

SC_tD: THE BODY EVOLVING SPIRIT



**An Introduction in Outline Form
SC_tD: Shifting Consciousness through Dimensions[®]
Version II**

By Lee J Cartwright, MA

SCtD®: THE BODY EVOLVING SPIRIT

An Introduction in Outline Form

Version II

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I. INTRODUCTION

This book explores advanced “body-based strategies” for working within the 3- dimensional neurological change model called Shifting Consciousness through Dimensions or SCtD. It is written for practitioners who have already received training in either SCtD (or EMDR). No attempt is made within this book to describe the basic strategies of SCtD (or EMDR). Note: for a description of the basic strategies of SCtD, see the book – The Qi to Unlocking Trauma and Limiting Behaviors.

Only appropriately licensed individuals should adapt the processes in this book (a topic not addressed herein) for the treatment of specific physical and/or emotional conditions. As well, anyone seeking the diagnosis and/or treatment of physical and/or emotional conditions for themselves should seek out an appropriately licensed health care practitioner.

CONTRAINDICATIONS TO THE PROCESSES DESCRIBED IN THIS BOOK

Physical contraindications for SCtD include high fever (101 and over), flu or flu like symptoms (vomiting, nausea, diarrhea, severe pain), thrombosis, embolisms, phlebitis, aneurysms, heart problems, jaundice, hepatitis, seizures/convulsions, high blood pressure. Individuals with disorders of the nervous system such as multiple sclerosis or ALS should consult their physician before using SCtD Meditations. As well, any SCtD technique that involves physical contact with the client is contra-indicated in cases of A.I.D.S. and around any areas that are inflamed, bruised, infected, the skin is broken, or cancer, edema, varicose veins, pain, broken or dislocated bones, or herniated muscles are present. These lists are not exhaustive – you should always consult a physician if there is any doubt.

Mental contraindications: The processes described in this book should be done with the support of a properly trained practitioner (EMDR or SCtD). As well, only practitioners who have received the specialized EMDR or SCtD training for working with clients with dissociative disorders should apply the strategies described herein with dissociative clients.

ACKNOWLEDGEMENTS

SCtD® is the result of over 21 years of work. I cannot even begin to express how important the works of Bill Gray, Olga and Ambrose Worrall, Agnes Sanford, Robert Fulford, DO, Dr. Francine Shapiro, Tapas Fleming, L.Ac., Dr. Roger Callahan, Dr. Allan Phillips, Dr. Frederic Schiffer, Richard Bandler and John Grinder have been to me. Without their inspiration, SCtD would never have happened.

On a personal level, the greatest credit for this work goes to my wonderful wife Ursula who unflaggingly supported me over my “15 year trial.” I have also received incredible support from my parents, Marceline and Chuck Cartwright, and my sister Shannon and brother Chas. I am so glad I was able to share my first insights into this work with my father shortly before he died in January of 1998. I am also very indebted to all my friends who have prayed for and supported me over the last several years, especially Breck, Marcia and Siva.

Finally, I offer this work to my soul support: Satya Sai Baba, Mata Amritanandamayi and Mother Meera. With their support, I now offer this work to God and hope that it helps as many people as possible “find their way home.”

II. THE DEVELOPMENT OF THE BODY EVOLVING SPIRIT

In my other books I described how I meditated and prayed for 2 hours every night for **15 years**, trying to figure out what made the remarkable healer Bill Gray so effective. My “thousands of hours of prayer” were finally answered in December of 1998 when I perceived the basic model for Shifting Consciousness through Dimensions SCtD®.

Since that time, I still wake every night around 1 AM in the morning and meditate and pray for 2 hours looking for even better insights into how to help people change. What underlies my continuing “research” are three fundamental beliefs:

1. As effective as my work is now (and it is effective), there must be **far** better ways to help people change than the tools I currently use. In other words:

The universe is **far** more magnificent than **anything** I currently perceive.

2. I never really “discover” anything – I simply finally open my eyes to what has been ever present. In other words:

If I would just stop being so dumb, I would easily understand how simple things really are.

3. I will always try (**on myself**) any new idea that comes to my mind. I would far rather attempt something and have it not work than miss an insight that could help myself and others suffer less.

In other words: **Nothing** is sacred.

