

The Six Key Elements of Personal Transformation

Different healing disciplines imagine the world differently and usually separately and quite distinctly from one another and can over identify with their particular view or take on why humans suffer. I believe that for true homeostasis or balance to occur, you have to address the physical, mental, emotional, psychological, psychic and spiritual aspects of what is going on to produce real and tangible improvement if not total and complete balance and alignment in any area of your life. Below are just a few of the ways that our society has come up with to explain, deal and cope with why we have dis-ease in our lives. We are all wired very uniquely and specifically and will respond better to different modalities than others. One size definitely does not fit all and it is our job to find what works for us. I subscribe to the creeds, "Physician Heal Thyself" and "Know Thyself." I believe that we are the only ones who can affect true healing on any real level. It is our responsibility and ours alone to do the work necessary to heal what ails us and grow and evolve. We can ask for help, and that is role of a facilitator, but ultimately, our healing is left in our own hands.

Below is a list of specific modalities in each category that can be chosen to facilitate each individual in a tailor made fashion. Because we are all so uniquely wired, one protocol for personal transformation does not fit all. We can design a six-week program that fits your specific needs.

PHYSICAL: TECHNIQUES FOR TAKING CARE OF THE PHYSICAL BODY

Doctor treats for physical pain by prescribing heavy-duty pain relieving prescription medicine to numb you out. Sometimes he is your best friend.

Psychiatrist treats for mental or emotional pain by trying to balance the brain chemistry with pharmaceuticals that regulate the neurotransmitters of the brain.

Nutritionist: looks at the diet and treats for nutritional deficiencies both micro and phyto as well as adequate intakes of protein, complex carbohydrates and amino acids.

Sclerology: The science of using the whites of your eyes to determine current physical pathology happening in the body.

Physical Exercise releases endorphins into the bloodstream that affect mood and pain levels.

Yoga: for a body, mind connection.

Acupuncturist: Places needles in strategic meridian points of the body to rebalance the electrical and magnetic circuits.

Massage Therapy treats for pain by working on releasing tension from the muscles and fascia of the body to facilitate stress release, which can be very helpful.

Lomilomi Massage Perhaps the main difference between lomilomi and other types of massage is that lomilomi is intentionally spiritual in its orientation and approach to release of blockages.

Foot Zoning & Reflexology can indicate which organs and glands are inherently weak and stressed, because those points will be tender. By stimulating the reflex points on the foot, the body is able to release stress and revitalize.

Bowen Technique out of Australia is a very gentle stress relieving treatment that helps restores fluidity and balance to the body. Sometimes gentle is best.

Colon Irrigation Therapy: Notion that a toxic colon is the main cause of dis-ease in the body and that by eliminating toxic waste from the body, the body begins to thrive.

Rebuilding Neurological Pathways: Uses right and left brain exercise to build neurological pathways.

Handwriting Graphology: Change your handwriting, change your life.

Trance Dance or Ecstatic Dance: Finding your own unique dance that only you can dance.

MENTAL: TECHNIQUES FOR TRANSMUTING LIMITING BELIEF SYSTEMS BASED ON OUR THOUGHTS

Cognitive Psychologist views problems or pain as a result of negative self-talk and belief systems. They might suggest **Affirmations** to reprogram the subconscious to adopt new belief systems and patterns that will then affect what goes on in the outer world. “As Within, So Without”. They might also suggest **creative imaging** and **storyboards**. The three pronged approach of knowing what you want, believing you can achieve it and taking action to create the desired outcome is a proactive way of taking your power back when you feel helpless and powerless to change a situation.

Abraham-Hicks has many tools for breaking limiting belief systems by changing one’s vibration and point of attraction.

Byron Katie believes that all problems and stress are caused by the projections of the mind and what we are believing is something that we can not know for certain is really true. When we question the mind and its rigid certainty of truth, and expose the illusion, the mind shuts up and peace is restored.

Dream Statements: Writing out very specifically what one wants to create in a certain area of life.

As a Man Thinketh, So Is He: The thoughts we think and the stories we tell create our personal reality and what experience in every area of our life. The words out of our mouth create our reality.

Change Your Story, Change Your Life: Rewriting the early memories of trauma and pain and telling a new story that empowers you.

Kelly Howell and Universal Mind: uses self-hypnosis tools for reprogramming the subconscious mind.

Paul McKenna – Uses the power of Hypnosis to release the blocks on the subconscious level.

Auto Suggestion Phone and affirmations: to affect change at the subconscious level.

TFT – Thought Field Therapy: Similar to EFT (Emotional Freedom Technique), but instead of using words to articulate various feelings and emotions, you think of the trauma or experience and rate it on a scale of pain from 1 to 10. You then tap at specific meridian points to clear the trauma.

EMOTIONAL: TECHNIQUES USED FOR RELIEF FROM EMOTIONAL TRAUMA

Psychotherapist looks to see what has happened in our childhood that is continuing the theme of what was experienced.

Feelings Buried Alive Never Die by Karol Truman uses dis-ease in the body as a way of talking to you. “The Script” releases stuck emotions caused from traumatic life experiences across time and all eternity.

B.E.S.T. Release Technique: A technique to help release subconscious blocks by using a combination of a Yoga stance, magnets, and emotionally charged words.

NLP – NeuroLinguistic Programming collapses a good memory and a painful memory together and the two then create a new paradigm reality shift, which incorporates both memories so that you keep all the wisdom gained from the experience, but without the emotional memory trauma and pain associated with it.

EFT – Emotional Freedom Techniques is a tool to help disconnect you from pain and fear.

