



DELTA LIFE SKILLSsm

EMOTIONAL FREEDOM IS IN YOUR HANDS with EFPsm

Integral Energy Psychology

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DETAILED TABLES OF CONTENTS of THE CORE RADIANT ENERGIES BALANCE (REB)sm PAPERS

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RADIANT ENERGIES BALANCE (REB)sm: A FLEXIBLE and COMPREHENSIVE THERAPEUTIC and TRANSFORMATIVE PROTOCOL

**Phillip W. Warren, B.A., Ph.C., Professor Emeritus, A.P.O.E.C., Cert.Edu-K.
with Janet Nestor, M.A., L.P.C. and Master REBsm Practitioner**

TABLE OF CONTENTS OF AN "ACTIVE INGREDIENTS" ANALYSIS OF THE RADIANT ENERGIES BALANCE (REB)SM PROTOCOL

The "Active Ingredients Analysis" approach is analogous to a chemical analysis of natural substances for health which seek to discover, in the complex composition of a natural substance, those ingredients or aspects that create the health promoting effects. The Radiant Energies Balance (REB)sm is a psychotherapeutic protocol that incorporates many ingredients or aspects taken from mainstream psychotherapy, trauma therapy, psychophysiology and adds the body's energy system to produce an integrated and comprehensive approach. This paper provides a detailed description of the ways that the REBsm protocol incorporates the "active ingredients" into a unified whole.

ABSTRACT and INTRODUCTION

**A BRIEF DESCRIPTION OF THE RADIANT ENERGIES BALANCE (REB)sm: A FLEXIBLE,
COMPREHENSIVE, THERAPEUTIC and TRANSFORMATIVE PROTOCOL**

**An "ACTIVE INGREDIENTS" ANALYSIS OF THE REBsm: GALLO'S ORIGINAL 8
INGREDIENTS**

1. Exposure and attunement
2. Dissociated observation
3. Submodalities and transmodal reattunement
4. Dual attention

5. Bioenergy
6. Paradox
7. Comfort
8. Positive expectation

ADDITIONAL BODY BASED ACTIVE INGREDIENTS

9. Body based active ingredient: The importance of using neuroscience information in therapy
 - 9.1.1. Lesson 1: The brain is profoundly interpersonal
 - 9.1.2. Lesson 2: Emotions organize the brain
 - 9.1.3. Lesson 3: Tailoring interventions to clients' brain styles can increase therapy's effectiveness
 - 9.1.4. Lesson 4: Narrative is fundamental to brain function and attachment
10. Body based active ingredient: Sensorimotor Psychotherapy of Ogden and Minton
11. Body based active ingredient: Touching, tapping, rubbing and moving (Andrade; Oschman; Rothman)
 - 11.1. Client-coach/"healer" touching (physical contact)
 - 11.2. Neuro-humoral model of Joaquín Andrade
 - 11.2.1. Different Metaphors to Explain 'why.'
 - 11.3. Energy medicine model of Oschman
 - Cell Structure and the "Living Matrix"
 - 11.3.1. The Cell is NOT a Bag
 - 11.3.2. Continuum
 - 11.3.3. Information Flows
 - 11.3.4. Properties of the Living Matrix
 - 11.3.5. Coherence
 - 11.3.6. Cellular Oscillations and Systemic Regulations
 - 11.2.7. Gravity and Physical and Emotional Structure
 - 11.3.8. Some Conclusions
12. Body based active ingredient: The cerebellum and information processing (Bergmann 1999; Leiner and Leiner; Schumahmann and also Courchesne and Allen; Dennison and Dennison; Diamond; Hannaford; Scaer 1997),
 - 12.1. The cerebellum: The treasure at the bottom of the brain by Henrietta Leiner and Alan Leiner 1997a
 - 12.1.1. Resemblance to Computing Machines
 - 12.1.2. Functions of the Cerebellum
 - 12.1.3. The Advantages of Automation
13. Body based active ingredient: eye and head positions and movements and eye blinking
 - 13.1. Eye and head positions and movements (Furman and Gallo)
 - 13.2. Eye blinking (Teese et al)
14. Body based active ingredient: Accessing the brain hemispheres
 - 14.1 The right orbitofrontal cortex (Scaer; Schneider; Schore; Stroebel)
 - 14.1.1. Master Regulator of the Brain and Body; Carol J. Schneider, (1997)
 - 14.1.2. Neurobiology of The Self; Charles F. Stroebel, 1997
 - 14.1.3. Observations on traumatic stress; Robert C. Scaer, 1997
 - 14.1.4. How are our 'heartfelt' feelings generated?
Robert C. Scaer and Carol J. Schneider 2002

- 14.2. Accessing the more resourceful half of the brain
 - 14.2.1. Schiffer's model
 - 14.2.1.1. Schiffer's model: theoretical implications
 - 14.2.1.2. Schiffer's model: clinical implications
 - 14.2.2. Sargent NLP model
- 14.3. The one eye technique of Cook and Bradshaw
- 15. Body based active ingredient: Polyvagal Theory of Stephen Porges
- 16. Body based active ingredient: Breathing Thorough The Nose (Alder; Shannahoff-Khalsa)
 - 16.1. Breathing and heart rate variability (HRV)
 - 16.2. Introduction: breath in life and health
 - 16.3. Unilateral Forced Nostril Breathing (UFNB)
 - 16.3.1. Peripheral effects of UFNB (Unilateral Forced Nostril Breathing)
 - 16.3.2. Left-right asymmetry in distribution of sympathetic and parasympathetic (vagal) fibers to the heart
 - 16.3.3. Central nervous system-cognitive effects of UFNB (Unilateral Forced Nostril Breathing)
 - 16.3.4. Clinical applications of UFNB (Unilateral Forced Nostril Breathing)
- 17. Body based active ingredient: Engaging the heart; Heart Rate Variability (HRV), anxiety and the autonomic nervous system (ANS)
 - 17.1. Traditional psychology/psychiatry research
 - 17.2. HeartMath research and methods (Armour; McCraty, Atkinson, Tomasino et al of HeartMath Institute; Paddison; Pearce; Pearsall; Tiller)

