

# **Integration Course - Class 2 Thursday Summary**

## **Psychological Reversals and Energy Balancing**

### **Warm-Up Exercises**

#### **Thymus Thumping**

##### **Procedure:**

1. Begin by thumping the thymus gland (center of the chest)
2. This activates the life force energy
3. Can be done even before getting out of bed

"Thumping your thymus is a really great way to wake the brain up."

#### **Neurolymphatic Reflex Points for the Brain**

##### **Procedure:**

1. Rub the neurolymphatic points for the brain
2. Breathe deeply to activate the qi

#### **Ear Unrolling (Auricular Therapy)**

##### **Procedure:**

1. Check your range of motion by turning your head from side to side
2. Unroll the ears from top to bottom
3. Recheck your range of motion

##### **Benefits:**

- Relieves stiff necks
- Boosts energy
- The ears act as antennae to bring more qi into the body
- Contains reflexology points that affect all parts of the body

"Unrolling the ears, called auricular therapy, has a lot of value. There's a reflexology chart showing all the different parts of the body you can affect with points in the ear."

#### **Spleen 21 and Kidney 27 Balance**

##### **Procedure:**

1. Rub Spleen 21 on the left side
2. This is a key place where energy enters the body
3. Energy comes in on the left and goes out on the right

### **Advanced Technique for Blood Chemistry Balance:**

1. Have the person touch Spleen 21 and muscle test
2. If they go weak, touch the opposite Kidney 27 and retest
3. If still weak, try the same side
4. Once you find what abolishes the weakness, tap both points simultaneously
5. This balances blood chemistry

"Goodheart figured this out, and then he did labs. He would draw blood before doing this correction, draw it afterwards, and he would see that the blood sugar would balance. It would also, in some cases, balance lactic acid and triglycerides. It was amazing."

### **Clinical Significance:**

- Low blood sugar can cause irritability, brain fog, aggressive behavior, and depression
- Many psychological issues stem from not getting proper fuel to the brain

### **Eye Tracking Exercises**

#### **Procedure:**

1. Use your thumb in the midline and move it up and around
2. Keep your head still while tracking with your eyes
3. Repeat with the other thumb
4. Do both thumbs together, moving up and around

#### **Benefits:**

- Particularly good for children with learning problems
- Helps with visual processing and spatial awareness
- Beneficial for adults as well

### **Kidney 27 Rubbing**

#### **Procedure:**

1. Rub the Kidney 27 points before starting a session
2. Good to do for remote sessions as well
3. Helps clear switching, neurological confusion, or overload

"If someone has switching, neurological confusion, or overload, you don't get accurate information."

### **Student Success Stories**

#### **Case Study: Lymphatic Drainage and Emotional Release**

A student shared the experience of working with a client who had a problem with lymphatic drainage due to large upper arms, which were preventing proper flow throughout the body.

## **The Session:**

- Tested the client, and emotions came up
- Released emotions using the Bladder 1 point technique (covered in the previous week)
- Also worked on the stomach meridian
- Ended with the ESR (Emotional Stress Release) method
- The client felt very relieved and cried as emotions were released
- Experienced a big relief in the chest

"There are usually emotions behind every energy blockage, including all the physical ones. The thinking is first, and then the body is a printout of what's going on in your mind."

## **The Mind-Body Connection**

"Deepak Chopra says that if you want to look at where someone's body is at now, look at their thoughts for the last six months, and then the body's a printout. It's like the computer and the printer."

## **Important Teaching on Emotions and Disease:**

The instructor shared insights from Carl Simonton, the first oncologist in American medicine to link mind, body, and cancer:

"He found that on average, some emotional trauma or really dramatic upset happened on average 18 months before their cancer diagnosis."

Personal example: The instructor's brother experienced major emotional upset exactly 18 months before his cancer symptoms started. He had tremendous grief related to his marriage, divorce, and losing his kids. The grief (related to the metal element: lung and large intestine in Chinese medicine) manifested as stage four lung cancer.

"Many times a person's disease starts months or years before, from having these emotions that they're not expressing and healing and dealing with and releasing."

## **Key Principle for Healing**

"Whatever you can feel and express, you can heal."

## **Supporting Emotional Release in Sessions**

### **Guidelines:**

1. Create a safe space of love and compassion
2. Do not panic when clients express emotions
3. Encourage them to relax into the tears
4. Think of it as "an emotional bowel movement."