Within this frame of mind (that I refer to as the “weird world of Lee” when I teach), the basic insight for the Body Evolving Spirit emerged in the early morning hours of March of 2003. Simply stated:

The body will transform emotional/spiritual issues in the instant we give it permission to do so.

How? It is incredibly simple. Just as the stomach is capable of digesting food, it is also capable of digesting our emotional issues. Just as the small intestines absorb nutrients from the food we eat, they are also capable of absorbing everything we need spiritually in a given situation. Just as the kidneys filter out toxins from the blood, they are also capable of filtering out everything that is in the way of our standing in our truth. **We only need to ask!**

I feel very blessed to share these ideas with you in this book. They have helped transform my life and those of my clients. I hope you too will find them useful on your journey.

III. THE BODY EVOLVING SPIRIT

Nature:

The Body Evolving Spirit utilizes the incredible skills of the human body – digesting, assimilating, eliminating, filtering, conceiving and much more – in the transformation of emotional and spiritual limitations. It is based on inviting the body to do all that it is designed/truly meant to do.

Examples from my practice include clients:

- Inviting their stomach and pancreas to digest confusing situations.
- Learning how to receive what they need in life from their small intestines.
- Allowing their large intestines to release things they are having a hard time letting go of.
- Using their kidneys to filter through what is right and wrong in an ethical dilemma.
- Utilizing their reproductive organs to create new options when they feel stuck.

Theory:

The Body Evolving Spirit simply 1) honors the magnificent things our bodies do every day and 2) invites our bodies to extend their skills throughout all levels of our lives. One might ask – “Does the body feel overwhelmed by these “additional assignments?” **Not at all! It feels relieved!!!** It is the way things were meant to be all along. Only our mental focused culture has convinced us otherwise. In a society where the body is viewed at best as something to enjoy and at worst as a ball and chain, is it any surprise that the following are radical ideas?

- The body can and is in fact designed to transform spirit.
- The body actually fulfills and transforms itself through spirit.

Rather than the soul being the custodian of the body, The Body Evolving Spirit honors that the body and soul are truly custodians for each other. And for anyone who believes that the body was ultimately designed by God, how could it be otherwise????????????

Use:

The Body Evolving Spirit is not designed to replace the “shifting technologies” of EMDR nor SCiD. Rather it is an additional tool that I have found to be particularly effective for:

- Background, negative sensory experience.
- Collapsed, frozen states.

I would only use The Body Evolving Spirit in acute states when the individual is uncomfortable but still able to be with (manage) their experience, and then only as a supplement to other strategies. In contrast, I feel overwhelming acute states respond best to shifting and/or acupuncture point tapping systems.

CONTRA-INDICATIONS – see the Introduction to this book.

Basic Approach:

1. **THE CLIENT PHYSICALLY CONNECTS WITH THE BODY PART.** Have the client lightly rub (on top of clothing) over the organ or gland he will be utilizing. This will help the organ feel met, acknowledged. Using strong pressure is neither necessary nor more effective. A “back scratcher” can be used for example to reach the kidneys. Showing the client a picture of the organ or gland from a basic anatomy book can help the client’s psyche connect with the process.

Note: Do not rub over any area where the skin is irritated, cut, bruised, etc.

Note: If the client is uncomfortable with or unable to “rub his stomach” for example, then the client can hold an Infrasonic over the body part. The device, manufactured by the Chi Institute (800-743-5608), produces an ultrasonic/wave/magnetic field that seems to help the body establish higher levels of balance. It is extremely easy to use – simply place the head of the device (which is very light weight and easy to hold) over the body part. Contraindications for any use of the device, regardless of whether it relates to a strategy in this book, include the presence of

- a. Blood clots/hematomas/etc. and/or b) implanted electrical devices such as pacemakers. If there is any question, consult a physician.

Note: The Body Evolving Spirit will often work for clients who are uncomfortable doing anything more than simply placing their hand over a body part. The process might also work for some individuals who only mentally connect with the organs of the body. As well, any need for physically contacting body parts usually diminishes if the process is repeated over time as a stronger relationship with the body is established.

Regardless, the Body Evolving Spirit may be inappropriate for individuals who for any number of reasons are very embarrassed/uncomfortable with their bodies.