REFERENCES

APPENDIX: A SUMMARY DESCRIPTION OF THE FEATURES INCORPORATED INTO EACH MODULE OF THE REBSM PROTOCOL

TABLE OF CONTENTS OF PART ONE: THE RADIANT ENERGIES BALANCE (REB)SM PROTOCOL PHILOSOPHY/RESEARCH/THEORY BACKGROUND ©

These are also available in separate sections

Part One, the **PHILOSOPHY/RESEARCH/THEORY BACKGROUND PAPER** consists of a collection of articles and excerpts, written by others and my self, on a variety of topics related to energy/ information psychology. It reviews: quantum theory; advances in trauma treatment methods; new concepts of the autonomic nervous system's vagus/parasympathetic branch; new concepts of physiology and the nervous system as they relate to the Radiant Energies BalanceSM protocol; the use of postures and movements (asana/mudra) for changing states of consciousness, and;the importance of the heart in overall psychophysiological health. The theory paper describes the relationship between the functioning of the Autonomic Nervous System (ANS) and the Triple Warmer and Spleen meridians. The RADIANT ENERGIES BALANCESM protocol provides the most efficient, inexpensive, and safe method of intervention possible. It is a simple, effective, and rapid way to achieve freedom from troubling stuck emotions: fears, worries, and anxieties; addictive urges; obsessive-compulsive tendencies; and many others.

- 1. A brief history of my (PWW) development of the balancing protocol

2. My (PWW) experiences with Emotional Freedom Processes (EFPs) and the Radiant Energies Balancesm protocol
 - 2.1 Trauma elimination using only written instructions for Callahan's trauma algorithm
 - 2.2. My (PWW) experiences with the Radiant Energies Balancesm protocol
3. Experiences from other practitioners with the balancing protocol (emails)
4. A *descriptive summary* of the Radiant Energies Balance (REB)sm protocol: A flexible, comprehensive and elegant therapeutic, and transformative protocol
 - 4.1. Introduction
 - 4.2. A description of the features incorporated into the modules of the REBsm protocol
 - 4.3. Information sources for the Radiant Energies Balance (REB)sm protocol
5. An "Active Ingredients" analysis of the Radiant Energies Balance (REB)sm protocol (see the separate document).
 - 5.1. Exposure and attunement
 - 5.2. Dissociated observation
 - 5.3. Submodalities and transmodal reattunement
 - 5.4. Dual attention
 - 5.5. Bioenergy
 - 5.6. Paradox
 - 5.7. Comfort
 - 5.8. Positive expectation

ADDITIONAL BODY BASED ACTIVE INGREDIENTS

- 5.9. Body based active ingredient: The importance of using neuroscience information in therapy
 - 5.9.1.1. Lesson 1: The brain is profoundly interpersonal
 - 5.9.1.2. Lesson 2: Emotions organize the brain
 - 5.9.1.3. Lesson 3: Tailoring interventions to clients' brain styles can increase therapy's effectiveness
 - 5.9.1.4. Lesson 4: Narrative is fundamental to brain function and attachment
- 5.10. Body based active ingredient: Sensorimotor Psychotherapy of Ogden and Minton
- 5.11. Body based active ingredient: Touching, tapping, rubbing and moving (Andrade; Oschman; Rothman)
 - 5.11.1. Client-coach/"healer" touching (physical contact)
 - 5.11.2. Neuro-humoral model of Joaquín Andrade
 - 5.11.2.1. Different Metaphors to Explain 'why.'
 - 5.11.3. Energy medicine model of Oschman
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 - 5.11.3.1. The Cell is NOT a Bag
 - 5.11.3.2. Continuum
 - 5.11.3.3. Information Flows
 - 5.11.3.4. Properties of the Living Matrix
 - 5.11.3.5. Coherence
 - 5.11.3.6. Cellular Oscillations and Systemic Regulations
 - 5.11.2.7. Gravity and Physical and Emotional Structure
 - 5.11.3.8. Some Conclusions

- 5.12. Body based active ingredient: The cerebellum and information processing (Bergmann 1999; Leiner and Leiner; Schumahmann and also Courchesne and Allen; Dennison and Dennison; Diamond; Hannaford; Scaer 1997),
 - 5.12.1. The cerebellum: The treasure at the bottom of the brain by Henrietta Leiner and Alan Leiner 1997a
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- 5.13. Body based active ingredient: eye and head positions and movements and eye blinking
 - 5.13.1. Eye and head positions and movements (Furman and Gallo)
 - 5.13.2. Eye blinking (Teese et al)
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 - 5.14.1 The right orbitofrontal cortex (Scaer; Schneider; Schore; Stroebel)
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 - 5.14.1.2. Neurobiology of The Self; Charles F. Stroebel, 1997
 - 5.14.1.3. Observations on traumatic stress; Robert C. Scaer, 1997
 - 5.14.1.4. How are our 'heartfelt' feelings generated?
Robert C. Scaer and Carol J. Schneider 2002
 - 5.14.2. Accessing the more resourceful half of the brain
 - 5.14.2.1. Schiffer's model
 - 5.14.2.1.1. Schiffer's model: theoretical implications
 - 5.14.2.1.2. Schiffer's model: clinical implications
 - 5.14.2.2. Sargent NLP model
 - 5.14.3. The one eye technique of Cook and Bradshaw
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- 5.16. Body based active ingredient: Breathing Thorough The Nose (Alder; Shannahoff-Khalsa)
 - 5.16.1. Breathing and heart rate variability (HRV)
 - 5.16.2. Introduction: breath in life and health
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 - 5.16.3.1. Peripheral effects of UFNB (Unilateral Forced Nostril Breathing)
 - 5.16.3.2. Left-right asymmetry in distribution of sympathetic and parasympathetic (vagal) fibers to the heart
 - 5.16.3.3. Central nervous system-cognitive effects of UFNB (Unilateral Forced Nostril Breathing)
 - 5.16.3.4. Clinical applications of UFNB (Unilateral Forced Nostril Breathing)
- 5.17. Body based active ingredient: Engaging the heart; Heart Rate Variability (HRV), anxiety and the autonomic nervous system (ANS)
 - 5.17.1. Traditional psychology/psychiatry research
 - 5.17.2. HeartMath research and methods (Armour; McCraty, Atkinson, Tomasino et al of HeartMath Institute; Paddison; Pearce; Pearsall; Tiller)
- 6. Summary of the advantages of this energy/information system balancing protocol
- 7. The dynamic holonomic energy/information model of body/mind functioning
- 8. Some modern western "hard science" research on the "new" paradigm
- 9. Some history of the concept of how the brain/body functions and the current paradigm battle
- 10. Some history of the current paradigm battle: The dark side of current scientific orthodoxy
- 11. Some assumptions of orthodox western psychology. Assumptions about:

