



# DELTA LIFE SKILLS<sub>sm</sub>



**EMOTIONAL FREEDOM IS IN YOUR HANDS with REB<sub>sm</sub>**

***Integral Energy Psychology***

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## **PART ONE: THE RADIANT ENERGIES BALANCE (REB)<sub>sm</sub> PROTOCOL: PHILOSOPHY/RESEARCH/THEORY BACKGROUND©**

Section:

### **6. SUMMARY OF THE ADVANTAGES OF THIS ENERGY/INFORMATION SYSTEM BALANCING PROTOCOL What this Balance Does**

**6.1.** It integrates approaches from traditional therapy and psycho physiological research in the autonomic nervous system (ANS) and Heart Rate Variability (HRV) with a very simple, powerful and elegant procedure from energy/information therapies. Thus, in terms of Ken Wilber's (2000) four Quadrant Integral Model (see figures 6.1. and 6.2. below), it bridges between the Upper Left quadrant ("I"-Interior-Subjective-Individual-Intentional) and the Upper Right quadrant ("It"-Exterior-Objective-Individual-Behavioural) approaches to human functioning. The other two lower quadrants refer to collective approaches to human functioning (LL: "We"-Interior-Subjective-Collective-Cultural and LR: "Its"-Exterior-Objective-Collective-Social)

Interior	Exterior	
<b>I UL</b> Interior-Subjective-Individual Intentional	<b>IT UR</b> Exterior-Objective-Individual Behavioural	Individual
<b>WE LL</b> Interior-Subjective-Collective Cultural (worldspace)	<b>ITS LR</b> Exterior-Objective-Collective Social (system)	Communal or Collective
Left Hand	Right Hand	

Figure 6.1. The Four Quadrants of Knowledge about the "Kosmos" (the totality of reality)

