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## ***The 5 Levels of Healing***

See page 6 for summary chart.

By Dietrich Klinghardt, MD, PhD, USA

***I developed this systematic model of healing in the 1980s and have been teaching it to practitioners all over the world since then. Many doctors and healers have been able to understand their own work better and have been able to make better choices for their patients and their own education based on this understanding. This model has already entered the heart and consensus reality of integrative medicine worldwide.***

***In recent years we have observed a worrisome over- emphasis on the value of nutritional supplements. Few people have gotten well by taking supplements alone. Dietary supplements have disappointed! Much lip-service is given to energetic and psychological care. However, very few practitioners offer practical solutions as a natural and regular part of their consultation or treatment protocol. Please consider these ideas below. Our patients need care on all levels of their existence. It works. People really can recover from their chronic illness. But patients have to shift their way of being in the world on a deep level. They need your guidance! For every vitamin there will be a better one tomorrow. Every deep conflict that is resolved, is resolved for good. Learning is forever. Vitamins are not.***

We exist in different dimensions - simultaneously. The physical body exists within a sphere of invisible etheric bodies that each have their own anatomy and physiology. There is an alive and profound interaction between the different levels. When we die, the physical body stays behind – it is cast off. There seems to be a process after death in which also the emotional body (second level) and later the mental body are cast off. The 4 th and 5 th body survive. Every ancient culture knows this system and has described it in different terms. This healing system has evolved from interpreting the yoga sutras of Patanjali (which are believed to be over 10,000 years old) and from trying to express this ancient knowledge with contemporary language. Applying this knowledge in a practical way is taught by myself and the Institute of Neurobiology in Bellevue, Washington.

### **Treatment**

There is much ongoing discussion as of how to approach the 1st level. Everything from the Physicians’ Desk Reference (PDR), herbal medicine, low potency homeopathics to orthomolecular medicine belongs here.

I use a basic set of principles:

a) Diet based on “Diet Therapy Software (Food Pharmacy)”. It scans all current and old literature on illness-specific diet research- including these 4 books: Metabolic typing Diet (Wolcott), Protein Power (Eades), The Blood Type Diet (D’Adamo), No grain Diet (Mercola) and prints out the most appropriate diet for this client in minutes. ART\* food sensitivity test (takes minutes, no lab fee, very accurate)

\*ART stands for “autonomic response testing”. It is the author’s advanced composite of hands-on examination techniques that uses changes in the autonomic nervous system as primary indicator of practitioner-elicited stress responses in the client’s body. The “direct resonance phenomenon” allows scanning of the body for specific infections, toxins and other “invisible” problems.

b) Exercise at least 20 min every other day – balance between aerobic (running, bicycling, etc.) and anaerobic (weights) and stretching (yoga).

‘Five Levels of Healing’ and ‘Applied Psycho-Neurobiology’ by Dietrich Klinghardt, M.D., Ph.D.

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c) Balancing the hormones: 24 hr urine hormone test (Meridian Valley Lab, Kent WA) every 6 months for the first 2 years. I give herbal and homeopathic drainage remedies (Sanum, Heel) for the organs which test with ART during the course of treatment. Use homeopathic hormones including HGH to balance the hormones, before resorting to “real” hormones

d) Heavy metal detoxification and treatment of infections belongs to this level as well (see my earlier “neurotoxin elimination protocol” and “Lyme disease protocol” in Explore!).

e) Always supplement the missing minerals (best test: autonomic response testing)

## *The Vertical Healing System: the 5 Levels of Healing*

by Dr. Dietrich Klinghardt, M.D., PhD

When you carefully study the pyramidal order of the 5 bodies, much is self evident and does not require further explanation. This healing system has evolved from interpreting the yoga sutras of Patanjali (which are believed to be over 10 000 years old) and from trying to express this ancient knowledge with contemporary language.

### *First Level*

The lowest or densest level is the **physical body**. It is at the bottom not because it is less valuable. Instead, the physical body is the foundation upon which everything else rests. It is our connection to the earth and the source of our physical energy. The physical body is identical with what we see, feel, hear (i.e.: when we scratch it), smell and taste (if we lick it). It ends at the skin.