1. the nature of the universe
2. human nature
3. our function in the universe
4. the relationship between mind and body
5. emotion
6. motivation
7. learning
8. memory
9. perception
10. cognitive processes
11. the nature of human consciousness
12. altered states of consciousness
13. death
14. personality
15. social relationships
16. science and civilization
12. William Teller's model of "how it all fits together"
13. Quantum theory interpretations of the functioning of the nervous system and implications for energy/information therapies (*the primary sources are quoted without much translation into intelligent lay person's English*)
 - 13.1. Introductory thoughts
 - 13.2. Some history and epistemological clarity ala Wilber
 - 13.2.1. The four phases of Wilbers thinking
 - 13.2.2. Phase four critique
 - 13.2.3. Three major domains of knowledge with their aspects of proof and types of interpretative "category error"
 - 13.3. Larry LaShan's elucidation of the concept of reality and types of existence
 - 13.3.1. The general classes of realities
 - 13.3.1.1. The sensory modes of being
 - 13.3.1.2. The clairvoyant modes of being
 - 13.3.1.3. The transpsychic modes of being
 - 13.3.1.4. The mythic modes of being
 - 13.3.2. Structural and functional existence
 - 13.4. The Neurotheology movement: SQ: Spiritual intelligence and the "god spot/module" (in process)
 - 13.5. "Zero point field" and consciousness : David Bohm and the implicate order and W.A.
 - 13.5.1. David Bohm and the Implicate Order
 - 13.5.2. W.A. Tiller's 11 dimensional theory and research model
 - 13.5.2.1. Introductory comments
 - 13.5.2.2. From "Energy fields and the human body: Part II"
 - 13.5.2.3. "A white paper on the law of cause and effect"
 - 13.5.2.4. Summary of the results of William Tiller's science adventures with real magic research program
 - 13.5.2.4.1. Glossary of technical terms and abbreviations
 - 13.5.2.4.2. Summary of general theoretical assumptions and conclusions
 - 13.5.2.4.3. Key Findings for Conditioned Space Experimental Data

- 13.5.2.4.4. Summary of key experimental findings from Science and Human Transformation
- 13.5.2.4.5. Summary of key experimental findings from Conscious Acts of Creation
- 13.5.2.4.6. Summary of key experimental findings from the "Remote Sites Experiment"
- 13.6. The revolution in biological science and implications for science and spirituality
- 13.7. Quantum holography
 - 13.7.1. Mitchell's Nature's Mind
 - 13.7.2. Benford on acupuncture and Delawarr Technology
- 13.8. The interface between environment, information, organism and the emergence of mind
 - 13.8.1. Introduction
 - 13.8.2. Microtubules, quantum coherence, and "Orchestrated Objective Reduction" (Orch OR) theory of consciousness
 - 13.8.3. Insight into cellular "consciousness" of Bruce Lipton
- 13.9. Assembling gap junctions hemichannels, Microwave Resonance Therapy (MRT), and acupuncture
- 13.10. The body as liquid crystals and quantum holographic body
- 13.11. The role of frequencies: Light and sound ("Vibs") (in process)
 - 13.11.1. Introduction
 - 13.11.2. The homologous relationships between movements of solar system bodies, audible pitch and light frequencies
 - 13.11.3. Biophotons as communication mode. Planned section on F-A. Popp
 - 13.11.4. The visual system's role in contemplative practices. Planned section on A.I. Reader, III
- 14. Becker's discovery of the dual (analog *and* digital) nervous system
 - 14.1. Comparison of the analog and digital nervous systems
 - 14.2. External electro magnetic fields
 - 14.3. Internal electro magnetic fields
 - 14.4. The negative feedback control process
 - 14.5. An annex on modern thinking and research on glia cells
 - 14.5.1. Introductory comments
 - 14.5.2. "The Forgotten Brain Emerges"
 - 14.5.2.1. Always Talking
 - 14.5.2.2. Clues from Epilepsy
 - 14.5.2.3. A New Pathology
- 15. The Autonomic Nervous System (ANS): New approaches to its balance and functioning
 - 15.1. Heart Rate Variability (HRV), anxiety and the autonomic nervous system (ANS)
 - 15.1.1. Traditional psychology/psychiatry research
 - 15.1.2. Heart Math and Freeze Frame
 - 15.2. The Poly Vagal theory of the parasympathetic nervous system
 - 15.3. The heart's intelligence, brain and ?spirit
 - 15.4. Radiant Energies Balance (REB)sm protocol as counter conditioning
- 16. Efficient treatment for the residuals of trauma (PTSD)
 - 16.1. Peter Levine's approach
 - 16.2. The importance of being aware of the body's physiological response in treating PTSD
 - 16.2.1. The importance of using neuroscience information in therapy

