

Bio-Emotional Balance

October 21, 2017



“Natura Sanat, Medicus Curant.”



“Nature heals, the physician helps to cure.”

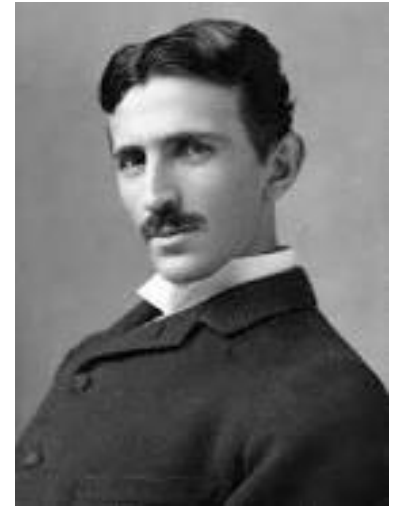
Paracelsus (1493 – 1541)

Bio-Emotional Balance

“If you want to find the secrets of the universe, think in terms of **energy, frequency and vibration.**”

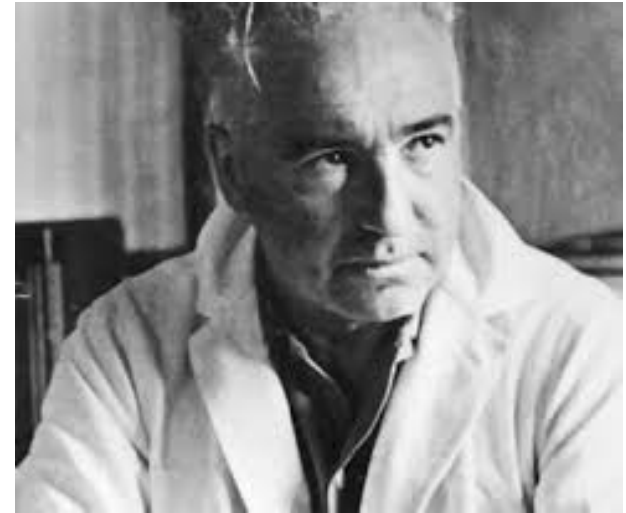
“My thoughts emit energy into the universe.”

Nikola Tesla



Today enlightened doctors are finding ways to restore health and wellness with energy, frequency and vibration through the use of Homeopathy, light, sound, vibration and the electromagnetic field.

Bio-Emotional Balance



“The Biological physician knows about the bodily function of the emotions. He understands how and why one can die of grief, for grief is identical with the shrinking of the autonomic nervous system.”

Wilhelm Reich. *Ether, God and Devil Cosmic Superimposition* 1949

Bio-Emotional Balance

The Modern Patient: Toxic, Emotionally and Energetically Disbalanced

All therapy in Biological Medicine is aimed at reducing or eliminating disruptive foci. By including the emotional component, we can lift a significant physiological burden from the A.N.S.

If we regulate, we can compensate.



Bio-Emotional Balance

- Heavy Metals
- Chemicals
- Dental Foci
- Scars
- E.M.F. / Wi-fi / Geopathics
- Food Allergies / Poor Nutrition
- Emotional Stress / Immune Challenges
- Disturbed Intestinal Mucosa



