before the needle moved. This is called an 'instant read'. How does charge come about? By the client wishing to know something and not knowing it. The harder the client wants to know and the more difficult it is for him to find out, the more charge there will be.

Finding out and knowing brings relief. Anytime the client experiences relief there will be a read.

In the notes a symbol for a read is placed directly opposite the last word that it read on **instantly**, in the right hand column. If there is **any** time delay at all between the client speaking and a read, then the symbol for the read will be placed on the **next** line.

Floating Needle

A 'floating needle' occurs when the needle idly moves from side to side without any patterns or reactions in it. It just idly floats about. This is the most difficult needle characteristic to identify, because a series of falls could look like a floating needle.

A floating needle occurs when a major amount of mental mass has been erased. It means that there are no more painful or stressful memories, at least for a short while before the next lot of memories come in.

During a session, a floating needle may occur for only a second or two. Hopefully the session will end with a big floating needle. A big floating needle which lasts for a longer period of time indicates that all of the stress from the painful memory has been removed. It also indicates that all items of truth which are important to the client have been uncovered and talked about.

If the session does not end with a floating needle, then another session at a later date should remove the remainder of the charge.

Because a floating needle can be hard to identify, the best way to confirm it is to look at the client. If he is bright, light and happy, then that is a floating needle. If he is still tense, tired, sad or generally exhibiting negative characteristics then it is probably not a floating needle, but a series of falls and long falls.

A floating needle is identified in the notes as "F/N".^v

'Yes' and 'No'

The language of the biofeedback meter is simple. If you ask a question and get a read (that is, any type of fall) that means 'yes' to the question.

If you get no read that may mean no or it may mean yes.

If the client answers 'yes' to a question and the needle reads on 'yes' then that verifies that the answer is yes.

If the client answers 'no' to a question, and the needle reads on 'no' then that verifies that the answer is no

The read confirms the practitioner's question or the client's statements as true. Why? Because two things cannot exist in the same place at the same time. We have seen something exactly as it is, even if only in part. Truth is the exact consideration: the exact time, place, form and event.ⁱ Once the client creates the exact duplicate of what happened, charge is released.

(Lying or creating a false truth would only ADD to the charge that is there. This would stop the needle from reading and cause TA to go up).^v

Rock Slam

R/S Denotes a rock slam

A Rock Slam occurs when the needle has a wild, erratic movement. It is quite amazing to see if it happens. The needle will take on a life of its own. This happens when either (1) there is a faulty connection in the wires or (2) there is an “evil purpose”. ‘Evil’ means destructive and / or negatively controlling. The evil purpose could belong to the client, or to anyone or anything in the incident.^{vi}

Underlined v. not underlined words

Words that are not underlined were said by the client.

Words that are underlined were said by the practitioner – in this case, Stephanie Relfe.

Other Abbreviations

C/L Denotes a communication lag.

This occurs when the client does not say anything for a period of time. He is in 'lag' with regards to an answer to the question.

VGI Denotes "Very good indicators" meaning that the client is bright, light and happy looking.

X An 'X' is written when there is NO read. This is usually written about an answer to a question, to record that there was in fact no read on the answer to the question. In this case, we do not know whether or not the answer was true, but suspect that it may not be absolutely true.

A SUMMARY OF SYMBOLS USED:

Symbol	Stands For	Description
Tk	Tick	The smallest needle movement of all. Barely discernible.
SF	Small Fall	The needle moves 0.6 to 1.5 cm to the right
F	Fall	The needle moves 1.5 to 3 cm to the right
LF	Long Fall	The needle moves 3 to 4.5 cm to the right
↓	Sudden drop in Tone Arm	The most significant read is when there is a Long Fall at the same time that there is a sharp drop in Tone Arm. This is denoted by the symbol ↓ beside the tone arm number.
C/L	Communication Lag	The client has stopped talking before he has fully answered the question or completed the command given by the clearing practitioner.
F/N	Floating Needle	Means that there are no more painful or stressful memories activated, at least at this moment.
R/S	Rock Slam	Indicates the presence of an evil purpose
VGI	Very Good Indicators	The client is looking bright, light and happy
X	No read	The needle did not move at the instant end of the question or statement.
Numbers	Tone Arm	See chapter on Tone Arm (TA)