### *Second Level*

The 2<sup>nd</sup> level is the **electromagnetic-body** or "body-electric". It is the summation of all electric and magnetic events caused by the neuronal activity of the nervous system. Since most somatic and autonomic nerves in the body travel in the longitudinal axis of the body and the nerve currents spread as electric fields along these nerves, the magnetic fields created by these forces travel perpendicular to this axis into space. Even though their strength decreases with distance from the body, they extend into space beyond the skin. Theoretically these bio-magnetic fields extend into infinity.

### *Third Level*

The next higher body which I call "**mental body**" extends to infinity squared and the higher two levels extend beyond that. Only mathematics is able to conceive the expansive size of the higher levels.

Over the 25 years that I have been in practice certain orders and rules have emerged and become obvious that appear to govern the relationship between these 5 levels of healing. In turn, each level has its own laws and its own order which needs to be acknowledged and understood. I will try to summarize those observations, so that they may be helpful to others.

Each phenomenon that we observe in the physical realm seems to occur simultaneously also on the other 4 levels. In fact, the physical body is designed like a computer-screen which makes that visible and tangible which happens in the soul (the 5<sup>th</sup> level). However, you can have problems in the higher levels, which have not yet penetrated down to the lower levels. This is most known in acupuncture, where disturbances on the 2<sup>nd</sup> level are picked up by the practitioner (using pulse and tongue diagnosis and understanding early warning signs) before symptoms occur. The traditional Chinese medicine doctor was only paid when the patient's physical body remained healthy. He/she had to pick up the disturbance on the 2<sup>nd</sup> level long before it penetrated down to the 1<sup>st</sup>!

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### ***Fourth Level***

The highest level, at which an interaction between physician and client is possible, is the 4<sup>th</sup> level. I call this level "**dream-body**".

The 4th level is a level beyond the mind and beyond language. It is the home of near-death experiences, past-lives, archetypes, spirit possession, ecstatic states, karma and the expression of unresolved trans-generational family issues.

The proper attitude on the 4th level requires to not hold an intention of wanting symptoms to improve but to hold the intention that after the work is down there is more love, harmony and respect.

### ***Fifth Level***

The 5<sup>th</sup> level is the plane of self-healing. I call this level the "**spirit-body**". The only relationship that exists here is the relationship between the individual and god. **A physician, psychologist or guru who claims that he can be helpful on the 5<sup>th</sup> level is being arrogant, misleading, dangerous and simply wrong.** Anyone, who truly has experienced this level will have an attitude of deep respect and understands, that it cannot be explained using language. People, that talk often about "god", "angels" and other spiritual experiences are suspicious to me and usually phony. .... "New age" followers usually have significant unresolved family issues or guilt (that is either taken on from another family member or "earned" through one's own mistakes). The pain and necessary healing work is often avoided by involving oneself in extensive spiritual practices, that never seem to resolve the real issues.

***True healing requires simultaneous work on all 5 levels.***

***I will give an example:***

#### **First Level**

The first level, **the physical body**, is the home of orthomolecular and conventional medicine. Let's assume a young female patient has the clinical diagnosis of "anorexia nervosa". We know that approximately 85% of these patients have a clinical zinc deficiency. Therefore the true diagnosis on the 1<sup>st</sup> level would be "zinc-deficiency". The laws that govern this level are the laws of biochemistry and mechanics. If you keep her on a life time of zinc supplements, she would probably stay reasonably well.

#### **Second Level**

However, looking at this patient at the 2<sup>nd</sup> and next higher level, the **electromagnetic body**, we may find that she has a hidden malabsorption syndrome caused by over activity of the sympathetic celiac plexus (which leads to vasoconstriction of the absorbing lymphatics and blood vessels in the gut). This condition may respond well to periodic treatment with acupuncture or neural therapy. The patient would start absorbing zinc from the food again and would improve without zinc-supplements. The 2<sup>nd</sup> level has an organizing effect on the 1<sup>st</sup>! The laws that operate on this level are the natural laws of neuro-physiology (or the practical stepped down rules of acupuncture or autonomic response testing -ART).