The Triangle of Health

Biological

Energetic

Homeostasis

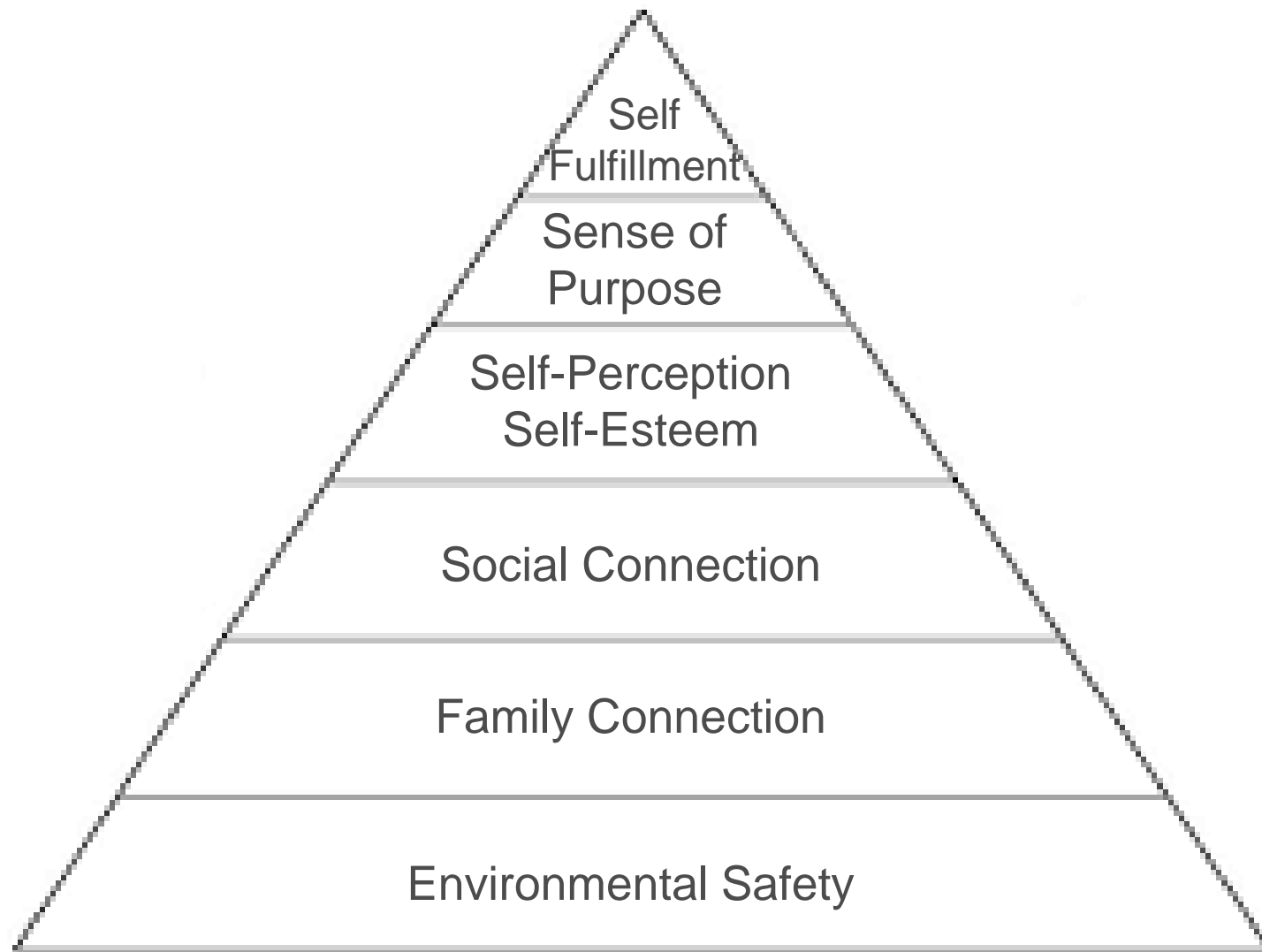
Proper Regulation

Emotional

The Emotional Component

- The greatest problem we face is that we think we are running our lives with the wishes and aspirations created by our conscious mind. When we fail to obtain our goals, we are led to conclude that we are victims of outside forces preventing us from our destination.
- Neuroscience has now established that the conscious mind runs the show at best 5% of the time. Programs acquired by the subconscious mind shape 95% or more of our life experiences. *(The Biology of Belief, Bruce H. Lipton, Ph.D., Szegedy-Maszak 2005)*
- We function and act primarily guided by how we feel about an experience not what we think about an experience.

Six Basic Needs of Emotional Balance



Bio-Emotional Balance

- ***That which is emotionally suppressed, eventually becomes physically expressed.*** High emotional events create a “charged” synaptic pathway that can later trigger feelings and behaviors that perpetuate a pattern in the individual. This can create a sense of a narrowing of control and the loss of the feeling of free will. **We become victims of circumstance.**
- ***The body will always find a way to express emotional stressors,*** usually through unexplained body pain or the manifesting of illness. Surviving a dramatic or traumatic episode requires many physical and physiological functions.
- **The common clinical points of emotional release** - Left or right side body pain or weakness, low back pain, knee pain, headaches, and neck pain are often areas that hold and signal emotional stress. Pain is a signal that vibrational harmony and energy flow has been lost or disturbed in the body.

Bio-Emotional Balance

- Winning is a habit. So is losing. *Vince Lombardi*
- Change is the most difficult thing for people to go through.
- Helping people change their minds, their habits and their outlook helps manifest the cure.