- Some Lessons From Neuroscience For Therapists To Consider
 - 16.2.1.1. Lesson 1: The Brain Is Profoundly Interpersonal
 - 16.2.1.2. Lesson 2: Emotions Organize The Brain
 - 16.2.1.3. Lesson 3: Tailoring Interventions To Clients' Brain Styles Can Increase Therapy's Effectiveness
 - 16.2.1.4. Lesson 4: Narrative Is Fundamental To Brain Function And Attachment
 - 16.2.2. Ogden and Minton Sensorimotor Psychotherapy protocol
- 16.3. Submodalities of recorded experience: Refined accessing of body sensations
- 16.4. Judith Swack's structure of loss and violence trauma imprints
 - 16.4.1. Introduction
 - 16.4.2. Characteristics and importance of trauma imprints
 - 16.4.3. Outlines of loss and violence trauma imprints
 - 16.4.3.1. Loss trauma imprint
 - 16.4.3.2. Violence trauma imprint
- 16.5. Client-coach/"healer" touching (physical contact)
- 16.6. Touching, tapping, rubbing and moving. Neuro-Humoral model of Joaquín Andrade
 - 16.6.1. Introduction
 - 16.6.2 Different metaphors to explain 'why.'
 - 16.6.3. Afferent sensory stimulations
 - 16.6.4. The pathway
 - 16.6.5. At the CNS
 - 16.6.6. Experiencing emotions
 - 16.6.7. The interventions
 - 16.6.8. What for?
- 16.7. Energy medicine model of Oschman
 - CELL STRUCTURE AND THE "LIVING MATRIX"
 - 16.7.1. The cell is not a bag
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 - 16.7.4. Bio-electro-magnetic fields of the human body
 - 16.7.5. Properties of the living matrix
 - 16.7.6. Coherence
 - 16.7.7. Cellular oscillations and systemic regulations
 - 16.7.8. Gravity and physical and emotional structure
 - 16.7.9. Some conclusions
 - 16.7.10. THE INTELLIGENT BODY
 - 16.7.10.1. Introduction
 - 16.7.10.2. Historical Background: Problems with the Neuron Doctrine.
 - 16.7.10.3. Neurons as Cells.
 - 16.7.10.4. The Evolution of Intelligence
 - 16.7.10.5. Sensation and Action
 - 16.7.10.6. The Next Evolutionary Step: The Extracellular Matrix.
 - 16.7.10.7. Capabilities of The Intelligent
 - 16.7.10.8. The Conscious and the Subconscious
 - 16.7.10.9. Microgenesis
 - 16.7.10.10. Where is Consciousness?

- 16.7.10.11. Referencfs & Notes
- 16.8. The cerebellum and information processing of (Bergmann; Leiner and Leiner, Schumahmann)
 - 16.8.1. The cerebellum: the treasure at the bottom of the brain by Henrietta Leiner and Alan Leiner
 - 16.8.1.1. Resemblance to computing machines
 - 16.8.1.2. Functions of the cerebellum
 - 16.8.1.3. The advantages of automation
- 17. Deep diaphragmatic breathing through the nose
 - 17.1. Brain breathing
 - 17.1.1. A quick tour of the nose
 - 17.1.2. Smoke damage
 - 17.1.3. Holding our breath
 - 17.2. Oxygen therapies
 - 17.3. The art of breathing
 - 17.3.1. Breathing your way to health
 - 17.3.2. The power of breathing
 - 17.4. The mystery of the breath
 - 17.5. Overbreathing: Its effects and what you can do about it
 - 17.5.1. Introduction
 - 17.5.2 Konstantin R Buteyko
 - 17.5.3 Development of the Buteyko Method.
 - 17.5.4. Two drug-free approaches seek to correct the low c0₂ that results from overbreathing.
 - 17.5.5. Comparing the two approaches
 - 17.5.6. Two typical case histories from Australia
 - 17.6. Breathing and Heart Rate Variability (HRV)
 - 17.7. Unilateral Forced Nostril Breathing (UFNB)
 - 17.7.1. Introduction: Breath in life and health
 - 17.7.2. Peripheral effects of UFNB (Unilateral Forced Nostril Breathing)
 - 17.7.3. Left-right asymmetry in distribution of sympathetic and parasympathetic (vagal) fibers to the heart
 - 17.7.4. Central nervous system-cognitive effects of UFNB (Unilateral Forced Nostril Breathing).
 - 17.7.5. Clinical applications of UFNB (Unilateral Forced Nostril Breathing)
 - 17.7.6. Clinical effects of unilateral chronic nasal obstruction
- 18. Eye and head positions and movements, and eye blinking
 - 18.1. Eye and head positions and movements
 - 18.2. Eye blinking
- 19. Accessing the brain hemispheres
 - 19.1 The Right Orbitofrontal Cortex
 - 19.1.1. Master regulator of the brain and body
 - 19.1.2. Neurobiology of the self
 - 19.1.3. Observations on traumatic stress
 - 19.1.4. How are our 'heartfelt' feelings generated?
 - 19.2 Accessing the more resourceful half of the brain
 - 19.2.1. Schiffer model

- 19.2.1.1. Theoretical implications
 - 19.2.1.2. Clinical implications
 - 19.2.2. Sargent NLP model
- 19.3 The "One Eye Technique"
- 20. The role of the radiant circuits (strange flows, curious meridians) and the concept of chi
 - 20.1 The concept of the many types of chi
 - 20.2. Introduction to the Chinese five element/meridian system model of the bodymind
 - 20.2.1. The five element law
 - 20.2.2. Five element chart
 - 20.2.3. Emotions associated with each of the meridians arranged alphabetically by meridian
 - 20.2.4. Abbreviation and location description of stimulation points arranged alphabetically by meridian
 - 20.2.5. Simplified diagrams of the meridians arranged alphabetically
 - 20.3. Donna Eden's description of the meridian emotions and affirmations arranged alphabetically by meridian
 - 20.4. Introduction to radiant circuits (strange flows, curious meridians)
 - 20.5. Donna Eden's discussion of triple warmer {triple stimulator} and the strange flows {radiant circuits} [1998, 2002a and 2002b]
 - 20.5.1. 2002a version
 - 20.5.2. 2002b version
 - 20.5.3. 1998 version
- 21. The Radiant Energies Balance (REB)sm as a transformative and therapeutic mudra/asana
 - 21.1. Introduction
 - 21.2. Traditional mudras/asanas practices
 - 21.2.1. The posture of ecstasy
 - 21.2.2. Mudras (mainly hand gestures/finger positions)
 - 21.2.2.1. Introduction
 - 21.2.2.2. Sign Language Of The Soul: A Handbook for Healing
 - 21.2.2.2.1. Introduction to energy healing
 - 21.2.2.2.2. Sign Language Of The Soul Contents
 - 21.2.2.2.3. Introduction
 - 21.2.2.2.4. Kabbalistic healing
 - 21.2.2.2.5. The history of hand signs
 - 21.2.2.2.6. The human form and the tree of life
 - 21.2.2.2.7. Chakra balancing
 - 21.2.2.2.8. The pattern of 64
 - 21.2.2.3. Introduction
 - 21.2.2.4. Kabbalistic healing
 - 21.2.2.5. The history of hand signs
 - 21.2.2.6. The human form and the tree of life
 - 21.2.2.7. Chakra balancing
 - 21.2.2.8. The pattern of 64
 - 21.2.3. Definition of asana (postures)
 - 21.2.3.1. Introduction to the practice of asanas
 - 21.2.3.2. The secret of asanas
 - 21.2.3.3. Hatha yoga is approachable by everyone
 - 21.2.3.4. Kundalini yoga and asanas
 - 21.2.3.5. Opening the heart and finding the soul through asanas
 - 21.2.3.6. Practicing Hatha yoga
 - 21.2.3.7. Here is a list of simple rules...
- 21.3. Traditional movement practices: Qi Gong and Tai Chi
- 21.4. EduKinesthetics: Learning through movement

