



I've included in this website a section called

### **The 5 Ps: Personal Pollution Protection and Prevention Programs**

This section provides information on the two major sources of pollution in our world and our bodies: Chemical and Electrical:

Chemical Pollution: I've included an extensive resource base for an exciting new (fall 2005) product called **Natural Cellular Defence** (NCD) (zeolite colloidal drops, clinoptilolite)

Three things that NCD will help with are:

1. It is a powerful, yet safe, detoxification agent.
2. It will help the body balance its pH.
3. It facilitates a balanced and properly functioning immune system.

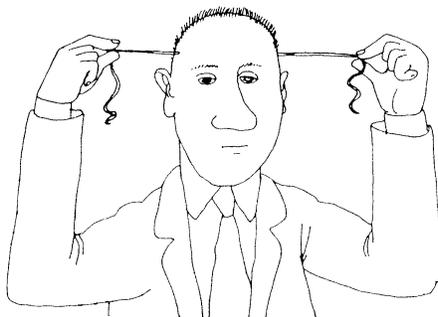
Read much more in the special section of this website.

Electrical Pollution: Another resource base is planned for dealing with the Electro Pollution problem.

The documents on this website are in Portable Document Format (pdf) and MS Word 2000. You'll need to have the Adobe Acrobat Reader program on your computer. It's **FREE** to download. If you need to download the Adobe Acrobat Reader, go to website:

[www.adobe.com/products/acrobat/readstep2.html](http://www.adobe.com/products/acrobat/readstep2.html) and follow the directions from there.

## *Mental Gloss*



## **INTRODUCTION**

In the new field of ENERGY/INFORMATION PSYCHOTHERAPY there are a number of successful approaches to using your body's energy system to better your life. I refer to these approaches collectively as Emotional Freedom Processes (EFPs)<sup>sm</sup>. They mainly use Traditional Chinese Medicine's meridian accu points as well as India's Ayurvedic Chakras, or energy centers. These ancient systems have a long history (about 4,000 years!) of research and development building on the intuition and sensitivities of sages along with careful and detailed case studies of what works with what issues and with which type of people. The application of these systems to psychological issues is relatively recent. The current movement of energy/information

psychotherapy began with Roger Callahan's discoveries in the early 1980s. (Roger J. Callahan, Ph.D., Founder, Thought Field Therapy: TFT. Website: [www.tftrx.com](http://www.tftrx.com) )

The Radiant Energies Balance (REB)<sup>sm</sup> protocol uses the power of both of these traditional systems but also incorporates modern cutting edge research and practice in trauma therapy, psychophysiology, and aspects of more standard psychotherapy and self help approaches (affirmations, goal setting and defining a Desired Outcome, intentionality, imagination, positive psychology and so on).

The Radiant Energies Balance (REB)<sup>sm</sup> protocol is one of the most "user friendly" systems in the field of energy/information psychotherapy since it doesn't require sophisticated energy diagnostics and it can be easily integrated in current practice, requiring minimum changes in more traditional psychotherapy approaches.

## **A BRIEF DESCRIPTION OF THE RADIANT ENERGIES BALANCE (REB)<sup>sm</sup> PROTOCOL**

While attending an energy psychology conference in the spring of 2001, I (PWW) had an epiphany at a workshop conducted by Stephanie Eldringhoff and Wayne McCleskey of Rapid Relief from Stress and Distress, Website: [www.rapidrelief.com](http://www.rapidrelief.com) : I discovered that Donna Eden's Radiant Circuits were the most efficient way to work with the body's energy/information system. With my colleague, Janet Nestor, I spent the next 3 years researching, developing and refining the Radiant Energies Balance<sup>sm</sup> protocol (the official website, [www.rebprotocol.net](http://www.rebprotocol.net) , probes a wide range of clinical, neurological, philosophical, and empirical issues). The protocol can be used as both a sophisticated professional therapeutic system incorporating main stream and cutting edge therapeutic methods as well as an easy to use self help technique. It's one of the most user friendly approaches in the field of energy psychotherapy.