Helping Patients Regain Control

- **Take Control Over Self Talk.** Stop the Stinking Thinking. Discover your default state: Optimistic; Negative; Influenceable; Resourceful.
- **Practice Mindfulness.** Notice details. Check in with your body. Make eye contact. Write out your feelings. Set goals. Breathe consciously. Walk. Unplug. **Stop multitasking!**
- **Power Mindset.** Remember a past victory. Affirmation: *I possess Resourcefulness and Invincibility.*

Bio-Emotional Balance

Accessing the Bio-Emotional Component

Making the Connection

- The brain, the heart and the gut - and the connection between them through the vagal nerve pathway and its connection to the central and peripheral nervous systems - serve as the access points for correction.
- Essentially, we are striving to relieve the regulatory system of perceived burdens and reactions that stem from high emotional events or trauma. These triggers or looping “emotionally charged” synaptic programs often hold the individual in the sympathetic fight or flight response. These synaptic loops allow for a future presentation triggered by a stimulus that seems to be similar to the initial event.
- This sympathetic action over time takes its toll on the immune system and keeps the person from the needed parasympathetics of healing, resting, digesting.

Bio-Emotional Balance

Hand Mudras (hand and finger positions) have been used throughout the centuries to bring about states of consciousness. In Buddhism, Hinduism and Christianity, hand Mudras are seen in paintings and statues. Today they are still used by monks, yogis and priests. Both Buddha and Christ are often seen holding Mudras while teaching, meditating or praying.



Bio-Emotional Balance

- GB 14 Clear Mind Point
- Used as Emotional Reflex test
- Reflex for shock and trauma
- One finger width above the eyebrow in line with the center of the iris



Bio-Emotional Balance

- **Gyan Mudra:**
Thought,
Consciousness
and Awareness



- Stimulates the mind and is the Mudra of the brain and of knowledge. Also relates to the physicality of the body.
- Emotions: Worry. Over-thinker. Fearful. Can represent lack of memory of traumatic event.

Bio-Emotional Balance

- **Vayu Mudra:**
Intestine
Reactive and
Instinctive



- Stimulates the gut and relates to intuition
- Digestive properties
- Emotion: L.S.E. / L.O.C. Dogmatic

Bio-Emotional Balance

- **Apanu Vya Mudra:**
Heart
- Stimulates the heart and circulatory system
- Accessing emotions, heart memory and flow of life
- Emotions: Abandoned. Deserted. Lost. Broken-hearted.



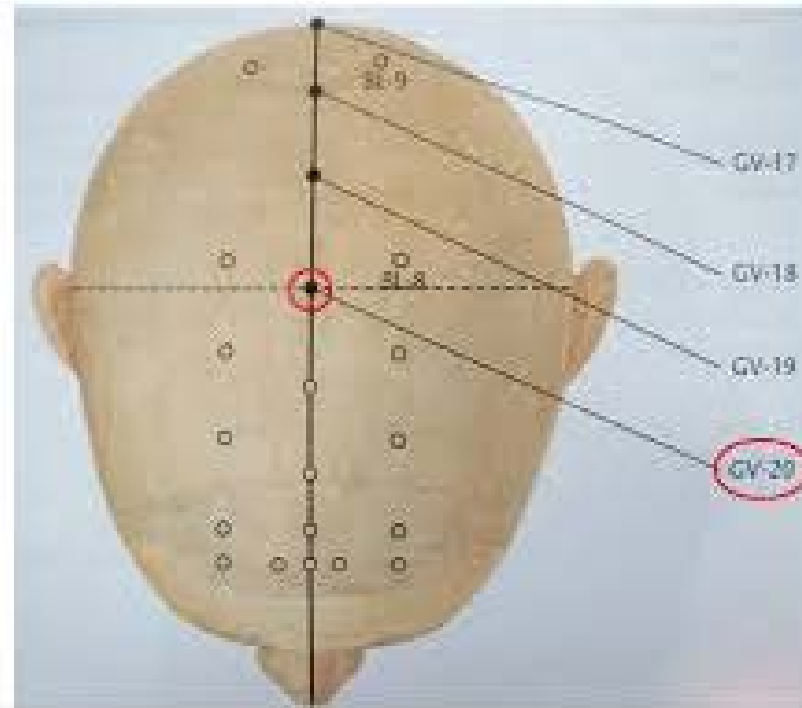
Bio-Emotional Balance



- **Prana Mudra:**
Immunity, Energetic and Emotional Balance
- Refreshes and balances the body's energy and restores energy flow
- Used to check if energy balance has returned
- Emotions: Grief. Sadness. Confusion.