Metabolism

At the beginning of each session the amount of energy that the person has is measured. This is done by asking the person to take a deep breath and then let it out quickly. The needle will then fall a certain distance to the right, unless they have no reserves of energy when it will not fall at all.^v

The distance that the needle falls is recorded as “metabolism”. The basic rule is that a session can only be successful if the needle falls at least one inch to the right after the person lets their breath out. This is because doing a session requires quite a lot of energy on the behalf of the client, as well as the Clearing Practitioner.

Lack of metabolism is usually caused by lack of sleep or food.

Drugs

A session can be run successfully only if the client is not under the effect of alcohol or psycho-active drugs, (ie. Anything more powerful than aspirin).

The general rule is that alcohol should not be consumed 24 hours before a session and drugs not taken seven days before a session.

Repeating Technique

Our ideal state is to know everything.

The possibility of this can be better understood by reading "[The Holographic Universe](#)" (by Michael Talbot). In this book Talbot uses a hologram as a model with which to explain reality.

However, most of us don't know everything. At times we feel that we "don't know". Often the reason why we "don't know" is because we are being affected by things in our past which are still in our mind.

During a session, when someone says anything which denies that they know everything that happened in the incident being looked at, the clearing practitioner can get them to repeat what they just said. For example, if the client says "I don't know", "I can't see anything" or "I can't remember", they will be told to repeat that exact sentence. ("I don't know, I don't know, I don't know, etc.)

Usually, once the client has repeated this statement several times, the underlying truth will surface and they WILL be able to know, see and remember. This is because they as-is-ed at least part of the reason why they "didn't know" when repeating this statement.^{vii}

The Clearing Practitioner's Code of Ethics

The session will work only to the extent that the client feels that they are safe with the Clearing Practitioner. Therefore, a "Code of Ethics" was devised which has been found to be essential for successful sessions.

1. I agree not to evaluate a client, by word or thought. That is, I agree not to judge a client or to tell them what I think is the truth. I agree to simply question them according to how the meter is reading and to lead them to make their own discoveries.
2. I agree not to invalidate a client by word or thought, no matter what is discovered in a session. That is, I agree not to do anything that would put the client down in any way whatsoever.
3. I agree to keep all appointments once made. This is because once the appointment is made memories can begin to get stirred up, getting ready to be handed over in the session.
4. I agree not to work with a client later than 10 pm, unless an important action needs to be completed. I agree not to work with a client who is physically tired or has not had a meal before the session. This is because a session requires a considerable amount of energy on the part of the client as well as of the Clearing Practitioner.
5. I agree not to work with a client who has consumed alcohol within the last 24 hours, or drugs within the last week.
6. I agree not to sympathise with a client but to be effective and help them to be the very best they can be.
7. I agree to never get angry with a client.
8. I agree not to let a client end the session, no matter what may come up, but to complete what I have begun.
9. I agree to hold a safe space for the client during the session, and to be a safe person for the client to contact at any time in the future.
10. I agree to have no sexual relationship with a client.
11. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.

Kinesiology

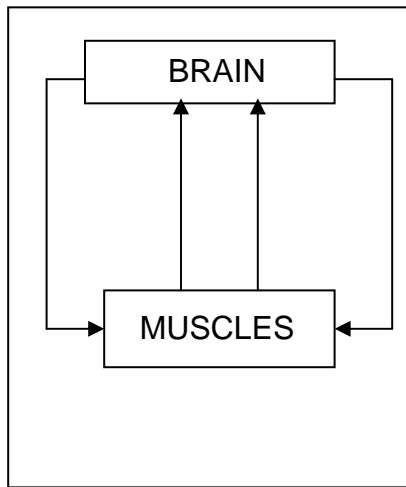
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology which is amazingly efficient at balancing the body energetically so that it can return to excellent health, energy and emotional strength.^{viii}

Wholistic Kinesiology incorporates much of the best of different schools of kinesiology including Touch for Health^{ix}, Applied Kinesiology and Educational Kinesiology. It also includes new discoveries and newly developed corrections such as the Wernicke's Correction (see next section in the notes).