- 21.5. Brown's Peak Performance Postures
- 21.6. Clynes' sentics system: The biological basis of music and emotions
 - 21.6.1. Introduction
 - 21.6.2. The therapy of doing basic sentic cycles
 - 21.6.3. Gestures of the advanced sentic cycle
- 21.7. Carlos Castaneda's "Tensegrity" system
- 22. The relationships between the energy/information channels and centers and Energy anatomy of chakras
- 23. The transpersonal perspective as a context for the energy information approaches
 - 23.1. Transpersonal psychology: Its pivotal position between science and religion
 - 23.2. General characteristics of transpersonal psychology
 - Basic social/religious/psychological characteristics of levels of the perennial philosophy/psychology
 - 23.3. Introducing the spiritual into civil society without getting lynched: The social context
 - Two basic dimensions of belief systems
 - 23.4. Ken Wilber's latest model: AQAL (all quadrant, all level) in diagrams
 - 23.5. Brief description of some of the potential states of consciousness
 - 23.5.1. Body dependent states (from the least to most spiritually valuable experiences)
 - 23.5.1.1. Coma
 - 23.5.1.2. Mania
 - 23.5.1.3. Stupor
 - 23.5.1.4. Fragmentation
 - 23.5.1.5. Apathy
 - 23.5.1.6. Hysteria
 - 23.5.1.7. Lethargy
 - 23.5.1.8. Anger
 - 23.5.1.9. Boredom
 - 23.5.1.10. Antagonism
 - 23.5.1.11. Ordinary waking consciousness
 - 23.5.1.12. The Preconscious
 - 23.5.1.13. Sleeping
 - 23.5.1.14. Daydreaming
 - 23.5.1.15. Stored Memory
 - 23.5.1.16. Internal Scanning
 - 23.5.1.17. The Hypnogogic State
 - 23.5.1.18. The Hypnopomic State
 - 23.5.1.19. The Hyperalert State
 - 23.5.1.20. Reverie
 - 23.5.1.21. The Psychodynamic Conscious
 - 23.5.1.21.1. Dreaming
 - 23.5.1.22. Regressive States
 - 23.5.1.23. The Ontogenetic Conscious (Perinatal Phenomena)
 - 23.5.1. 23.1. Cosmic Unity.
 - 23.5.1. 23.2. Cosmic Engulfment.
 - 23.5.1. 23.3. "No Exit" or Hell.
 - 23.5.1. 23.4. Death-Rebirth Struggle.

- 23.5.1. 23.5. Death-Rebirth Experience
- 23.5.1. 23.6. Embryonic and Fetal Experiences
- 23.5.1. 24. The Phylogenetic Conscious (Evolutionary Conscious)
 - 23.5.1. 24.1. Organ, Tissue and Cellular Consciousness
 - 23.5.1. 24.2. Animal Consciousness
 - 23.5.1. 24.3. Plant Consciousness
 - 23.5.1. 24.4. Oneness with Life and All Creation
 - 23.5.1. 24.5. Consciousness of Inorganic Matter
 - 23.5.1. 24.6. Planetary Consciousness.
- 23.5.2. The psychic transfer point
- 23.5.3. Two methods to induce body independent states. quieting vs hyperactive methods.
- 23.5.4. Body independent states
 - 23.5.4.1. Out of the Body Experiences, ESP & Mediumistic Phenomena
 - 23.5.4.1.1. Out of the Body Experiences
 - 23.5.4.1.1.1. Garden Variety Astral Journey
 - 23.5.4.1.1.2. "Entities"
 - 23.5.4.1.1.3. "Space Travel"
 - 23.5.4.1.2. Extra Sensory Perception (ESP)
 - 23.5.4.1.2.1. Cognitive
 - 23.5.4.1.2.2. Physical - Psychokinesis (PK)
 - 23.5.4.1.2.3. Mediumship
 - 23.5.4.2. Trans-Individual Conscious
 - 23.5.4.2.1. Ancestral Experiences
 - 23.5.4.2.2. Past Incarnation Experiences
 - 23.5.4.2.3. Collective and Racial Experiences
 - 23.5.4.2.4. Archetypal Experiences
 - 23.5.4.3. Visionary States
 - 23.5.4.4. The Superconscious
 - 23.5.4.5. The Void
- 23.6. The developmental spectrum of consciousness, psychopathology, and therapy.
 - 23.6.1. Introduction
 - 23.6.2. The spectrum of development of consciousness
 - 23.6.2.1 The basic and transition structures and self system
 - 23.6.2.1.1. The basic structures
 - Pre-personal realm
 - 23.6.2.1.1.1. Undifferentiated matrix
 - 23.6.2.1.1.2. Sensoriphysical
 - 23.6.2.1.1.3. Phantasmic-emotional
 - Personal realm
 - 23.6.2.1.1.4. Rep-mind
 - 23.6.2.1.1.5. Rule/role mind
 - 23.6.2.1.1.6. Formal-reflexive mind
 - 23.6.2.1.1.7. Vision-logic
 - Trans-personal realm
 - 23.6.2.1.1.8. Psychic
 - 23.6.2.1.1.9. Subtle