#### **Third Level**

Now let's look at the 3<sup>rd</sup> level, the "**mental body**": this young woman may have an unresolved conflict with her father, who was very oppressive during her childhood - stern, punishing, critical and at times violent. The unresolved memory held in her limbic system is responsible for stimulating the hypothalamus and sending sympathetic stress messages to the celiac ganglion, which is now in a pathological state of chronic arousal. Finding and resolving this conflict with a targeted and specific approach such as Applied Psycho-Neurobiology

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("PK") eliminates the focal area in the limbic system. The celiac ganglion cools permanently off and the patient starts to absorb zinc again - and gets well! The 3<sup>rd</sup> level has an organizing effect on the 2<sup>nd</sup> and also on the 1<sup>st</sup> level! Vice versa, without the absorption of food (1<sup>st</sup> level) and a functioning autonomic nervous system (2<sup>nd</sup> level) the patient would not have the energy and functioning mind required to remember the past and work with it in a healing way. The energy however to do the necessary healing-work comes from the lower levels! Therefore it is best for the patient, to treat all levels simultaneously - take zinc during the initial treatment period and have some neural therapy at the beginning of treatment. The laws that govern the 3<sup>rd</sup> level are the simple natural rules that are being gradually rediscovered by modern psychotherapy: nurture and love a child, provide it with opportunity to learn, keep it safe, nourished and warm. Each violation of these natural needs has consequences, leading to fairly predictable distortions of the mind, nervous- and immune system. Other "laws" and natural orders have been outlined by the leading psychologists of this century.

#### Fourth Level

Now let us go to the 4<sup>th</sup> level, the "**dream body**". The typical family-constellation in a young woman with anorexia looks like this: invisible to anyone on the outside, including the children in the family, the patient's father was deeply rejected by the mother - his wife - and subtly pushed her out of the family. The patient in turn is unconsciously loyal to the rejected father and holds the "magical belief" that if *she* disappears, the father would stay. "I leave for you" is the operative sentence and a sign of a deep and strong love and loyalty for the father. Anorexia is a way for the client to disappear. The father's oppressive behavior (behavior belongs to the 3<sup>rd</sup> level) was his way of responding to the wife's rejection of him (which in turn triggered and restimulated his unresolved childhood issues). If the therapist can facilitate healing in this situation, which may culminate in the child saying in the therapeutic session to the father (who does not need to be present): "*Dear daddy! What happened between mom and you is none of my business. I am only your child. You are the grown-up and I am only your child. I trust that you can handle the issue with mom yourself! Look kindly upon me if I stay*" And to mom: "*Dear mom! I am only your child. Please look kindly at me when I stand by my father. He is the right and only father for me*". Healing on this level often leads to instant disappearance of the associated unresolved conflicts on the 3<sup>rd</sup> level, and - in this case - disappearance of the celiac ganglion dysfunction and therefore improved zinc absorption. Again, the energy required for this healing work has to flow upward from the lower energy supplying levels. Simple interventions on the lower 3 levels would be laying the foundation to make the work on the 4<sup>th</sup> level possible. The laws that govern the 4<sup>th</sup> level are the rules and orders of Systemic Family Therapy "discovered" by Murray Bowen and Bert Hellinger: in a family every member has an even right to belong. If someone denies this right to one of the members, another member will try to balance the family by self-excluding him/herself. The 10 commandments of the bible may be an attempt to formulate the laws operating on this level. Other rules are discussed in the book: "Love's hidden symmetry" by Bert Hellinger, which is a must for anyone working on this level. Issues such as spirit possession, evil entities, alien takeovers and implants etc. seem to lose their grip on us when the family of the client is in a state where there is respect and love between all the family members of the system. A family system is comprised of the genetically linked persons of the last 3 generations and all of their respective partners.

#### Fifth Level

What about the 5<sup>th</sup> level, the "**spirit body**" then? Here are a few hints: it would be a good start, if after resolution of the physical problem both the physician and the patient turned inwards and upwards with an attitude of gratefulness. For the client to do something "good" with the newly gained hope and vitality and clarity may be the appropriate concluding work on the 5<sup>th</sup> level. **Simply praying or meditating in a cave may be enough - but maybe not. If the work on the 5<sup>th</sup> level is not completed there may be a gradual relapse of the condition....** The laws that are operative here are gradually revealed to us as we mature.