Kinesiology differs from all other methods of healing by its use of muscle testing.

The basis of muscle testing is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex **computer**, namely the brain. The brain is continually in communication with each of the 639 muscles in the body.

If a muscle is electrically in balance, it is possible to measure a constant electrical signal from the brain to that muscle and back again, much the same as two faxes 'talking' to each other.



However, when the body is overstressed (through a chemical, emotional, structural or electrical cause), the electrical signals in one or more muscles go weak. It is like a fuse in your fusebox blowing. The body figures that it is better to blow a fuse than the whole thing.

This is the basis of muscle testing. For example, if a person has a particular muscle in their arm 'out of balance' (as we say), then they will not be able to hold their arm in a certain position when the kinesiologist applies pressure to it.

This is particularly significant when you realise that many different parts of the body are in communication with many other parts of the body. That is,

Muscles (communicate with)	muscles
Muscles (communicate with)	organs
Organs (communicate with)	muscles
Organs (communicate with)	organs

In the above example, the muscle itself may have been weakened. However, if it is the particular muscle that communicates with the stomach the muscle may be weak because the stomach is out of balance. In another example, a person may have a weak bladder because their bladder is out of balance. However, the bladder communicates with the ankle muscles and therefore a weak bladder may have been caused by weak ankle muscles. It is virtually impossible to completely heal the body without taking the whole picture into account.

Once the weakness is located through muscle testing, the kinesiologist then 'talks' to the body. For example, by use of muscle testing the kinesiologist can ask the body any number of questions.

For example, what caused this muscle to go out of balance? If it was a chemical he can ask the body what specific food or other substance caused the body to go out of balance. If it was a deficiency, he can find out what food will re-strengthen the body.

Emotional Stress Release

If it was an emotion which caused the imbalance, the kinesiologist can find out what specific emotion is involved. It is important to realise that emotions ("energy in motion") can be stored in the mind, but they can ALSO be stored in the body.

- Clearing removes negative emotions from the mind.
- Kinesiology removes negative emotions from the body.

A kinesiologist who locates an emotion or incident stored in the body can use muscle testing to find out any number of things, including WHEN it happened, and WHO was involved. It is crucial that the kinesiologist have a totally open mind when doing this.

Once the emotion is located, the kinesiologist can then do an extremely simple form of emotional stress relief.

He/she lightly places a few fingers on the other person's forehead, while the person 'looks at a video' of the emotion. When we are under stress, blood goes to the back of our brain (where the past is). But when a hand is placed on the forehead, blood moves to the front of the brain (which unfortunately most of us use only 5% of the time) where new choice is located. Within a very short period of time (often a few minutes) the person will be a lot less emotional about the particular incident, and therefore a lot less affected by it.

Whether or not the cause of an imbalance is identified, the kinesiologist is able to ask the body which particular areas of the body should be touched in what particular way to correct the imbalance. The brain becomes aware of the problem and finds the electrical pathways which were blocked or forgotten about, and rectifies the situation. Typically people notice an immediate (and hopefully long-lasting) absence of pain in the troubled area and within a few days afterwards many of any other symptoms have often gone.

'The Wernicke's Correction'

Removing sabotaging commands from the Wernicke's area of the Brain, using Kinesiology

The mind is an energy field. Clearing removes charge from the mind. But clearing does not necessarily remove negativity from the brain. The brain is a physical 'switchboard' between the mind and the body.

Research has shown that words are stored in a specific area on the left side of the brain. What is not so well known is that there is an equivalent area in the right half of the brain which is also involved with language. Both these areas are called the Wernicke's area.