2. THE CLIENT MENTALLY ASKS THE BODY PART FOR ASSISTANCE. While the client continues to lightly rub over the organ or gland, he asks the organ for the “specific assistance” it is designed to offer (see the next chapter). Examples include:

- a. Rubbing over the stomach and asking it to digest a particular issue.
- b. Rubbing over the small intestines and asking them to assimilate what is needed in a situation.
- c. Rubbing over the lungs and asking them to breathe new life into a particular issue.

The client will continue this “rubbing with asking” process throughout the 5 – 10 minute (or longer) process. The clients mental focus is thus dual – he is tuning into a specific organ and he is connected with the issue he wants transformed. At some point the client, therapist or both will sense that the organ has offered what it can and that either

- a. Another organ should be called in to help out or b) sufficient resolution has occurred.

The same process is used with each organ utilized. Organs can be selected based on intuition or a comparison of how the person feels “stuck” with the anatomical function of the organs (see next chapter). If you start with digesting though, do NOT feel you automatically need to go on to assimilating and then eliminating (as is done in the digestive tract). Getting the digestion of an issue to run more smoothly may re-balance the entire natural sequence of body events. It is also usually inappropriate to ask an organ that is currently “under duress” for assistance, such as asking the stomach for help if the person is experiencing indigestion or more severely if the immune system is attacking itself.

3. POINTS TO CONSIDER.

- a. Faith in the process isn't required for a positive outcome to occur:

One of the wonderful things about the Body Evolving Spirit is the client doesn't have to believe in the process for it to be successful. I have had clients for example repeat the following – "I ask my kidneys to filter everything I no longer need out of this issue, even though I don't believe they can" – and the process still works. At the same time I often ask clients during the process to invite the organ to manifest the magnificent fullness of its abilities, even if he and/or I have no idea what they are.

- b. Awareness of how organ(s) solve an issue is usually unnecessary:

The orientation of both the client and therapist should be that conscious insight into how organs are resolving an issue (including new beliefs and behaviors that are generated) will emerge if and when it is necessary. The truth is sometimes conscious insight will interfere with change, sometimes it is irrelevant to change, and sometimes it is essential to change. The Body Evolving Spirit is based on an inherent trust in the body and spirit – if conscious insight is necessary, it will come. As well, it will emerge at the right time – some of the options include during the session itself, after the session as a moment of awakening, during dreams, while watching a movie and so forth.

- c. The client should make requests of versus tell the body what to do.

The process is inherently based in a spirit of cooperation, of mutual respect between the "person making the requests" and the "body." To instruct the body what to do is simply falling back into "old school thinking" where the body is basically dumb and needs the benevolent, intelligent instructions of the psyche. In contrast, within the Body Evolving Spirit *requests* are made of the body from an appreciation of how magnificent the body is.

d. The body can be “physically flawed” and still work perfectly spiritually:

I, the author, have a genetic based difficulty absorbing calcium. Regardless of this deficiency in my small intestines, they have still effectively absorbed what I needed in many emotional/spiritual situations. Women clients who have painful periods have used their uterus to create new ideas. If anything, using such “physically flawed” organs in the Body Evolving Spirit process helps clients establish a better relationship with their bodies. In fact, clients experiencing body parts performing effectively in arenas they never thought possible is often transformative.

e. Combining the process with other technologies is often useful:

It can be totally appropriate, given the client situation, to combine EMDR, EFT, or other SCiD strategy with the Body Evolving Spirit. For example, an EMDR practitioner might have the client wear the NeuroTek headphones for bilateral stimulation while the client gets assistance from his liver. An EFT practitioner might have the client tap the full point sequence while asking the spleen for help. A SCiD practitioner might brush up and down along the client’s spine while the client asks his small intestines for help.

IV. SOME OF THE THINGS THE BODY CAN DO

What follows is a discussion of each of the major organs of the body including:

1. Anatomical function.
2. Sample “requests” of the organ that could be used by clients (please feel free to make up your own). Unless indicated otherwise, these requests are typically repeated (like an affirmation or mantra) while the client physical contacts the organ.
3. Idioms that reflect the organ’s inherent power.

Digesting Experiences

Mouth

Anatomical Function : Ingest, chew and begin digestion of foods.

Sample Request :

No words are necessary. The client simply moves the jaw in a chewing motion (making very light contact between the upper and lower teeth each time) while thinking of the issue she wants to break down into manageable parts.