"It's like you've been constipated for months or years, and all of a sudden you have an excellent bowel movement. You feel great afterwards."

## **Pattern Interrupt Technique**

If the emotional release becomes too intense:

### **Procedure:**

1. Have the client look up with their eyes
2. Change the subject
3. Use humor if appropriate
4. Point out something on the ceiling or wall

### **NLP Principle:**

- Looking down: dive into feelings and emotions
- Looking up: get out of emotions

### **Alternative Physical Intervention:**

- Do a 14-muscle balance
- Rub neurolymphatics
- Test muscles
- Rub the adrenals, brain, and stomach points

"Laughter is the best medicine." - Norman Cousins cured his terminal disease by watching funny videos and laughing himself to health.

## **Psychological Reversals: Theory and Background**

### **History and Development**

**Roger Callahan** was the first to start doing tapping in a therapeutic and psychological context.

### **His Discovery:**

- Had people tap Stomach 1 for phobias with tremendous results
- Wrote the book "The Five Minute Phobia Cure" (1986)
- Found that when someone has fear, there's a blockage in the stomach meridian
- The stomach meridian goes "on alarm" and creates panic, anxiety, and fear
- Tapping Stomach 1 dissipates the fear

### **What Are Psychological Reversals?**

A psychological reversal is a subconscious belief that:

- Getting over the problem would be dangerous or unsafe
- The person doesn't deserve to get over it
- Some subconscious programming won't allow them to get free

### **Prevalence:**

"40% of emotional problems, people have this."

## **Substances and Behaviors Creating Reversals**

Foods and substances can create psychological reversals:

- Alcohol
- Drugs (cocaine, heroin)
- Artificial sweeteners (demonstrated with Splenda)
- Addictive foods

### **Demonstration Example:**

Testing with Splenda:

1. "I want to be healthy" - strong
2. Hold Splenda in field
3. "I want to be healthy" - weak
4. "I want to be sick" - strong
5. Remove Splenda
6. "I want to be healthy" - strong again

"Lay's potato chips: 'Bet you can't eat just one' - because after you eat the first one, you have a psychological reversal. And then you just go until you get to the bottom of the bag."

## **Why Clearing Reversals Is Critical**

"Psychological reversals need to be cleared. If it isn't cleared, they stay stuck."

### **Common Patterns:**

- Almost all alcoholics have psychological reversals that keep them in the loop
- People stuck in negative patterns of behavior and beliefs
- Inability to achieve goals despite knowing what to do

## **Twelve Common Themes of Psychological Reversals**

*Based on research by Pratt and Lambrou (psychologists from San Diego)*

### **The Themes:**

1. I want to be happy
2. I will no longer have this challenge in the future
3. I deserve to get over this challenge
4. It's possible for me to get over this challenge
5. I'll do what it takes to get over this challenge
6. I'll allow myself to get over this challenge
7. Overcoming this challenge will be safe for me
8. Overcoming this challenge will be safe for others
9. Overcoming this challenge will be good for me
10. Overcoming this challenge will be good for others
11. I'll do what's necessary to overcome this challenge
12. I have no further blocks to overcoming this challenge

## **Recommended Resources:**

- "Instant Emotional Healing" by Pratt and Lambrou (pages 61-71)
- "Freedom From Fear Forever" by James Durlacher (chiropractor)

## **Psychological Reversal Correction Procedure**

### **The Basic Protocol**

#### **Tapping Points:**

- Small Intestine 3 (karate chop point on the side of the hand)
- Tap on both sides alternately, then together

#### **The Affirmation Format:**

"I deeply and completely love and accept myself, even if [insert the specific challenge]."

#### **Step-by-Step Process:**

- 1. Identify the Challenge:**
  - Ask the client what they're stuck on
  - Identify a habit or goal they can't achieve
  - Notice patterns of being blocked
- 2. Test Each Statement:**
  - Have the client say each of the 12 statements
  - Muscle test to find which ones are weak
  - Note any feelings, heaviness, or blocks when saying statements
- 3. Clear the Reversal:**
  - For each weak statement, tap on the karate chop point (Small Intestine 3)
  - Say: "I deeply and completely love and accept myself, even if [the reversal statement]."
  - Tap on one side, then the other, then both together
  - Say the affirmation with feeling each time
- 4. Retest:**
  - Have the client say the original statement again
  - Test to confirm it's now strong
- 5. Add Empowering Phrases:**
  - "And I now choose to allow myself to get over this challenge."
  - "And I now choose to do what's necessary."