Bio-Emotional Balance

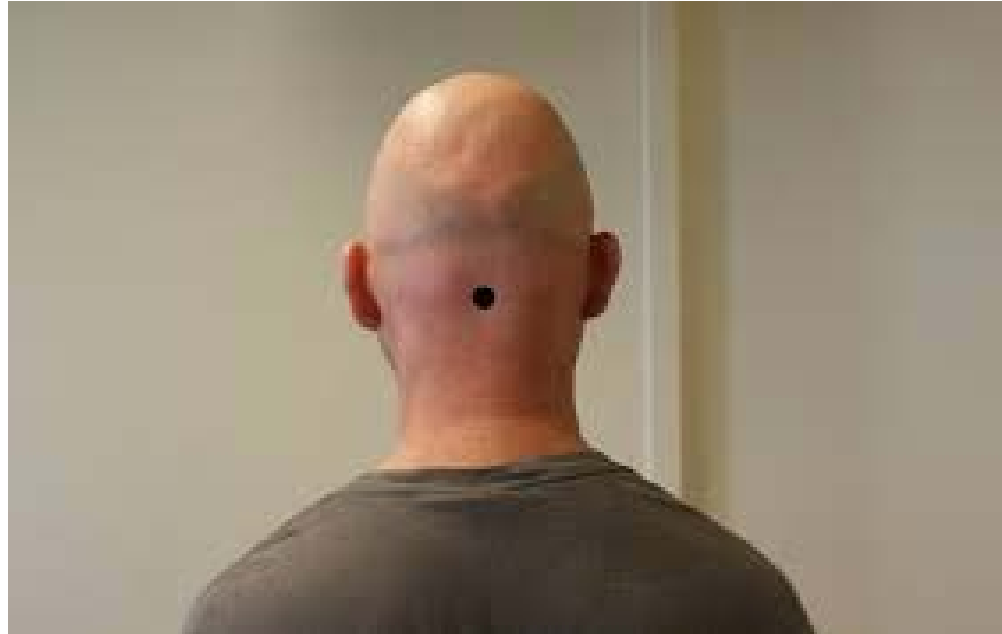
GV 20



- Spiritual Awareness Point
- Point for stimulating the Central Nervous System

Bio-Emotional Balance

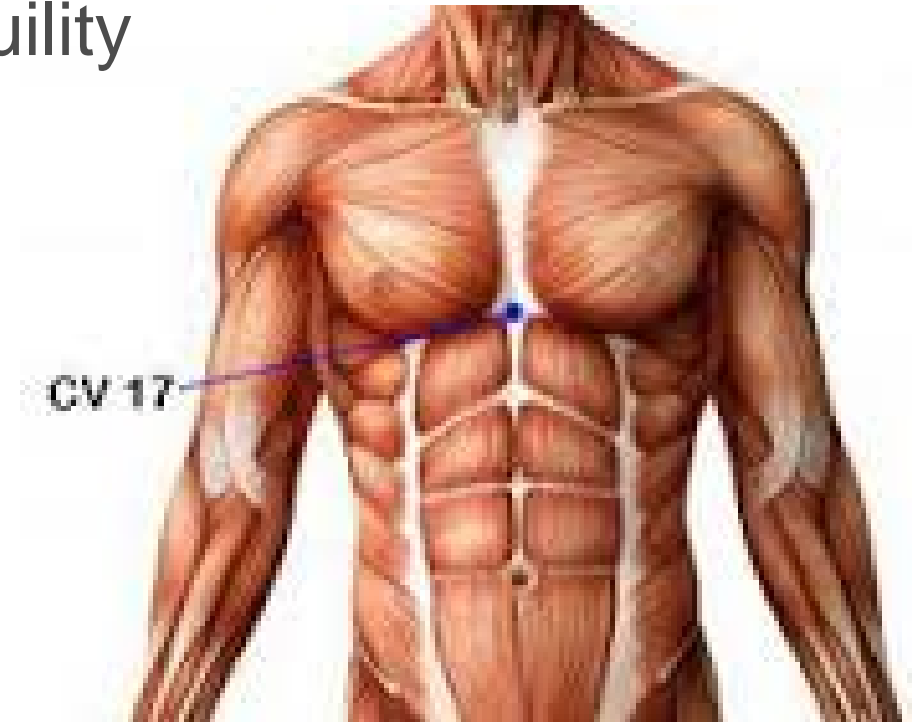
GV 16



- The Window of Heaven
- Point for stimulating the Peripheral Nervous System

Bio-Emotional Balance

- Master point of Tranquility
- Relieves anxiety and tension
- Stress, panic attacks
- Point for emotional release