Related Idioms :

- She really sunk her teeth into that project. They finally put some teeth in the legislation.
- She was armed to the teeth at the meeting.
- She fought tooth and nail for what she thought was right.
- She was really bitten by the idea.
- She has really set her teeth about doing this.
- What’s biting her today?
- She nearly bit his head off.
- That experience really helped her cut her wisdom teeth.
- What’s eating her?
- She had to eat her words.
- She ate humble pie.
- She had him eating out of her hand.
- She ate up the recognition.
- She had to eat dirt.
- She really hung in there and was able to grind it out.

Esophagus

Anatomical Function : Transporting food to the stomach.

Sample Request :

No words are necessary. The client gently and slowly swallows while thinking of the issue she wants to fully acknowledge and/or accept responsibility for.

Related Idioms :

- She is having a hard time swallowing that.
- She had to swallow her words.
- She found it really hard to swallow.
- She had to swallow her pride.
- She swallowed it hook, line and sinker.
- She was swallowed up in all the commotion.

Stomach

Anatomical Function : Digestion (breaking food down).

Sample Requests :

“I ask my stomach to fully digest everything I need to face in this situation.”

“I ask my stomach to truly digest the commitment I am making.”

Related Idioms :

- She has an iron stomach (can handle anything).
- She can hardly stomach the situation.
- Her eyes were bigger than her stomach.
- She has no stomach for this.

Pancreas

Anatomical Function : Secretion of digestive enzymes, maintain blood sugar levels.

Sample Requests :

“I ask my pancreas to fully digest everything I need to face in this situation.”

“I ask my pancreas to help me find the sweetness in life.”

“I ask my pancreas to help me balance work and pleasure.”

Gall Bladder

Anatomical Function : Store and concentrate bile for digestion of fats.

Sample Request :

“I ask my gall bladder to provide the fortitude/strength/inner willingness to follow through on this.”

Related Idioms :

- She has a lot of gall.
- She didn't have the gall to say what she felt.

Liver

Anatomical Function : Filtering blood; metabolism of carbohydrates, lipids and proteins; storage of vitamins, iron and glycogen; secrete bile.

Sample Request :

“I ask my liver to metabolize my fears.”

Small Intestines

Anatomical Function : Absorption of nutrients, digestion.

Sample Requests :

“I ask my small intestines to absorb everything I need to learn in this situation.”

“I ask my small intestines to teach me how to accept/assimilate the support of others.”

“I ask my small intestines to absorb all that is the new me.”

Enteric Nervous System

Anatomical Function : The nervous system of the digestive tract - it keeps ingested substances moving through the “system” and thus plays a role in ensuring that all phases of digestion, assimilation and elimination are completed. It is also thought to be the source of gut feelings.

Sample Requests :

“I ask my enteric nervous system to help me stay on task during this process.”

“I ask my enteric nervous system to thoroughly digest and assimilate what this experience means to me.”

Making Sense of Situations

Eyes

Anatomical Function : Vision.

Sample Requests :

While simply thinking of or markedly opening the eyes - “I ask my eyes to help see me through this situation.”

While simply thinking of or markedly opening the eyes - “I ask my eyes to help me compassionately assess how I am doing.”

While simply thinking of or markedly opening the eyes - “I ask my eyes to help me see others as they really are.”

Related Idioms :

- She had her eyes on that position ever since it opened up.
- That was a real eye opener for her.
- She has eyes in the back of her head.
- She kept her eyes open for him.
- She has an eye for it.
- They see eye to eye.
- Her eyes nearly popped out of her head when she saw it.
- She got starry-eyed.
- She was the apple of his eye.
- She had to shut her eyes to the truth.
- She couldn't believe her eyes.
- That really caught her eye.
- She really feasted her eyes on it.
- She has eyes only for him.
- In her minds eye she could see it coming.
- As soon as she laid eyes on it she wanted to buy it.
- She was a sight for sore eyes.
- She looked him right in the eyes and told him how she felt.
- The experience really opened her eyes.
- She saw it coming out of the corner of her eye.
- She really pulled the wool over his eyes.
- She knew it in a glance/at first sight.
- She had her sights on it from the beginning.
- She knew it sight unseen.
- She never lost sight of the situation.

Ears

Anatomical Function : Hearing.