### **Example: Lucinda's Session**

**Challenge:** Not taking supplements despite knowing they're beneficial

## **Process:**

1. "I want to be happy" - strong
2. "I will no longer have this challenge of not taking my supplements" - **weak**
3. Identified the emotion: **dread**
4. Tapped: "I deeply and completely love and accept myself, even if I continue to have this dread of taking my supplements."
5. "I'll allow myself to get over this challenge" - **weak**
6. Tapped for the allowing reversal
7. "I will do what's necessary to overcome this challenge" - **weak**
8. Tapped for this reversal
9. All statements retested as strong

## **The Power of Love and Acceptance**

"When you have love and acceptance, which is high vibrational fields, and when you resist and you say, 'I'm down on myself and I don't accept myself,' it keeps you locked into a negative pattern. Whatever you resist will persist."

"When you are around a person and you complain about them, they would keep the upset behavior. And then when I finally said, 'I just love and accept you as you are, even with all your faults,' all of a sudden they didn't do the stuff anymore that would irritate me because you create a field of love and acceptance."

## **Completing the Balance**

### **Visualization Process:**

1. **Touch the frontal eminences** (ESR points on the forehead)
2. **Let go of the past:**
  - Visualize letting go of dread, fear, anxiety, or whatever emotions were connected
  - Breathe it out
  - Remember: the past does not equal the future
3. **Create the new vision:**
  - Visualize yourself excited about the new behavior
  - Associate fun and positive feelings with the action
  - See yourself succeeding
4. **Temporal Tapping:**
  - **Left side** - tap in positive affirmations:
    - "When I take my supplements, I feel healthy."
    - "I feel accomplished."
    - "I'm charging my life when I take my supplements."
    - "I'm going to make it a fun time."

- **Right side** - let go of negatives:
  - "I let go of dread associated with taking my supplements."
  - "I let go of feeling like it's a chore."
  - "I let all that past difficulty go."
- **Left side again** - finalize with positivity:
  - "When I take my supplements, I feel great."
  - "I feel good about myself."
  - "I'm taking care of myself."

## Using Without Muscle Testing

"You could give this sheet, and they could take it home, or they could do all of them. It doesn't hurt. Just go through all of them."

### Self-Awareness Approach:

- Notice if you feel heaviness or a block when saying a statement
- Notice if you feel a lift after clearing
- Trust your intuition about which statements need attention

## Physical Conditions and Psychological Reversals

### Secondary Gain

Sometimes physical conditions persist due to psychological reversals:

#### Example: Back Pain Case

- The neighbor had chronic back pain
- Had workers' compensation
- As long as his back hurt, he got money and didn't have to work
- Psychological reversal: holding onto pain for secondary gain

#### Example: Hospital Visit

- Woman in hospital receiving attention, flowers, cards, and visits
- Getting secondary gain from being sick
- Pattern: another sickness returns to regain the attention

"There are times in physical cases where the psychological reversals need to be cleared, and particularly in habits that you're stuck in."

## Self-Care and Burnout

### Warning Signs:

- Working constantly without breaks
- The body is getting sick so to forced rest
- Running on low energy (like a phone at 1% battery)

### **The Solution:**

- Schedule appointments with yourself
- Show up for yourself as you would for clients
- Give yourself permission to rest and recharge

"Make an appointment to work on yourself, for yourself, and do things for you."

### **The Morning Miracle (SAVERS)**

A daily routine that creates a tremendous positive impact.