According to Professor Julian Jaynes, lecturer in Psychology at Princeton University, up until around 3,000 years ago, mankind was basically not conscious as he is today. He did not think in terms of concepts, and he was not introspective (i.e. he did not 'turn inwards and think about himself').

Instead he operated with what is called a "bicameral mind". The bicameral mind was man's mind before he developed self consciousness. Early man did not make any decisions on his own. The concept of "self", of being independent and self-reliant, did not exist.

Whenever a decision had to be made, early man looked for a "sign" from an outside authority, such as a king or a god, to tell him what to do. For example, if he went along a road which divided into two roads, he might throw some stones into the air to see which way they fell, to tell him which road to take.

Other signs that early man used to determine what action he should take when he was faced with a decision were often "voices" which he heard in his head and which brought immediate obedience.

Experiments have shown that if the Wernicke's area in the left half of the brain is electrically stimulated during speech, it will interfere with the ability to talk properly, almost halting speech.

The same type of stimulation to the Wernicke's area in the right brain, however, causes a person to hear "voices" or "commands". These are usually of an authoritarian or dictatorial nature, and can be identified as the voice of one who was feared, admired or "looked up to" by the person being stimulated. We call these commands "Wernicke's commands", because they are commands stored in the Wernicke's area of the brain.

The two Wernicke's areas are connected to each other by a thin bridge of tissue. This is where the term "bicameral mind" comes from. It seems that the "voices of the gods" were in fact internal dialogue coming from the right half of the brain.

If mankind was to become civilised, this simple mind had to greatly improve and consciousness had to develop. However, the bicameral tendency is still present today! It is the bicameral mind, the right side of the Wernicke's area, which we "hear" when we hear those little words of self-invalidation and sabotage.

The 'authorities' who might have put commands into this mind are no longer "gods" - they are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors.

Have you have ever been told to "grow up", "shut up", "eat up", "forget that" or "give up"? Have you ever been told "you're mad", "you're bad", "you're stupid" or "you'll never make it"?

If somebody you thought was powerful said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "you're not good enough", "strong enough", "pretty enough", "clever enough" "you'll go to hell" etc. etc. **then they may have made an 'entry' in your right Wernicke's area, an implanted command, which is still influencing you to this day!**

When people do any work or therapy to get rid of negative beliefs, the beliefs they try to get rid of things are usually worded as "I ..." eg. "I'm not good enough" or "I'm too fat". But "find the truth, and it will set you free". **These beliefs are not filed in the brain (which is like a super powerful computer) under an "I" point of view.** The commands are entered as said by another person, as if the person is right there, talking to you! For example, the belief may be "I'm no good" but the original command (which is stored in the brain) was "**You're no good**".

Normal kinesiology has a correction called a Goal Balance which is designed to get rid of negative beliefs. However, it often does not seem to work.

However, in 1996 Australian kinesiologist David Bridgman made an astounding discovery. He realised how to remove negative beliefs from the brain!

The key to removing these beliefs is that they are stored in the brain as though another person said them e.g. "You won't remember". The brain then tries to make sense of a command and translates it, for example, as "I won't remember". This command then interferes with the person. To get rid of the command you must find the EXACT wording of the command, which in this case is "You won't remember".^x

This specific kinesiology procedure enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

These commands are hidden in the brain a bit like the way that 'drop down menus' are hidden on the computer screen. Sometimes you can't see the menus, but they are still there. When you do the correct kinesiology procedure, the sabotaging commands "drop down" and then you can delete them. But they do not all appear at once. It can take a number of sessions to get rid of them.

This is a simple, revolutionary and very powerful procedure.

The key to doing these corrections successfully is to get the EXACT wording. Generally, throughout these sessions it would take up to seven attempts each time to get the precise wording. Mostly the correct wording would be found after two or three attempts. Throughout these sessions, I did not record our incorrect attempts to find the commands. Only the successful attempts were recorded.

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