Sample Requests :

While simply thinking of or touching the ears - “I ask my ears to really help me hear the truth.”

While simply thinking of or touching the ears - “I ask my ears to help me track how hard I am on myself.”

Related Idioms :

- It was music to her ears.
- She couldn't believe her ears.
- She lends an ear to whoever needs to unload.
- It went in one ear and out the other.
- She turned a deaf ear to him
- She played it by ear.
- That really pricked up her ears.
- She knew he was gossiping when her ears started burning.
- She was up to her ears in work.
- She is still a little wet behind the ears.
- She kept her ear to the ground to stay informed.
- She heard it a mile away.
- She won't hear of it.
- She needs to listen to reason.

Nose

Anatomical Function : Smell.

Sample Request :

While simply thinking of or touching the top of the nose - “I ask my nose to help me stay on track.”

Related Idioms :

- She is hard nosed
- She went into a real nose-dive after that happened.
- She looks down her nose at him.
- She kept her nose to the grindstone.
- She kept her nose clean.
- She led by her nose.
- She got it right on the nose.
- She thumbed her nose at him.
- It was right under her nose all the time.
- She paid through the nose for it.
- She shouldn't let him put her nose out of joint.
- It wasn't any skin of her nose.
- She really stuck her nose into his business.
- She should keep her nose out of his business.
- She was able to smell out the problem in a few minutes.
- She caught his scent and never lost track of him.
- She was really thrown off the scent.

Tongue

Anatomical Function : Taste.

Sample Requests :

With the mouth closed, while thinking of the tongue or slowly moving it forward and back in the mouth - "I ask my tongue to help me taste success in this matter."

With the mouth closed, while thinking of the tongue or slowly moving it forward and back in the mouth - "I ask my tongue to help me determine who is good and who is bad for me to let into my life."

Related Idioms :

- She can almost taste it.
- She had her first taste of success.
- She was really sweet on him.
- That was a really sour remark she made.
- Things really went sour after that.
- It left a bad taste in her mouth.
- It was a bitter pill for her to swallow.

Fingertips

Anatomical Function : Touch.

Sample Requests :

While lightly brushing the fingertips over heart - "I ask my hands to help me stay in touch with my feelings."

While lightly brushing the fingertips over the thumb of each hand - "I ask my hands to help me stay in touch with both what she and I need in this situation."

While lightly brushing the fingertips over the thumb of each hand - "I ask my hands to help me know what to do when the time comes."

Related Idioms :

- She is out of touch with the times.
- It was touch and go for awhile.
- It is right at her fingertips.
- She could touch that performance.
- She spent a few moments touching up the job.
- She kept in touch with him.
- It was very touching for her.
- She got her touch back.
- She never lost her touch.
- She touched base with him after the meeting.
- She touched upon the issue in her presentations.
- Her comments touched off an argument.
- She touched him to the quick with her sarcasm.
- She touched bottom after that episode.

Inner Ear

Anatomical Function : Sense of balance.

Sample Request :

While thinking of the inner ear - "I ask my inner hear to help balance my needs in this situation."

Related Idioms :

- She was thrown off balance by his presence.
- The results were hanging in the balance.
- On balance, she did a better job than he did.
- That really tipped the scales in her favor.

Enteric Nervous System

Anatomical Function : The nervous system of the digestive tract - it keeps ingested substances moving through the “system” and thus plays a role in ensuring that all phases of digestion, assimilation and elimination are completed. It is also thought to be the source of gut feelings.

Sample Requests :

“I ask my enteric nervous system to determine what my real needs are in this situation.”

“I ask my enteric nervous system to determine what I need to do in this situation.”

Loving and Forgiving Yourself

Heart

Anatomical Function : Circulate blood to the lungs to receive oxygen (life) and throughout the body to provide tissues with life. **Esoterically :** the human heart lives within the heart of God.

Sample Requests :

“I ask my heart to melt this pain with love.”

“I ask my heart, from its connection with the heart of God, to love this pattern, utterly and completely.”

“I ask my heart to forgive him completely.”