Bach Flower Remedies help restore emotional balance.

Essential Oils help restore emotional balance

Laughter Therapy gut level laughing from funny movies, books and comedy shows can help clear stuck energy and release endorphins into the system.

Primal Scream Therapy to break-up and release emotional blockages

Anger and Rage Therapy moving stuck energy through beating a pillow, hitting a punching bag or throwing glass.

Trance Dance to help move stuck emotional energy in a very primal way.

PSYCHOLOGICAL: TECHNIQUES FOR DEVELOPING COMPASSION AND FORGIVENESS OF OURSELF AND OTHERS. KNOW THYSELF.

Shamanic Astrology: Helps identify the major aspects of the psyche and how they communicate and interact with each other. Know thyself.

Color Code: Is a measurement of one's personality traits.

Myers Briggs: Can help you understand your personality type

Enneagram: One of the newest personality systems in use, and emphasizes psychological motivations.

Strengths Finder: Newer system that helps you identify your strengths then promotes focusing more attention on your strengths and not your weaknesses.

Behavioral Iridology: Using the iris of the eyes to see genetic patterns of behavior you've inherited from your parents.

Physiognomy or Face Reading. Before Dr. Sigmund Freud introduced psychiatry to western medicine, face reading was the only system used throughout the world for understanding a person's character.

The Psychology of the Hand: The lines and prints on each hand hold valuable insight into the drive and psychological makeup of each individual. The lines and prints are formed on the hands by 16 weeks in utero. It is a map of opportunity that sets intention for each individual to progress and evolve over the course of a lifetime.

Handwriting Analysis: Is a literal current time brain printout of one's personal traits and idiosyncrasies. Handwriting changes over time due to age, health and conscious personal work.

Greg Bradden believes that the outer world is a reflection of our inner world and that the only way to change the outer world is to change the inner world. Another form of "As Within, So Without". He might suggest using the 7 Mirrors Technique from the teachings of the Essences from biblical times.

***Reflections of the moment. *Reflections of Judgment *Reflections of Loss *Your most forgotten Love *Father/Mother/Creator *Dark Night of the Soul (Acceptance of the unacceptable) *Compassion and Perfection of all things**

Dream Interpretation to receive intuitive guidance on what is going on in your world currently, counsel on how to resolve conflict and a heads up of what is coming down the road.

Presence Process by Michael Bowen: 10 week self-awareness training that uses the premise that everyone who comes into our life whether short or long term is a messenger sent to us to help us become more self-aware. Hence the phrase, "Don't shoot the messenger."

PSYCHIC: TECHNIQUES FOR CLEARING HEAVY STAGNATE ENERGY AND MAINTAINING PERSONAL ENERGY HYGIENE

Psychic looks to see if we are under some sort of attack, cursing or possession by unseen forces.

Exorcist or Shaman is able to set one free from psychic attacks, curses and possessions by unseen forces.

Past life therapist might suggest that problems stem from unfinished business from another life, and another time.

Cord Cutting: A focused ritual done to release ties and bonds that no longer serve us or make us feel stuck and trapped.

Star Seed clearing with chimes and tuning forks.

Archangel Michael Clearing call down the 5th dimensional tube of light and place it over oneself, loved ones, home, place of work etc... It is a form of protection and energetic hygiene.

Violet Flame another technique for energetic hygiene to burn off negative energy that is adversely affecting us.

De-programming or Un-Brain Washing: Technique used to clean the psychic energy field of accumulated toxic electromagnetic energy that affects clear thinking and perception.

SPIRITUAL: TECHNIQUES FOR EXPANDING CONSCIOUSNESS AND HIGHER LEVEL AWARENESS

Medium or Channel connects and helps you get answers from the spiritual realm and can help you to connect with loved ones who have passed on, and receive guidance and counsel from one's Angels and personal Spirit Teachers and Guides.

Astrologist can help us understand what archetypal energies are moving through us that desire expression as well as life's lessons, challenges and opportunities. They also look to the heavens to see what transits are affecting us. "As Above, So Below"

Spiritualist might suggest **meditation** as a problem solving technique as it allows the right and left hemispheres of the brain to sync up and balance, which allows us access to the pineal gland, doorway or eye of the needle that take us to kingdom of God within and to our own inner voice and authority.

Or they might suggest Prayer, which allows us a forum to pour out our soul and request and supplicate help from unseen powers and forces for divine intervention.

Yuen Method, Matrix Energetics, The Emotion Code, The Healing Code and Calyco are types of leading edge healing modalities that believe that we are all connected into an energy grid and that using quantum physics and the time space continuum or by going into our DNA, genetic code or organs of the body we can disconnect from parts of the grid where we are out of alignment. Using kinesiology one is able to determine where the imbalance is and correct it quickly and easily by clearing the block.

Shamanism – recapitulates (pulls back) the fragmented soul and brings it back to wholeness.

Reiki, Jo Rei are energy treatments. A Reiki or Jo Rei practitioner will become a channel of life force energy and will transmit the energy to the receiver through their hands. The energy has its own intelligence and will direct itself in an hierarchical manner and go to where the receiver is in most need of energy and support, whether it be physical, mental, emotional, psychic or spiritual.

Ho-op-ono-pono: Uses forgiveness work to release the karmic ties and bonds that make us feel stuck and trapped.

Raymond Grace uses the pendulum to bring energy back in to balance all of the physical and energetic systems that run the body.

Despacho a Peruvian gift offering to the Gods that energetically shifts the inner world and outer world. "As Within, So Without"