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Conclusion:

The vertical healing system can be a valuable foundation for understanding truly what holistic medicine is and gives the practitioner a road map that makes it easier to navigate the sometimes chaotic landscape of healing techniques. Each level has its own order and its own laws which need to be understood. The lower 3 levels belong to the personal realm, the 4<sup>th</sup> and the 5<sup>th</sup> level to the transpersonal realm. Each higher level has an organizing influence on the lower levels. The lower levels supply energy to the higher levels and create boundaries for the individual to exist in. The practical conclusions for leading a healthy lifestyle and guiding a client towards wellbeing may look like this:

1. Put as much effort as possible into healing your own family. Don't rest, until there is love and respect between everybody in your generation and the two generations before you (Glenn's note: may go back 7 generations). The "family" includes children who have died early, aborted children, husbands that were excluded after a divorce, mothers that died at childbirth and uncles that died in a war. The healing involves relating and communicating to everybody that is alive and holding a loving memory of those who are gone.
2. Pump as much energy as possible into the lower 3 levels: eat right, sleep right, exercise and take your vitamins. Nurture your body-electric with massage, acupuncture, neural therapy, laying down by a waterfall, listening to good music and doing your yoga stretches. See a therapist to work through confusion and unresolved conflicts on the mental level.
3. Turn inward to investigate the 5<sup>th</sup> level. Don't follow anyone's advice. Create time and space to be alone. You need all of you, undistracted, to do this.

## True healing requires simultaneous work on all 5 levels

		Level Body / Sphere	Our Experience At This Level	Anatomical & Conceptual Designation	Related Science	"Diagnostic" Method	Related Medical Treatment & Healing Techniques
SPIRIT		5th Level Spiritual Body	Oneness with God, Satori	Spirit, Higher Consciousness	Religion & Spirituality	Knowing & Awareness	Self Healing, Prayer, True Meditation, Chanting
	Soul is a composite of Levels 2 through 4	4th Level Intuitive Body	Intuition, Symbols, Trance, Meditative States, Dreams, Magic Curses, Spirit Possession, Out of body & near-death experiences	Collective Unconscious, "No Mind"	Mathematics & Quantum Physics	Intuition, systemic Family constellation, Sound & Voice Analysis, Radiesthesla, Dream Analysis, Syntonic Optometry, Art Therapy	Applied Psycho-Neurobiology (APN) II, Systemic Family Constellation, Color and Sound Therapies, Shamanism, Hypnotherapy, Jungian Psychotherapy, Radlonics, Rituals
Emotional Body is a composite of Levels 1 through 3		3rd Level Mental Body	Thoughts, Beliefs, Attitudes, Long distance healing, Consensus reality	Mind & Mental Field [conscious & Subconscious mind], Morphic field, The "Will"	Psychology & Homeopathy	AutonomiC Response Testing (ART) I & II, Applied Psycho-Neurobiology (APN) I & II, Psychological interview· (MMPI), Homeopathic Repertoirizing	Applied Psycho-Neurobiology (APN) I, Mental Field Therapy, Psychotherapy, TFT, EMDR, Homeopathy
		2nd Level Energy Body	Feelings - [anger, Joy, etc], Chi [qigong "energy"], 6th sense & other "energy" perceptions	Nervous system, Meridians, Chakras, Aura, Bio-Electric system, GAGS, Microtubules	Physiology & Physics	Autonomic Response Testing (ART) I & II, Thermogram, EEG, EKG, EMG, VAS, EAV, Kinesiology, Chinese Pulses, Kirlian Photography, X-rays, MRI, CAT scan	Neural Therapy (A & B), Microcurrent Therapies, Acupuncture, BodyWork/Touch, Breath Therapy, Yoga, Qigong, Meditation, Radiation Therapy
		1st Level Physical Body	Sensations [touch, smell, etc], Action, Movement	Structure & Biochemistry	Mechanics & Chemistry	Direct Resonance·- Autonomic Response Testing (ART) II, Physical Exam, Lab Tests, BDORT	Diet Therapy, Exercise, Osteopathy & Chiropractic, Surgery, Physical Therapy, Drugs & Herbs, Orthomolecular Medicine, Aromatherapy