Related Idioms :

- She really had her heart set on it.
- She got to the heart of the matter.
- She loved him with all her heart.
- She knew it by heart.
- She really opened her heart to her.
- She searched her heart and found the answer.
- They truly love each other, heart and soul.
- Her heart really went out to them.
- They had a heart-to-heart talk.
- Her heart stood still when she heard.
- Her heart is in the right place.
- Her heart didn't skip a beat.
- She has a heart of gold.
- She found it in her heart to forgive him.
- She really took it to heart.
- She wears her heart on her sleeve.

Blood

Anatomical Function : Carry oxygen and nutrition to the body as well as cleanse tissues of wastes. The ideal contact point for the blood is typically over the heart.

Sample Requests :

“I ask my blood to nourish this new way of expressing.”

“I ask my blood to cleanse me of everything I need to release.”

“I ask my blood to forgive me completely.”

Related Idioms :

- That really warms her blood.
- She sweat blood on that project.
- That made her blood boil.
- She really drew blood with that comment.
- She really needs to bring new blood into her business.
- She couldn't get her past out of her blood.
- Her blood ran cold as ice.

Arteries

Anatomical Function : Carry oxygen and nutrients to the body. The ideal contact point for the arteries is the aorta as it emerges from the left ventricle of the heart.

Sample Request :

“I ask my arteries to bring life to this situation.”

Related Idioms (for arteries and veins) :

- She is back in circulation.
- She has been out of circulation since the accident.

Veins

Anatomical Function : Return blood to the heart, releasing the tissues of carbon dioxide and waste products. The ideal contact point for the veins is over the right atrium where the superior and inferior vena cava return the blood to the heart.

Sample Requests :

“I ask my veins to free me of all the guilt I feel.” “I
ask my veins to release all the sadness I feel.”

Lungs

Anatomical Function : Inspiration of oxygen, exhalation of carbon dioxide.

Sample Requests :

“I ask my lungs to breathe life into this situation.”
“I ask my lungs to exhale all the pain I feel.”

Related Idioms:

- That really took her breath away.
- She took her last breath and passed away.
- She had to pause and catch her breath.
- She took a long breath to pause and consider her options.
- She said both things in the same breath.
- She really got her second wind. She didn't waste her breath on it.
- She held her breath until the results were announced.
- That really knocked the wind out of her.
- She yelled at the top of her lungs.
- She took a deep breath and then walked on stage.

Speaking the Truth

Larynx

Anatomical Function :

Produce sound, transfer air.

Sample Request :

“I ask my vocal chords to help me speak the truth in this situation.”

Tongue

Anatomical Function : Produce sound, aid in movement of food.

Sample Request :

While thinking of the tongue or moving it gently up and down in the mouth - “I ask my tongue to help me speak my truth.”

Related Idioms:

- It was right on the tip of her tongue.
- She got tongue tied in front of her parents.
- She made a real tongue in cheek remark.
- She gave him a real tongue-lashing.
- She really has a sharp tongue.
- The cat got her tongue.
- She held her tongue.
- It was a slip of the tongue that got her in trouble.

Responding Effectively to Challenges

Lymphatic/Immune System

Anatomical Function : Clear body of excess fluids, identify and respond to foreign particles/organisms.

Sample Requests (while contacting the thymus and or/spleen) :

“I ask my immune system to help me respond effectively to him.”

“I ask my immune system to help me know and accept what’s good for me.”

“I ask my immune system to help me stand up for myself.”

Adrenal Glands

Anatomical Function : Help provide energy, in conjunction with the sympathetic nervous system, for the fight or flight response.

Sample Requests :

“I ask my adrenal glands to help me respond appropriately to life’s challenges.”

“I ask my adrenal glands to help me stand up for myself.”

“I ask my adrenal glands to help me leave this situation.”

Gaining Emotional Perspective

Liver

Anatomical Function : Filtering blood; metabolism of carbohydrates, lipids and proteins; storage of vitamins, iron and glycogen.

Sample Request :

“I ask my liver to filter everything I no longer need and retain everything that is useful in this situation.”

Kidneys

Anatomical Function : Remove metabolic wastes from blood.

Sample Requests :

“I ask my kidneys to filter all the unnecessary emotional charge from this issue.”

“I ask my kidneys to help me sort out all that I need to learn and everything I need to let go of in this situation.”

Bladder

Anatomical Function : Store urine until it is time to release it outside of the body.

Sample Request :

“I ask my bladder to help me let go of this at the right time and in the right place.”