**Timing:** Ideally, before 7:00 AM, first thing after you get up

### **The SAVERS Acronym:**

#### **S - Silence (5-20 minutes)**

- Meditation
- Deep breathing
- Find peace in the moment
- Go into the alpha state and access the higher mind
- Keep a notepad nearby for brilliant insights

"Don't just do something, sit there." - Zen saying

#### **Key Insight:**

- Go out of beta consciousness (problem-solving)
- Enter alpha state (just being)
- Let reactivity settle down and vanish
- Be at peace in the moment

#### **A - Affirmations**

- State positive affirmations
- Tap them in on the left side
- Tap out any negatives on the right side
- Keep breathing during affirmations

#### **V - Visualization**

- Hold the frontal eminences
- Visualize your day going as you want
- See the successful attainment of your objectives
- See your affirmations manifesting

## **E - Exercise**

- Move your body (doesn't have to be in this exact order)
- Balances neurotransmitters
- Gets energy flowing through the body
- Cleans the lymphatic system

## **R - Reading**

- Read 1-3 pages of an inspiring or educational book
- Keeps you moving forward
- Builds knowledge consistently

## **S - Scribing (Journaling)**

- Write in a journal
- Gratitude journal
- Record thoughts, achievements, events
- Review weekly

## **Additional Strategies for Success**

### **Making Work Fun**

"Have your fun meter on max. If you're working and you say, 'I'm not having fun here,' take a break, come back, and make it fun."

### **Delegating What You Don't Enjoy**

#### **Guidelines:**

- If you don't like doing something, find someone who loves it
- If you're not good at something, find someone who is good at it
- Look for remote workers in the Philippines, Romania, and other countries.
- Often available at lower costs
- They love doing what they're doing

### **The Practice of Breathing**

"Remember to keep breathing and have your consciousness on breathing, because the more you breathe, the more energy you have going into the body and processing in the brain."

## **Partner Practice Results**

### **Francesco's Experience:**

"The list here is really powerful because there are many challenges you can have with the subconscious beliefs. Sometimes you really try to go far away, and at some point you're stuck, and you really understand there are subconscious beliefs just stopping you."

### **Luka's Experience:**

"I have to say that I feel much more at ease now. Some blockages that I had just went away, and I feel more relaxed and ready to have in the future, maybe will actually take my time for myself."

### **Christina's Experience:**

- Issue: rushing constantly, never taking time to pause and relax
- Result: Found the "pause button" on her remote control
- Ready to take breaks and breathe

### **Goetz's Experience:**

- Issue: procrastinating on creating a new website
- Result: Confident, knows what content to include, which pictures to choose
- Ready to move forward

## **Key Principles for Practitioners**

### **When to Use Psychological Reversals:**

1. When someone says they're stuck in a pattern
2. When they've been going from therapist to therapist
3. For behavioral issues and habits
4. When people can't achieve goals despite knowing what to do
5. For addictions and compulsive behaviors

### **Testing Approach:**

**Option 1:** Test each statement individually and clear what's weak

**Option 2:** Have the client do all statements and notice which feel heavy or blocked

**Option 3:** Do all of them - it doesn't hurt to clear them all

### **Integration into Sessions:**

- Can be used as a standalone protocol
- Takes 10-15 minutes
- Test at the beginning: "Do psychological reversals need to be cleared?"
- If yes, proceed with the protocol

## **Borrowing Benefits:**

"When you're benefiting someone else, you're getting the benefit too."

- Tap along with your clients
- You'll receive the healing as well
- Particularly effective in remote sessions

## **Next Week**

### **Topics to Be Covered:**

1. **Another Standalone Protocol** - Similar to psychological reversals
2. **Neurotransmitters** - Blending psychological and biochemical approaches
3. **Finger Modes** - Testing technique
4. **Neurotransmitter Dominance** - Understanding driving forces and behavior patterns

### **Assignments:**

- Complete the deficiency questionnaire
- Complete the dominance questionnaire
- Discover your dominant neurotransmitter

"When you find out what people's dominance is, then you understand their driving force, their behavior, the way they are, the reason they are the way they are."

"If you ask the right question, you will get the right answer."

## **Summary of Core Learning Points**

1. **Energy follows thought** - The body is a printout of the mind
2. **Emotions must be released to heal** - What you can feel and express, you can heal
3. **Love and acceptance are high vibrational** - Whatever you resist will persist
4. **Psychological reversals keep people stuck** - 40% of emotional problems involve them
5. **Self-care is not selfish** - Schedule time for yourself
6. **Morning routines create success** - SAVERS framework
7. **Making it fun is essential** - Work should be enjoyable
8. **Breathing brings energy and consciousness** - Remember to breathe throughout practices
9. **The subconscious must align** - Clearing reversals removes sabotage patterns
10. **Working on others heals you too** - Borrowing benefits principle