## *Applied Psycho-Neurobiology (APN)*

Below is From <[http://www.mercola.com/article/applied\\_pscho\\_neurobiology/apn.htm](http://www.mercola.com/article/applied_pscho_neurobiology/apn.htm)>

By Dietrich Klinghardt, M.D., Ph.D

All events in life are accurately recorded by the **Subconscious**. Whether the location of the recording is the brain or consciousness itself is not relevant for most practical applications. A memory can be complete and resolved or it can be unresolved. Unresolved memories can belong to one of two distinctly different categories:

1. The memory is always present - to different degrees - disturbing, haunting, relentless and painful. It keeps the person from being present in the moment. These patients are often highly dysfunctional. Post-Traumatic ,Stress-Disorder belongs into this category. Dr. Klinghardt refers to this condition as "Unresolved Psycho-Emotional Trauma". Significantly traumatic circumstances - usually in late childhood or young adulthood - are the cause of this condition.
2. The memory is suppressed into the **Subconscious**, the patient is not aware of all details of the original event and of the psycho-emotional impact it had and still has. These patients (all of us) are often fairly functional in life but have specific areas of dysfunction.

Both unresolved psycho-emotional traumas and unresolved psycho-emotional conflicts are the most common - or only - cause of illness, chronic pain, accidents, psychological problems, relationship and job-related problems. The neurophysiology involved is fairly simple:

Researchers have demonstrated that unresolved psycho-emotional conflicts create a significant bioelectrical disturbance in conflict-specific areas of the brain. The abnormal signals produce abnormal neuropeptides and abnormal electrical currents that reach the hypothalamus. From here, the signals travel in the autonomic nervous system to distinct target organs, which are - again - conflict specific. Chronic abnormal stimulation of, for example, the sympathetic fibers that reach the liver, creates chronic vasoconstriction, abnormal gating phenomena at the ionic channels of the cell walls and, of course, the presence of abnormal noxious neuropeptides and leads to chronic illness, pain, and other dysfunctions.

### **Theoretical Background**

The nervous system of the conscious mind is the well-known and studied motor and sensory nervous system. The nervous system of the **Subconscious** mind is the autonomic nervous system, the stepchild of modern medicine. The **Subconscious** is in charge of the survival. It can, however, not distinguish between real danger and perceived danger. The memorized snake, that was responsible for an unresolved psycho-emotional conflict many years back, is as scary to the **Subconscious** as a real snake. Therefore the **Subconscious** uses the defense mechanisms (the term coined by Freud) to keep the unresolved psycho-emotional conflict down in the **Subconscious**.

It is the consciousness that will steer the person again and again in the direction of healing the original traumatic event. To resolve an unresolved psycho-emotional conflict, it has to be remembered by the conscious mind, understood, and the coupled response in the autonomic nervous system has to be disconnected. Dr. Klinghardt calls this process "un-coupling."

Applied Psycho-Neurobiology is a practical process of: Having a dialogue with the **Subconscious** mind with the intention to uncover the unresolved psycho-emotional conflict, Understanding the limiting beliefs that were formed as an attempt to resolve the unresolved psycho-emotional conflict and replacing them with freeing beliefs, and Uncoupling (disconnecting) the autonomic nervous system from the unresolved psycho-emotional conflict.

The method that consciousness uses to help the person to deal with an unresolved psycho-emotional conflict is to have the person repeat the same or similar situations until the person deals "successfully with the situation." This may or may not happen. When a therapist helps a patient to identify a repetitive painful theme (such as

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repetitive financial crises, repetitive failure in relationships), and helps to uncover and resolve the underlying unresolved psycho-emotional conflict, the patient's need to repeat the painful event ceases, the pattern is broken, the patient is free, and their life changes often immediately and significantly. Chronic pain and illness follow the same mechanism.