Large intestines

Anatomical Function : Elimination.

Sample Requests :

“I ask my large intestines to release everything I no longer need in this situation.”

“I ask my large intestines to eliminate all my guilt and shame about this.”

Creating New Behaviors

Ovaries/Testicles

Anatomical Function : The source of the fundamental elements of new life.

Note: Because of the strong emotional/sexual charge (positive or negative) associated with the testes, it is unnecessary and inappropriate to physically connect with them through touch. It will vary by client and therapist whether or not it is appropriate to ask a woman to physically connect with her ovaries.

Sample Requests :

“I ask my ovaries to conceive new ways for me to act/feel in this situation.”

“I ask my testicles to generate new ways of fulfilling all the underlying yearnings/needs in this pattern.”

Fallopian Tubes/Vas Deferens

Anatomical Function : Transport egg/sperm for procreation.

Note: Because of the strong emotional/sexual charge (positive or negative) associated with the penis, it is unnecessary and inappropriate to physically connect with the vas deferens. It will vary by client and therapist whether or not it is appropriate to ask a woman to physically connect with her fallopian tubes.

Sample Request :

“I ask my fallopian tubes to bring this new view of the world into play in my relationships.”

“I ask my vas deferens to bring this positive self-concept into play in my life.”

Uterus

Anatomical Function : The creation of a new human life. Esoterically, I encourage women to relate to their uterus as one of the most creative places in the universe.

Sample Request :

“I ask my uterus to create totally new ways for me to act and feel in this situation.”

Breasts

Anatomical Function : Provide nourishment to infant.

Note: Because of the strong emotional/sexual charge (positive or negative) associated with breasts, it is unnecessary and usually inappropriate to physically connect with them through touch.

Sample Requests :

“I ask my breasts to nourish this new part of me.”

“I ask my breasts to nourish this new behavior.”

Hands

Anatomical Function : Sense and manipulate objects, *make things*.

Sample Requests :

While successively flexing, extending and rotating the matching fingers of each hand (the thumb of both hands at the same time for example) for a minute each in all directions - “I ask my hands to help me build a new life for myself”

While successively flexing, extending and rotating the matching fingers of each hand for a minute each (the thumb of both hands at the same time for example) - “I ask my hands to help me make good on this promise to myself.”

Related Idioms:

- It was a make or break situation for her.
- After all her efforts, she didn't even make a dent.
- She has it made.
- She made such a big deal out of it.
- She made a mountain out of a molehill.
- She made a clean sweep of the short distance events.
- She made a clown of him.
- She made a day of cleaning house.
- She is able to make a difference.
- She made a face at him.
- She made a federal case out of it.
- She made a fool of him.
- She made a fuss over him.
- She made a go of it.
- She made a hit.
- She made a killing in the future's market.
- She made a living of it.
- She needs to make allowance for that.
- To make a long story short, she quit.
- She sure made a mess of things.
- She made a monkey out of him.
- She made a motion for the door.
- She made a move on him.
- She made a name for herself.
- She made and appearance at the opening.
- She made an example of him.
- She was able to make ends meet.
- She made an exhibition of herself with the way she behaved.
- She made a nuisance of herself.
- She made a pass at him.
- She made a pig of herself.
- She made a point of being honest with her.
- She made a racket with her stereo.
- She made a splash with her singing.
- She made a play for the promotion.
- She made a big scene.
- She made a stab at it.
- She made a stand on the issue.
- She made a stir with her speech.
- She made virtue of necessity.
- She made do with what little she had.
- She made fun of him.
- She made good on her promise.
- She made her mark.
- She wasn't able to make heads or tails of it.
- She made some headway over the weekend.

- She made no bones about it.
- She made off with everything.
- She made out to be a fool.
- She made her bed so she has to lie in it.
- She made his blood boil.
- She made herself scarce.
- She made his hair stand on end.
- She made his head spin.
- She made her own way.
- It is her make or break chance.
- She made sure of it.
- She made her rounds at the party.
- She made short work of it.
- She made something out of nothing.
- She made sure it would happen.
- She was able to make the grade.
- She made the most of it.
- She made it up.
- She made waves.
- She made way for the new kid on the block.
- She broke lose of him.
- She broke new ground that day.
- She broke his heart.
- She was able to break even.
- She broke her word.
- She broke the ice by speaking first.
- She broke the record.
- It was a real break through for her.