Engaging the body's energy system accesses some of the most efficient adjunctive therapeutic modalities available since the energetic approaches both resolve psychoenergetic imbalances on their own and also they serve as powerful catalysts for other interventions. The REB protocol is one of the simplest, most flexible and efficient approaches to using the body's energy system. It can easily be incorporated into many more traditional approaches, especially cognitive/imagery methods.

An inflexible and unbalanced Autonomic Nervous System (ANS) is the source of a wide range of mental and physical problems. Heart Rate Variability (HRV) research clearly documents this conclusion. The Radiant Energies Balance (REB) protocol was created to deal with this widespread problem and provide a flexible, comprehensive, efficient, inexpensive and safe method of correction on the physiological, psychological, and spiritual levels. This simple, fast, unobtrusive protocol is integrative, complementary and adjunctive and can be used practically anywhere anytime with practically no unwanted side effects. When combined with other therapeutic techniques, it makes them more efficient and powerful. The protocol builds on leading edge approaches from trauma/PTSD therapy and psychophysiology while incorporating approaches from several

Energy/Information Psychology systems: Eden's Energy Medicine, HeartMath, EMDR, One Eye Technique, Brain Gym, Integrative States Therapy, NLP, One Brain, Focusing, and Reiki.

The REB<sup>SM</sup> posture balances the Autonomic Nervous System by balancing the Triple Warmer and Spleen meridians (along with the Central and Governing meridians) These four meridians all have dual functions of regular meridians as well as being Radiant Circuits (curious or extra-ordinary meridians or strange flows). From a Chinese spiritual development perspective, the Radiant Circuits are the principal channels for "Yuan chi" energy which represents "ancestral" energy or the energy of the soul. Donna Eden refers to the Radiant Circuits as the ENERGIES OF JOY. In addition, since the "Radiant Energies Circuit" system serves as a "hyper link" to all of the body's energy system, with focused intention, you can automatically correct and balance where ever needed, thus eliminating most of the guess work and need for diagnosis. This makes the protocol very user friendly and allows practitioners to use their "art of delivery" skills to their fullest while clients can just trust the wisdom of their energy system to fulfill their "intention to heal."

The Radiant Energies Balance (REB)<sup>SM</sup> protocol provides a bridge between everyday life and the higher (more spiritual) levels of existence. It provides an "elegant" solution for a wide variety of psychoenergetic problems on the physiological, psychological, and spiritual levels. By providing dramatic and rapid relief from "the slings and arrows of outrageous fortune," people find release from the past which strengthens their potential to start on a more spiritual life path, facilitating movement to a "witness" and "mindfulness" orientation to life.

JANET NESTOR, Master REB<sup>SM</sup> practitioner and trainer, has done extensive clinical trials of the protocol in her practice. She is a co-founder of the Center of Well Being, 1316/1320 Ashley Square, Winston-Salem, NC 27103 USA. Phone: 336-794-2343. Email: [spiritway@earthlink.net](mailto:spiritway@earthlink.net). Website: [www.centerofwellbeingonline.com/mhcounsel.html](http://www.centerofwellbeingonline.com/mhcounsel.html)

I (PWW) presented the first version of this Radiant Energies Balance (REB)<sup>SM</sup> at the CALSCA conference (Canadian Alliance of Life Skills Coaches and Associations) 2001 September (the week end following 9/11!). Subsequently I presented more recent versions at the 2002 June ISSSEEM (International Society for the Study of Subtle Energies and Energy Medicine) conference in Boulder CO: (Website: [www.issseem.org](http://www.issseem.org)) and at the 2002 November Energy Psychology Eastern Canada convention in Toronto Ontario: (Website: [www.meridianpsych.com](http://www.meridianpsych.com)). I presented it at the 2003 April North American (Canada and USA) convention of Energy Kinesiology in Point Credit Ontario with basic REB training. (Website: [www.energyk.org](http://www.energyk.org)). In 2006 November I did a paper presentation at the 4th International Multidisciplinary Conference of Spirituality and Health: Interweaving Science, Wisdom and Compassion.