## **The Four Steps of Healing**

### **1. Diagnosis**

To establish the diagnosis that an illness or chronic condition or psychological problem is caused by an unresolved psycho-emotional conflict or unresolved psycho-emotional trauma, one has to remember several elements: the Autonomic nervous system is the peripheral nervous system of the **Subconscious** mind. If touching an ill part of the body or thinking of a particular life situation causes an autonomic nervous system stress signal, the **Subconscious** is involved in the problem. The **Subconscious** is usually only involved if there is a related unresolved psycho-emotional conflict or unresolved psycho-emotional trauma. Autonomic nervous system stress signals can be detected with biofeedback equipment or with kinesiological tests.

APN uses changes in the autonomic nervous system innervated muscle spindle as an indicator for the state of the autonomic nervous system. The autonomic nervous system and the test-muscle are our delicate testing instrument. Researchers have shown for over 30 years that whenever an unresolved psycho-emotional conflict is activated by a therapeutic dialogue or procedure, the prefrontal cortex becomes active. Again, muscle testing can be used to confirm activity in the prefrontal cortex. The changes after a successful treatment can be confirmed by a new objective test Heart Rate Variability Testing, which measures the function of the autonomic nervous system.

### **2. Dialogue with the **Subconscious****

As explained earlier, the **Subconscious** protects us from the content of the unresolved psycho-emotional conflict and avoids exposure, until we are ready. Whenever in the therapeutic dialogue a question is asked, or a statement is made, that points in the direction of the unresolved psycho-emotional conflict, the **Subconscious** sends a stress signal. By monitoring the signals elicited by the dialogue and steering the questions accordingly, the unresolved psycho-emotional conflict can be uncovered.

Glenn's comment: Above paragraph slightly reworded by Glenn. The first sentence as written by Dietrich Klinghardt **was**, "As explained earlier, the Subconscious is afraid of the content of the unresolved psycho-emotional conflict and avoids exposure." The Subconscious does not experience fear. The Subconscious protects us.

### **The rule of Three:**

To uncover an unresolved psycho-emotional conflict, one must find

1. The exact time of the original traumatic event, the age of the person.
2. The circumstances (create an internal picture or short video-clip of the event).
3. The feeling that was not appropriately expressed at the time.

### **Uncovering Limiting Beliefs**

Our belief systems are the programming of our bio-computer, from which we create our reality - current, past, and future. If we can exchange a limiting belief with a freeing expanding one, our reality, and therefore our life, changes - always for the better. At the time of traumatic events we are in an altered state, which is the state in which new beliefs are laid down and incorporated in our already existing belief systems.

To change our beliefs, we have to be in that identical state again. This is achieved with the previously mentioned dialogue. Now the limiting beliefs can be an original traumatic event without having heart palpitations, trembling, muscle tension. The need to repeat or perpetuate the painful event is extinguished.



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### **The Unresolved Psycho-Emotional Conflict**

For an event to cause an unresolved psycho-emotional conflict, several conditions have to be present:

1. The nervous system is in a vulnerable phase.
2. The person is in a situation where it is not safe to express their feelings. (Example: soldier in combat. He really feels fear but has to act aggressive)
3. An event happens which is perceived as shocking and that interrupts the anticipated normal flow of life (example: the first day of school).

### **Events That Frequently Leave Behind an Unresolved Psycho-Emotional Conflict**

#### **The intra-uterine period:**

- Emotional problems between parents at the time of conception or later during pregnancy
- Thoughts of abortion
- Attempted abortion
- Feelings of older siblings about the ever-increasing loss of attention by the mother
- Physiological problems in the womb (mother's smoking, amalgam fillings, alcohol abuse, illnesses, accidents, medical drugs - especially psychopharmacological medications taken by mother, malnutrition)
- Being aware of a twin dying ("vanishing twin"), 6-10% of all pregnancies start as twin-pregnancies, less than 2% of pregnancies end with the birth of twins
- Birth and the time before, during, and after (drugs, trauma,)
- Post-birth trauma: needle pricks to heel, silver nitrate in the eyes, cutting the umbilical cord, circumcision and other invasive procedures often without proper anesthesia.