- 23.6.2.1.1.10. Causal
- 23.6.2.1.1.11. Ultimate
- 23.6.2.1.2. The transition stages (or self-stages)
- 23.6.2.1.3. The self-system
- 23.6.2.1.4. Summary of overall development of the self-system
- 23.6.2.1.5. The fulcrum of development (choice points and self-object differentiation)
- 23.6.3. The stages and types of pathology
 - 23.6.3.1. The prepersonal pathologies
 - 1a. Fulcrum: autistic psychoses,
 - 1b/c. Fulcrum: symbiotic infantile psychoses, most adult schizophrenia, depressive psychoses
 - 2a. Fulcrum: Narcissistic Personality Disorders
 - 2b. Fulcrum: Borderline personality disorders
 - 3a. Fulcrum: Borderline neuroses
 - 3b. Fulcrum: Psychoneuroses
 - 23.6.3.2. The personal pathologies
 - Fulcrum 4: The role self and cognitive-script pathology or script neuroses
 - Fulcrum 5: Identity neurosis
 - Fulcrum 6: Existential pathology
 - 23.6.3.3. The transpersonal pathologies
 - Fulcrum 7: Psychic disorders
 - Fulcrum 8: Subtle disorders
 - Fulcrum 9: Causal disorders
- 23.6.4. Treatment modalities
 - Fulcrum 1: (psychoses) Physiological intervention
 - Fulcrum 2 (narcissistic-borderline disorders): Structure-building techniques
 - Fulcrum 3: (psychoneuroses): Uncovering techniques
 - Fulcrum 4: (script pathology): Cognitive-script analysis
 - a). Role pathology
 - b). Rule pathology
 - Fulcrum 5: (identity neurosis): Introspection
 - Fulcrum 6: (existential pathology): Existential therapy
 - Fulcrum 7: (psychic pathology): the path of Yogis
 - 1). Spontaneous
 - 2). Psychotic-like
 - 3) Beginning practitioner:
 - a). Psychic inflation
 - b). Structural imbalance (due to faulty practice of the spiritual technique)
 - c). Dark night of the soul
 - d). Split-life goals
 - e). Pseudo-duhkha
 - f). Pranic disorders
 - g). Yogic illness
 - Fulcrum 8: (subtle pathology): the path of Saints.

- 1). Integration-identification failure
- 2). Pseudo-nirvana
- 3). Pseudo-realization

Fulcrum 9: (causal pathology): The path of Sages.

- 1). Failure to differentiate
- 2). Failure to integrate

24. The range of reality: multidimensional human existence and its many energy/information layers
24. Summary of some of the balancing protocol assumptions and an estimate of the degree of evidential support for them (high, medium, low ala Dan Benor's method of evaluation of research support)

RADIANT ENERGIES BALANCE (REB)SM BIBLIOGRAPHY, REFERENCES and RESOURCES[©]

TABLE OF CONTENTS OF PART TWO: THE RADIANT ENERGIES BALANCE (REB)SM CLINICAL PROTOCOL INSTRUCTIONS[©]

Part Two provides instructions for the **COMPLETE CLINICAL PROTOCOL** including: accessing and working with the more resourceful hemisphere; assuming the basic balancing posture which integrates and engages the complete energy information system; engaging the thymus and heart areas; using EMDR style movements, rocking; deep breathing and blinking to clear imbalances; using head/eye positions to uncover possible places in the system where elements of an issue may hide; emphasizing how the issue effects you right now in present time, especially physical sensations; emphasizing substituting the good to replace the troubling element throughout the protocol, and formulating a positive goal especially at completion; doing the heart-felt emotion induction from HeartMath. This protocol produces dramatic improvement in a wide range of problems. When used in conjunction with other therapeutic techniques, it makes them more efficient and powerful.

General introduction

The balance procedure instructions

Detailed information on each of the modules of the REBSM balancing protocol

Module 1. Identify an issue

- a. Quantify the amount of distress
- b. Formulate a goal statement or affirmation, a Desired Outcome (DO). and quantify its degree of truthfulness

Build yourself an "**energy shield**": Call upon all your highest healing sources

2 Module 2: Working with your hemispheres

- a. Schiffer Approach
- b. The "One Eye Technique" (Cook and Bradshaw)

3 Module 3: Assume the Triple Warmer {Stimulator}/Spleen Posture

- a. Engage your thymus and heart
- b. Cross your ankles
- c. Place your tongue in the roof of your mouth just behind your upper teeth

- d. Alternate squeezing with your hands and gently rocking side to side
- e. Blink your eye lids and do a vigorous yawn if you feel like it
- f. Use the reiki harmony position
- g. Use the brow/crown holding posture
- 4. **Module 4.** Do deep diaphragmatic (belly) breathing through your nose. Symbolically breathe in the good and out the bad
- 5. **Module 5.** Stay in contact with the issue and its triggers and aspects; notice the emotional and body sensations; the thoughts, sensory images, sensations, memories and words
- 6. **Module 6.** If desirable, do eye movements, eye positions and head positions and combinations
- 7 **Module 7.** Finish the balance with a Positive Replacement of the negative. Focus on your heart and give it lots of core heart feelings
Perform Janet Nestor's "Merging Heaven and Earth" qigong exercise or Donna Eden's "Heaven Rushing In." This will help anchor the changes into your total system. The exercises also have the additional advantage of capitalizing on the power of imagination.

Do the at home daily life activity especially the REBSM-HeartMath Freeze Frame or Heart Lock In techniques, preferably using Modules 2 and 3.

The Modules In Summary

Meridians and Chakras used in the balance and the autonomic nervous system: parasympathetic and sympathetic

TABLE OF CONTENTS OF PART THREE: ADDITIONAL APPROACHES, OTHER PRACTITIONERS' USES OF THE RADIANT ENERGIES BALANCE (REB)SM PROTOCOL, AND RESOURCES FOR "THE ART OF DELIVERY"©

Part Three contains many hints, techniques, additional and supplementary approaches that can be used. General principles for a successful balance and other goodies. This will be added to from time to time.