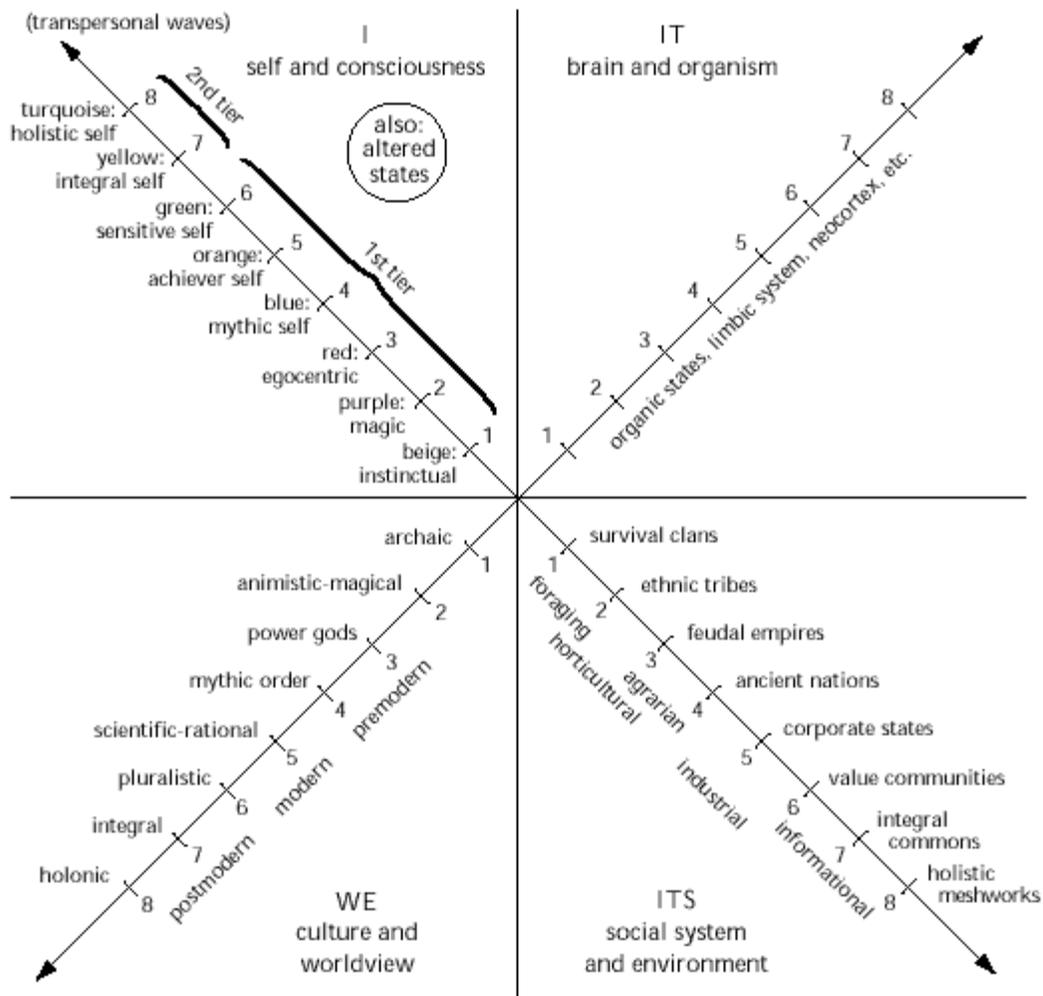


Figure 1. *Some Examples of the Four Quadrants in Humans*

Figure 6.2. from *Collected Works of Ken Wilber volume 7*

**6.2.** It provides an alternative to invasive (drug) or inefficient and cumbersome methods from traditional psychotherapy (talk, insight, cognitive-behavioural, counter conditioning). At the same time it's also complementary to traditional approaches in that the use of this balance can make the traditional much more efficient.

**6.3.** As is true of all energy/information therapies, it intervenes on the much more fundamental level of energy and information which, according to modern physics, underlies chemistry and matter (the Quantum/Holonomic/Implicate order physics models supersede and include Newtonian models of physical reality). It therefore intervenes on the substrate of all psycho-biological systems, especially the nervous system (and especially the autonomic nervous system), micro tubules (Hameroff and Penrose papers), assembling gap junction hemichannels (Rakovic and Jovanovic-Ignjatic et al papers), quantum holography (Mitchell, Marcer, Benford papers) neurotransmitters, endorphins, hormones etc.(Swack). These biological systems, in turn, form a physical substrate for the psychological processes of cognition (memory, thinking, problem solving, creativity, etc.) and emotions and feelings. (Collinge, 1998; Eden and Feinstein, 2002a and b; Furman and Gallo, 2000; Gallo, 1998; Gerber, 2000; Tiller, 1997) The underlying assumption of the balance is that the Triple

Warmer meridian controls the Sympathetic branch of the Autonomic Nervous System (ANS) and the Spleen meridian controls the Parasympathetic branch. Again, in terms of Ken Wilber's (2000) four Quadrant Integral Model, it deals with the more subtle aspects of the Upper Right quadrant rather than the typical approaches which are still much embedded in Newtonian/19th century metaphysics of gross sensory empiricism.

**6.4.** Among the many energy/information therapies available, it provides the most comprehensive, complete, internally coherent, broad spectrum, in depth balance possible relying greatly on the inner wisdom of the body's energy/information system. It could be viewed as "holistic holism" balancing approach!

**6.5.** It requires no diagnostics since the energy/information system's inner wisdom is used to go wherever balance is needed and do the corrections spontaneously for the issue. The assumption is that this wisdom is much greater than that of any "healer," no matter how skilled. This is a huge advantage for clients and practitioners.

**6.6.** The basic posture is elegantly simple to use, it's inconspicuous and feels and, in fact, is very natural since it's a spontaneous reaction to stress.

**6.7.** The balance looks natural and therefore it can be used practically anywhere without looking weird or foolish. This makes it much more amenable to use in daily life and professional counseling; again, a huge advantage for clients and practitioners.

**6.8.** The helper or therapist functions more as a coach or guide rather than a "healer." More like a "helper" ("Healing Helper"), one who helps the person keep focused on the issue by pinpointing aspects, checking progress etc. and encourages persistence in eliminating "psychogarbage."

**6.9.** As with all energy/information therapies, when properly done, the person does NOT need to examine, sort and smell their "psychogarbage" in order to get rid of its effects (symptoms). Symptoms are used to get at aspects and triggers and track progress (SUDs or Subjective Units of Distress). When the person no longer has symptoms (the SUDs are zero regarding the issue), the energetic cause has been found and the disturbance eliminated. Whenever this process of symptom elimination occurs it is necessary to "fill the gap" with a desired outcome.

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