Janet Nestor and I have presented and trained at the following 2004 conventions:

The February Winter Brain Meeting "Optimal Functioning and Positive Psychology," Palm Springs, CA. We presented a plenary session on February 9 and a two hour introductory demonstration on February 10. (Website: [www.brainmeeting.com](http://www.brainmeeting.com)).

The March Fifth South East Conference for Energy Psychology held near Atlanta, GA. We presented a 2-hour breakout session March 26 and a full day basic training workshop March 27 (See ACEP Website posting: [www.energypsych.org](http://www.energypsych.org)).

The April convention of Energy Kinesiology Association. We presented a plenary session April 24 and a full day basic training on April 21. (Website: [www.energyk.org](http://www.energyk.org)). A 52 minute CD of this presentation is available for a nominal cost. Contact Phil for details.

Janet Nestor presented at the 2005 Conference on the Psychophysiology of Panic Attacks, October 15-16, Philadelphia, PA.

### **REB<sup>sm</sup> CORE DOCUMENTS (\* = free download)**

- \*Part One: The Radiant Energies Balance (REB)<sup>sm</sup> Protocol Philosophy/Theory/Research Background© (~300 pp) With Bibliography,
- \*References and Resources© (~60 pp.)
- \*An "Active Ingredients" analysis of the Radiant Energies Balance (REB)<sup>sm</sup> protocol © (~47pp)
- \*A Descriptive Summary of the Radiant Energies Balance (REB)<sup>sm</sup> ©(~14 pp)
- Part Two: The Radiant Energies Balance (REB)<sup>sm</sup> Clinical Protocol Instructions© (~29 pp.)
- \*REB<sup>sm</sup> Self Help Version of the Clinical Protocol ©
- \*REB<sup>sm</sup> for Relaxing, Focusing and Centering yourself ©
- Part Three: Additional Approaches, Other Practitioners' Uses Of The Radiant Energies Balance (REB)<sup>sm</sup> Protocol, And Resources For "The Art Of Delivery"© (~200 pp.)

### **RELATED DOCUMENTS (\* = free download)**

- \*Eden and Feinstein "Wired for Joy" (11 pp.)
- \*Eden and Feinstein "Triple Warmer: It's Hotter Than You Think" (4 pp.)
- \*Feinstein and Eden "The Meridians and the Emotions: Why Energy Psychology Can Go Where Joseph Wolpe Never Dreamed" (10 pp.)

## **A BRIEF DESCRIPTION OF THE FIELD OF ENERGY/INFORMATION PSYCHOTHERAPY AND EMOTIONAL FREEDOM PROCESSES (EFPs)<sup>sm</sup>**

### **LASTING EMOTIONAL FREEDOM IS NOW IN YOUR HANDS with EFP<sup>sm</sup>**

Free introductory workshops available for groups on request.

New discoveries in the energetic aspects of emotional healing can aid in the rapid release from the effects of trauma, anger, fears, phobias, depression, sadness, anxiety, stress, frustration, cravings and other emotional issues. Unwanted emotional pain from rape, accidents and war are often eliminated

in one session -- sometimes in a matter of minutes. While the process is not perfect, it often works where everything else fails.

Engaging the body's energy system accesses some of the most efficient adjunctive therapeutic modalities available since the energetic approaches both resolve psychoenergetic imbalances on their own and also they serve as powerful catalysts for other interventions.