- 1. Recommendations from Donna Eden and Other Practitioners
 - 1.1. Recommendations from Donna Eden: Calming triple warmer
 - 1.2. Recommendations from REBSM practitioners
 - 1.2.1. From Maarten Aalberse (MA)
 - 1.2.2. From Janet Nestor (JN)
 - 1.2.3. From Sara Stevens (SS)

POSSIBLE APPROACHES TO USE IN THE "ART OF DELIVERY"

- 2. EmoClear approach by Steve Mensing
 - 2.1. Welcome to EmoClear"
 - 2.2. Introduction to EmoClear"
 - 2.3. Where to start with processing
 - 2.4. A feelings primer"
 - 2.4.1. Awareness of feelings
 - 2.4.2. Attending to your feelings"

- 2.5. Active feeling II
 - 2.5.1. Tips on active feeling
 - 2.5.2. Steps to active feeling
 - 2.5.3. There are several tricks to feeling and releasing
- 2.6. Natural born releaser - NBR (version III)
- 2.7. Mindfulness, welcoming and letting go
 - 2.7.1. Welcoming & letting go (level 1)
 - 2.7.2. Mindfulness, welcoming & letting go (level 2)
- 2.8. The watcher
 - 2.8.1. Watching
- 2.9. Intention exercise
 - 2.9.1. Intention defined
 - 2.9.2. Know your intentions exercise
 - 2.9.3. Change and create your intentions exercise
- 3. Using the "Focusing Technique" for personal change
 - 3.1. Introduction
 - 3.2. Body knowing/head knowing
 - 3.3. Brief outline of the focusing process
 - 3.3.1. Movement one: Clearing a space
 - 3.3.2. Movement two: Contacting the felt sense of the problem
 - 3.3.3. Movement three: Getting a handle on the felt sense
 - 3.3.4. Movement four: Resonating the handle and the felt sense
 - 3.3.5. Movement five: Asking the felt sense
 - 3.3.6. Movement six: Receiving
 - 3.4. Really short form of the focusing process
 - 3.4.1. Clearing a space:
 - 3.4.2. Felt sense:
 - 3.4.3. Get a handle:
 - 3.4.4. Resonate:
 - 3.4.5. Ask:
 - 3.4.6. Receive:
 - 3.5. The focusing process in detail
 - 3.5.1. Movement one: Clearing a space
 - 3.5.2. Movement two: Contacting the felt sense of the problem
 - 3.5.3. Movement three: Getting a handle on the felt sense
 - 3.5.4. Movement four: Resonating the handle and the felt sense
 - 3.5.5. Movement five: Asking the felt sense
 - 3.5.6. Movement six: Receiving
 - 3.5.7. Deciding to stop or continue
 - 3.6. Possible problems with doing focusing
- 4. The use of "choices" wording for affirmations by Pat Carrington and Christine Sutherland.
 - 4.1. What are 'choices'.
 - 4.2. Using choices with REBsm.
 - 4.3. The wording of choices is a key consideration.
 - 4.4. This 'computer'-mind is painfully literal.
 - 4.5. The first rule of choices.
 - 4.6. The second rule of choices.

- 4.7. Building a library of choices.
 - 4.7.1 Multi-purpose choice.
 - 4.7.2. Choice to counteract perceived danger.
 - 4.7.3. Choice for insomnia.
 - 4.7.4. Choice for overcoming a current problem.
- 5. Eye movement release by John Gastly.
 - 5.1. Eye movement release.
 - 5.2. Eye movement pointers.
 - 5.3. Pointers on working with strong emotions.
- 6. Five Keys to Successful Energy Psychology Treatment (by the Grudermeyers)
 - 6.1. Introduction
 - 6.2. Specify and attune to the "top priority issue"
 - 6.2.1. Specifying the top priority issue
 - 6.2.2. The principle of attunement
 - 6.2.3. Methods of attunement
 - 6.2.4. Methods of evaluating progress
 - 6.3. Establish a readiness to benefit from the treatment
 - 6.3.1. Electromagnetic readiness
 - 6.3.2. 100% permission to treat
 - 6.3.3. Interpersonal readiness for the therapy to proceed
 - 6.3.4. Inner objections
 - 6.3.5. Metaphysical impositions
 - 6.4. Select the priority treatment method
 - 6.5. Confirm full completion of the treatment
 - 6.5.1. Search for hidden aspects and layers
 - 6.5.2. Future pacing
 - 6.5.3. Four levels of completeness
 - 6.5.4. In-vivo confirmation
 - 6.6. Upgrade the undisturbed state with peak functioning
 - 6.6.1. Peak functioning
 - 6.6.2. The fully formed outcome
 - 6.6.3. Installing the fully formed desired outcome image
 - 6.6.4. Psychoeducation about resources and strategies
 - 6.7. Summary
 - 6.8. The outcome projection procedure
- 7. A List of Sub-Modalities for in-depth exploration of an experience (from NLP)
- 8. Instant Help: Self and Others
- 9. Self-sabotage, psychoenergetic reversal, neurologic disorganization, and other nasty things
 - 9.1. Introduction
 - 9.2. Six types of self-sabotage
 - Massive reversal, Deep-level reversal, Specific reversal, Criteria-related reversal, Mini-reversal, Recurring reversal
 - 9.3. Treating psychoenergetic reversals
 - 9.4. Psychoenergetic reversal (self-sabotage) themes
 - 9.5. Broad general statements to check for bodymind acceptance
 - 9.6. Neurologic disorganization
 - 9.7. Conclusions