#### **The early years:**

- Birth of younger siblings
- Emotional climate with parents and older siblings
- Weaning the baby (too early, too late, etc . . .)
- Not breastfeeding
- Traumatic toilet training
- Relationship with babysitter
- Early sexual abuse Drug use by parents
- Physical abuse
- Emotional abuse or abandonment
- Neglect
- Childhood diseases
- Illnesses/hospital stays of a parent
- Relationship to pets, nature, other kids
- Kindergarten

#### **The young years:**

- First day in school
- Relationship to teachers and other students
- Moving
- Changing school
- Academic performance
- Athletic performance
- Dealing/becoming conscious of physical impairment

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- The locker room
- Relationship with kids of the opposite gender
- Social roles
- Roles in the family
- Abusive parents

**Puberty Adolescence:**

- Academic/athletic performance
- First romance
- Competition
- Peer groups/peer pressure
- Fights/injuries
- Operations: tonsils, appendix
- Dental interventions - placement of amalgam fillings (causes shyness, etc . . .)
- Parties/dancing
- Ritual abuse, cults, black magic
- Sports
- Accidents
- Divorce of parents
- Physical/emotional abuse
- First sexual experiences
- Abortion
- Betrayal/broken trust in first deep, often non-sexual relationship
- Disappointments
- Depression/thoughts of - or attempted ñ suicide
- College/separation from family/friends
- First drug experience
- Academic pressure

**The grown-up years:**

- They never come
- Relationship problems
- Separation from a loved one
- Broken friendships
- Academic failure
- Divorce
- Death of a loved one
- Financial disasters
- Financial problems
- Failure (job, university, relationship, sports)
- Legal problems (jail, convictions)
- Illnesses (of oneself or loved ones)
- Diagnosis of a serious illness
- Loss of energy
- Loss of sex drive
- Signs of aging

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All of these events and circumstances may leave an Unresolved Psycho-Emotional conflict behind or the patient can negotiate them successfully (that simply means the person becomes more mature and stronger because of the way the conflict was negotiated and navigated).

above from <[http://www.mercola.com/article/applied\\_psycho\\_neurobiology/apn.htm](http://www.mercola.com/article/applied_psycho_neurobiology/apn.htm)>

## *Three laws of Autonomic Response Testing*

### 1. The **First law of Autonomic Response Testing - the law of resonance between two identical substances**

( this law has been most clearly identified by the research of Y.Omura,M.D.): if a substance is held in the energy field of a person and the indicator muscle weakens, the identical substance is in the body (resonance between two identical substances). If the substance is only in a particular organ, ganglion or other structure, the test substance has to be held exactly over this area. A variation of this test is the most common Autonomic Response Testing: the examiner finds a structure that therapy-localizes (while holding it, the indicator muscle weakens). The indicator-muscle becomes strong, when the resonating substance is placed anywhere on the patient.

2. The **Second law of Autonomic Response Testing - Pointing**: if the examiner therapy localizes more than one structure, ganglion etc. during the Autonomic Response Testing body scan or examination, two structures (or more) may be affected by the same toxin or infection, or one structure may affect one or more others. If the indicator muscle weakens while holding one of these structures but strengthens while holding another (which weakened when held alone), there is a) either a cause/effect relationship between the two or b) they are both affected by the toxin/infection . The 2<sup>nd</sup> law of Autonomic Response Testing is therefore really a variation of the 1<sup>st</sup> law.

3. The **Third Law of Autonomic Response Testing- Resonance between the examiner and the patient** : the examiner's body acts exactly like any other substance held into the energy field of the patient. If the doctor is toxic with the same substance that is causing the patient's illness or that is stored in one or more of the patient's tissues, the test will be affected as outlined in the 1<sup>st</sup> and 2<sup>nd</sup> law of Autonomic Response Testing. Therefore, the 3<sup>rd</sup> law is really a variation of the 1<sup>st</sup> law also (but overlooked in any other school of kinesiology).

As outlined in the Autonomic Response Testing manual, the patient also has this effect on the examiner. Therefore no two examiners can find the same problems in a given patient, unless both examiners are free of stored toxins, infections, root canal filled teeth, untreated scars, active psycho-emotional conflicts, have not recently consumed foods they are allergic to etc. The 3<sup>rd</sup> law results in a simple postulate: the Autonomic Response Testing practitioner has to continuously strive to improve their own health. The practitioner should be "ahead" of their healthiest patient