EFPs<sup>sm</sup> (Emotional Freedom Processes) constitute a doorway to this remarkable new approach using the many buttons and switches of your body's energy system to attain emotional freedom. As people experience EFP<sup>sm</sup>, most report a profound easing of stress-producing emotions. EFP<sup>sm</sup> teaches you simple processes of gently stimulating these stress-relief points as you "tune into" your emotional issue and notice how it **SPECIFICALLY** is affecting you **RIGHT NOW**. This provides an energy system "balancing effect" that replaces emotional distress with a feeling of peace. You do this yourself and, as you personally learn how to release your negative emotional charges and replace them with positive emotions, you'll also learn a very effective tool to help others as well as yourself.

Many people are able to go deeper into their issues as EFP<sup>sm</sup> "peels the layers of the emotional onion" and at those deeper levels, real transformation can take place. You may be aware that certain situations tend to upset you. It's as if you have "emotional wiring" programmed into you from prior experiences. EFP<sup>sm</sup> helps you "rewire" the emotional patterns within so that you are no longer triggered in painful ways. It is literally "emotional freedom" to feel different, lighter, less burdened by the past, less susceptible to reacting with painful emotion.

The advantages of EFP<sup>sm</sup> approaches, compared to other more traditional ones, are:

- ∞ EFP<sup>sm</sup> can be done practically anywhere at anytime.
- ∞ It is inexpensive to learn and use.
- ∞ The process is relatively gentle.
- ∞ It requires no special equipment or medicinals whatever. ***IT'S IN YOUR HANDS***, literally!
- ∞ The results are usually long lasting.
- ∞ Most people can apply the techniques to themselves, although a skilled coach/helper makes it much easier.
- ∞ It often provides relief for physical pain, headaches and addictive cravings.

EFP<sup>sm</sup> has been proven clinically effective in the U.S. Veterans Administration with many Vietnam War Veterans. It has also assisted students with "learning blocks" and has provided noticeable gains in many performance areas (such as golf, sports, music and public speaking). Those who meditate find that EFP<sup>sm</sup> allows them to "go deeper" and many mental health professionals all over the world are reporting dramatic improvements in their clients' well being.





**Definition of Energy Psychology provided by ACEP  
(Association of Comprehensive Energy Psychology)**

"Energy Psychology is a family of novel mind/body interventions that have been consistently clinically observed to help with a wide range of psychological concerns, through explicitly, directly and methodically treating the human vibrational matrix. This matrix includes the biofield that envelops the body, the energy centers (chakras), and the energy pathways (meridians and related acupoints). Positioned on the shared frontier of Psychology, Biophysics and Spirituality, these experimental treatments show promise in: 1) assisting stuck clients (those who are unresponsive to usual treatments); 2) alleviating psychospiritual & mind-body distress (traumas, anxiety, phobias, stress, limiting beliefs, addictions, compulsions, allergies, personality disorders, etc.); and 3) promoting high-level psychospiritual/mind-body health & peak performance (physical, mental and creative)."

ACEP: Website: <http://www.energypsych.org> E-mail: [acep@energypsych.org](mailto:acep@energypsych.org)

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Donna Eden and David Feinstein: Website: <http://www.innersource.net>. Email:  
[energy@innersource.net](mailto:energy@innersource.net) or Energy Medicine Institute <http://www.energymed.org>

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For Gary Craig's comprehensive website for Emotional Freedom Techniques and related approaches, many case studies and discussion of issues as well as training materials:  
Website: <http://www.emofree.com>

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Roger J. Callahan, PhD, Founder, Thought Field Therapy: TFT. Website: <http://www.tftrx.com>

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For products, training opportunities, and free information visit: [www.energypsych.com](http://www.energypsych.com)

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Debby Vajda, [www.DebbyVajda.com](http://www.DebbyVajda.com), has an extensive resources list. Bibliography of books related to energy therapy. Discussion Groups - descriptions of energy therapy discussion groups, with information on how to join each. Distance Learning Courses - contains information on courses. Links - to energy related sites. Manuals - information on energy therapy manuals. Newsletters - free, on-line, energy related newsletters. Practitioners - sites which list energy therapy practitioners.