10. Rational-Emotive and cognitive approaches: Do-it-yourself-rational-emotive-cognitive-therapy
 - 10.1 Introduction
 - 10.2. Beliefs inventory
 - 10.2.1. Scoring the beliefs inventory
 - 10.2.3. Irrational beliefs profile
 - 10.3. Inventorying and dealing with your irrational beliefs (ibs) and distorted thinking (dt)
 - 10.3.1. Introduction
 - 10.3.2. Irrational Beliefs (IBs) list
 - 10.3.3. Other possible irrational beliefs
 - 10.3.4. Do-it-your-self irrational belief list
 - 10.3.5. Styles of distorted thinking (DT)
 - 10.3.6. Refuting irrational beliefs (IBs)
 - 10.3.7. Problems in your do-it-yourself rational emotive therapy
 - 10.3.8. Rational emotive imagery technique
 - 10.3.9. Work sheet for developing alternative emotional responses
 - 10.3.10. Combating distorted thinking (DT)
 - 10.3.10.1. Work sheet for combating DTs
 - 10.3.10.2. The three column technique
 - 10.3.11. Rational comebacks to distorted thinking styles
 - 10.4. Inventorying your inner automatic conversations
 - 10.4.1. Introduction
 - 10.4.2. Common characteristics of automatic self-talk
 - 10.4.3. Common characteristics of the inner turkey/judge
 - 10.4.4. A typology of common inner voices
 - 10.4.4.1. Turkey/judge types (enemy voices)
 - 10.4.4.2. Hawk/guide types (ally voices)
 - 10.4.5. Analyzing your turkeys/judges and hawks/guides
 - 10.4.6. Favorite topics of the turkeys/judges
 - 10.4.7. When the turkey speaks: crisis and conflict
 - 10.4.8. Analysis of turkey/judge behaviour
 - 10.4.8.1. Analysis sheet of turkey/judge behaviour
 - 10.4.9. Coping and dealing with automatic inner voices/thoughts, irrational beliefs (IBs), and distorted thinking (DT)
 - 10.4.9.1. Promoting rational thinking
 - 10.4.9.2. Insight
 - 10.4.9.3. Changing your automatic inner voices/thoughts
 - 10.4.9.3.1. Introduction
 - 10.4.9.3.2. Step 1: listening to your self-talk.
 - 10.4.9.3.3. Step 2: evaluating your self-talk; is it helping?
 - 10.4.9.3.4. Step 3: identifying the themes of your typical voices/thoughts
 - 10.4.9.3.5. Step 4: learning the language of self-support
 - 10.4.9.3.6. Stages of worry
 - 10.4.9.3.7. Serfecting your positive self-talk
 - 10.4.9.3.7.1. A practice exercise for positive self-talk
 - 10.4.9.3.8. Giving yourself permission
 - 10.4.9.3.9. Affirming the intrinsic self

- 10.4.9.3.10. Guidelines for supporting your positive self talk
- 10.4.9.3.11. Creating a buffer between you and external negative inputs
- 10.4.9.3.12. Step 5: maintaining a positive approach to your self
 - 10.4.9.3.12.1. Changing your judge into a guide (a turkey to hawk conversion kit)
 - 10.4.9.3.12.2. Imposed-derived selves
 - 10.4.9.3.12.3. Principle 1: Proceed by small steps
 - 10.4.9.3.12.4. Principle 2: Be sensitive to the environment/situation
 - 10.4.9.3.12.5. Principle 3: Be sensitive to your intrinsic self feelings and capabilities
 - 10.4.9.3.12.6. Principle 4: Use ample rewards
 - 10.4.9.3.12.7. Principle 5: Develop self-assertion and communication skills in your interpersonal life
 - 10.4.9.3.12.8. Other tools for converting your turkey into a hawk
 - 10.4.9.3.12.8.1. Conducting an internal fair fight
 - 10.4.9.3.12.8.2. Using inner dialogue for self consultation and problem solving
 - 10.4.9.3.12.8.3. Reward and punishment rituals
 - 10.4.9.3.12.8.4. Develop anti-turkey/judge files
 - 10.4.9.3.12.8.5. Be prepared: rehearse
 - 10.4.9.3.12.8.6. Develop rebuttals and retorts to your turkey/judge
 - 10.4.9.3.12.8.7. Accentuate the positive: restimulate joy
 - 10.4.9.3.12.8.8. Conduct a daily progress review
 - 10.4.9.3.12.8.9. Strengthen your hawk/guides
 - 10.4.9.3.12.8.10. Sharing your inner dialogue with another
 - 10.4.9.3.12.9. Making a concrete plan of action

11. Becoming a winner in learning and life

- 11.1. The creative unconscious: $I \times V = R$
- 11.2. The psychology of winning
 - 11.2.1. The ten qualities of a winner
 - 11.2.2. In order to actualize this winning life style you must:
 - 11.2.3. Winners (constructively motivated people):
- 11.3. Constructive imagination
- 11.4. Effective goal setting techniques
 - 11.4.1. The aspects of effective goal setting are:
 - 11.4.2. Rules for effective goal setting
- 11.5. Writing effective constructive affirmations
 - 11.5.1. Using your affirmations
 - 11.5.2. Guidelines for translating each sentence into a positive, constructive, present tense "I am" or "I choose" affirmation.
 - 11.5.3. Affirmations created by others

12. Using imagery for goal setting and personal problem solving
 - 12.1. Examining your imaging abilities
 - 12.1.1. The imagery vividness scale
 - 12.2. The associated imagery technique
 - 12.3. The exaggeration technique
 - 12.4. The idealized self-image technique (isi)
 - 12.5. Goal rehearsal techniques
 - 12.5.1. Exaggerated role-taking
 - 12.5.2. General goal rehearsal techniques
 - 12.6. Techniques to eliminate your unwanted fears
 - 12.6.1. Systematic self-desensitization using imagery
 - 12.6.2. Coping imagery
 - 12.6.3. Zero reaction image technique
 - 12.7. Technique to change unwanted habits and compulsions
 - 12.8. Technique to broaden time perspective: "time tripping"
 - 12.9. Imagery for handling "future shock"
 - 12.10. Concluding comments
13. Creative Self Commands (CSC): A whole mind/brain approach to empowering affirmations
 - 13.1. The automatic memory system: a brief introduction
 - 13.2. The instant memory technique
 - 13.2.1. The tense/release relaxation technique
 - 13.2.2. The self-dialogue relaxation technique
 - 13.3. Creative Self-Commands (CSC)
14. Suggestions for insuring continued growth
15. Deceleration of spiritual independence
16. Techniques for the training and use of imagination
 - 16.1. Introduction
 - 16.2. Techniques of visual imagery
 - 16.3. Techniques of hearing imagery
 - 16.4. Techniques of image evocation in other senses
 - 16.5. Putting it all together
 - 16.6. Early stages of imagination training
 - 16.7. Changing dimensions and qualities of your imagery
17. Using "triggers" to help you attain goals
 - 17.1. Establishing a reservoir of positive feelings
 - 17.1.1. Establishing a trigger to access this reservoir of positive feelings
 - 17.2. Establishing a target behaviour or performance situation
 - 17.3. Summary of the steps for the learning trigger system for studying
18. "Circle of excellence": A method for choosing to feel excellence