Bio-Emotional Balance

“I want to break a 5:20 mile”



Bio-Emotional Rebalancing

**“I did emotional rebalance with Ian
and ran a 5:18.08 mile”**



Simple Muscle Response Testing

- Solicit a locked muscle.
- Test regulation. Muscle test or H.R.V. Know the person regulates!
- Contact point of pain or traumatic event.
- Have client move through the Mudras while we maintain contact with the area or the client maintains a memory. Any Mudras that show a lack of energy flow are blocked and need to be corrected.
- Correct any energy flow weakness with central or peripheral nervous system points combined with Mudras and respiration.
- Retest the area of pain for energy flow.

Suggestions for Emotional Balancing

- Have clients create a timeline.
- While muscle testing, read the bullet points to the client. Any weakness or lack of energy flow should be corrected.
- GB 14 & CV 17 points to make emotional release corrections. Correct any Mudras as well.

Organs and Emotions

- Heart/Small Intestine/Thyroid: Lost, Vulnerable, Loss of Love, Shocked, Repressed, Abandoned, Deserted
- Liver/Gall Bladder: Anger, Frustration, Resentment, Galled, Bitterness
- Stomach/Pancreas/Spleen: Low Self-Esteem, Lack of Control of Events, Distrust, Worry
- Kidney/Bladder: Fear, Dread, Hopelessness, Impending Doom, Shame, Unfulfilled
- Lung/Large Intestine: Sadness, Grief, Anguish, Dogmatic

Prescription for Wellness

Some revealing questions:

- If you could break any rule without consequences, what rule would you break?
- Are you in a relationship? If so, are you happy? If not, do you wish you were?
- Do you feel like you're in touch with your life purpose?
- Do you feel stressed over money?
- If your health condition had a message to deliver to you, what would it say?
- What does your body need in order to heal?
- What have you left behind?

Bio-Emotional Balance

No manifestations outside this formula.

$$\underline{(T + E) \times A = R}$$

(Thoughts + Emotions) x Actions = Results

- All suffering is born from attachment... *The Buddha*
- The cycle of suffering expanded:
Desire – Attainment – Attachment – Loss
- Is the patient stuck in one or more of the phases of suffering?

Nonverbal Indicators

- Clenched Fist*** Holding on to something, unwilling to let go
- Closed Eyes*** Does not wish to look at something; keeping something in
- Chin Touch*** Feels shame over something
- Jitter Bug*** Unexpressed worry, nervous; body trying to balance energy
- Neck Rubbing*** Disagrees; may be hiding or changing the story
- Crossed Arms*** Closed off; shutting out the memory or the information

Laughing, Crying, & Yawning are all physical expressions of emotional release.

Bio-Emotional Balance

Look for the lost or disrupted “season” in the history of the client. Have them recapture it through the act of doing.

- **Spring.** Early childhood. Adolescence. (The need to be nurtured)
- **Summer.** (Self-Discovery) Creating a separate self. (The need to be free) Relationship practice. Soaking it all in.
- **Autumn.** Adulthood. (The need for purpose) The gathering and applying of knowledge.
- **Winter.** Older adult. Self-fulfillment. (The need to give back) Passing on knowledge. Self-fulfillment.

Bio-Emotional Balance

Universal Emotional Needs at the Time of Death

- The need to be Forgiven and free from Guilt
- The need to have had a Meaningful and Important Life
- The need to be Remembered

Remedies for Emotional Balancing

Ceres Mother Tinctures

- Geranium Roberticum: For shock and abuse, physical or emotional trauma
- Passiflora: Supports heart harmony, inner peace, heart communication; Opens one up to self love
- Ginkgo Biloba: Unity and equilibrium of mind-body polarities
- Melissa: Calming, soothing, especially for states of tension, anxiety, restlessness

Typically five drops in water, three times a day. Can blend them if needed.

Bio-Emotional Balance

- Emotions effect the physical body. Unexplained pain is almost always emotionally based. That which is emotionally suppressed will be physically expressed. When in doubt, tap it out.
- 95% of our actions and reactions are triggered by what the body feels about things. Mind and body are one and the same.
- Install New Software.
 - ◆ Control Self Talk ◆ Practice Mindfulness ◆
 - ◆ Maintain a Positive Mindset ◆

Bio-Emotional Balance

Forest Bathing



Thank You



www.BiologicalHealth.com