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Your physical body is directly influenced by the thoughts in your mental body. What you are experiencing today is the sum total of all your past experiences and thoughts. To be truly and fully alive, you must remember and own your experiences. It is time to awaken from psychological amnesia. In your awakening, your unconscious thought forms become conscious. True preventive medicine and effective self-care require you to program your unconscious mind along with your conscious wishes and affirmations.

We need to identify precise negative thought forms and past decisions that have weakened our life energy and our ability to live with an open heart and to use all of our creative gifts. Prior to a debilitating illness or a diminution of vital life force, a person has usually made a life-negating decision that created a vulnerability in the immune system. By focusing on specific emotional traumas that were not fully healed, we can create a healthy conscious choice to activate the physical body's auto-immune system.

# New Decision Therapy

"Disease is an expression of an inner conflict that sabotages life force. Particular events can deplete an individual to such an extent that he/she loses the will to live."

Applied and Behavioral Kinesiology (muscle testing) is a test for the integrity of the energy supply to bodily organs as evidenced by the muscle. A

Kinesiologist examination leads the skilled therapist to the basic underlying cause of a health problem and offers a solid foundation from which to work. But the body can only repair that which is being brought up to it to repair. The body relays messages to the brain and gives us warnings while potential danger is still more or less remote.

These clues enable a person to take precautions in good time. By contrast, to await events until pain is experienced may well be to wait too long. While physical pain has the special property of leading the bearer to immediate and urgent action, it has the status of a last ditch effort, and treatment may be administered too late.

Behavioral Kinesiology (BK) is the first line of true preventive medicine. Focused on the psychological and environmental factors related to a physical imbalance, BK examines the body at an energy level, often before physical problems develop. The goal is to raise life energy and experience optimum wellness. BK is a testing device that focuses on energy imbalances. It provides insights into a

person's internal process by showing relationships between psychological states and physical maladies. An illness begins on the energy level. A depletion of generalized body energy leads to specific energy imbalances. An energy problem may exist for many years before it manifests as physical disease. If we use a testing skill that enables us to become aware of these energy imbalances when they first occur, we have a long grace period in which to correct them. While the problem is only at the energy level, there is no gross pathological change. Happily, we can expect a return to homeostasis when the energy balance is corrected.

A person whose self is malfunctioning is going to be suffering. His subjective feeling is one of unhappiness. Emotional disturbance can have a myriad of radiating effects. Skin rashes are not uncommon. Gastrointestinal, musculoskeletal, endocrine and respiratory systems all suffer. There is a lack of enervation by the autonomic nervous system. The human body is endowed with innate intelligence. There is no separation between the mind and the body. Disease is a fundamental conflict that is sabotaging an individual's life force. Using BK, we can question the body to find out when the disease process began, to find the period of time when one's life energy was significantly diminished. We can discover what devastated a person to such an extent that he unconsciously lost his will to live. A skilled assessment

can assist him in reviewing that period of his life and offer him a therapeutic method by which he can make a new decision to override the old self-defeating one. This now begins the road to recovery.

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The name of an illness is not terribly relevant. More important is the climate in which a person is living and deciding things from one moment to the next. Each individual uniquely manifests the problems through which he can resolve his basic life conflicts. Preventive therapy helps one realize what is happening to them and learn why they are having such experiences. This way they will not be temporarily "fixed" but fundamentally stronger as a result of the illness or discomfort that brought them to seek help in the first place.

We have the ability to change at the deepest level of our lives. It requires a conscious awakening. We have been carrying old wounds that need to heal. The open wound needs love. The task at hand is to put enough love into that wound and fill the space with light. Through compassionate understanding

and genuine forgiveness, we can release the heavy anchors that hold us down and block our flow. A conscious choice to release old hurts creates the energy to activate a "Life Wish."

As human beings, we write our life scripts, often somewhat unconsciously. However, as we awaken, we can consciously rewrite those scripts. Since we created situations with our attitudinal mindset, we are the qualified surgeons to remove that which is no longer appropriate. We need only to reconnect with our true selves and be willing to take responsibility for our own lives. Human life naturally seeks to fulfill itself. Very often illness and pain are the calling cards that urge us out of stagnation and ask us to walk toward our joy. It is not necessary to be miserable before we look into the corners of our minds and acknowledge who we really are.

It is our birthright to experience a life of creativity, joy and fulfillment. We need only remember.

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