Making Decisions and Setting Boundaries

Brain

Anatomical Function : Process sensory information, coordinate body functions.

It may be helpful to repeat the following requests once or twice a day as necessary.

Sample Requests :

While lightly rubbing the forehead back and forth – “I ask my brain to clearly evaluate this situation over the next few days and come up with the best decision for me.” After completing this request for a few minutes, the person should “release the issue” to her brain and allow an answer to emerge.

While lightly rubbing the forehead back and forth – “I ask my brain to help me make sense of this over the next few days.” After completing this request for a few minutes, the person should “release the situation” to her brain and allow an answer to emerge.

Related Idioms:

- If she had half a brain this wouldn't have happened.
- She brainstormed ideas for hours.
- She was a member of the brain trust the company set up.
- She really racked her brain.
- Watching so much TV really fried her brain.
- She really put her mind to it.
- The thought never crossed her mind.
- She really gave him a piece of her mind.
- She is a real mind reader.
- She had to put it out of her mind.
- I wish she would make up her mind.
- She is keeping the possibility in mind.
- In her mind's eye she knows what's right.
- She was really out of her mind that day.
- She has a mind like a steel trap.
- I wish she would mind her own business.

Skin

Anatomical Function : Protection, regulate body temperature, excretion, synthesis.

Sample Requests :

While contacting the skin of the arm or hand – “I ask my skin to help me separate my needs from hers.”

While contacting the skin of the arm or hand – “I ask my skin to help me stay in my own experience.”

Related Idioms:

- It really got under her skin.
- She jumped right out of her skin.
- That really saved her skin.
- They practically skinned her alive in the meeting.
- Her understanding of the situation is only skin deep.
- It was no skin off of her back.
- She is a real skinflint.
- She really has a thick skin.

Fascia

Anatomical Function : Connecting the body parts together, holding things in place.

Sample Request :

While thinking of the fascia of the entire body - “I ask my fascia to help me hold myself together in a whole new way.”

Getting Things Moving

Muscles of Arms

Anatomical Function : Moving objects in space.

Sample Requests :

While contacting an arm with the opposite hand or moving the arms forward/back, up/down and left/right - "I ask my arm muscles to help me maintain clear boundaries."

While contacting an arm with the opposite hand or extending the arms open - "I ask my arm muscles to help me welcome the help of others."

Related Idioms:

- She really put some muscle into it.
- She flexed her muscles to show she meant business.
- She had to elbow her way in to be heard.
- She gave her right arm to the cause.
- She kept him at arm's length.
- Her performance was a real shot in the arm for the team.
- She didn't have to twist his arm.
- She was up in arms over it.
- She welcomed her family with open arms.
- She took up arms in defense of her friend.
- That must have cost her an arm and a leg.
- She had to make some elbow room.
- She has to apply more elbow grease to get that job done.

Muscles of Legs

Anatomical Function : Standing, moving body in space.

Sample Requests :

While contacting the legs with the hands or while standing up - "I ask my leg muscles to help me stand up for myself."

While contacting the legs with the hands or while walking - "I ask my leg muscles to help me step in to this new phase in my life."

While contacting the legs with the hands - "I ask my leg muscles to help me leave if the situation isn't right."

Related Idioms:

- She really stepped up to the plate.
- She didn't move a muscle.
- She stepped right into the action.
- She is really in step with the times.
- She is out of step with everyone else.
- She has taken steps to correct the situation.
- She stepped all over him.
- She should step into his shoes for a moment.
- She stepped on the gas.
- She really stepped on his toes.
- She really stepped out at the party.
- That is really a step up for her.
- She stepped up the pace.
- She walked away with the prize.
- She is a real walking encyclopedia.
- She got her walking orders today.
- That is a whole new walk of life for her.
- She felt she had to walk on eggs around him.
- She really walked on air.
- She walked the floor while she awaited their decision.
- She had to walk the plank.
- She is really in the running for the position.
- She has been on the run since then.
- She shouldn't run after him.
- She had him running around in circles.
- She runs a risk of damaging her reputation.
- She gave him the run around.
- She runs a tight ship.
- She ran off with first prize.
- She can run circles around him.
- She gave him the run down on the situation.
- She had to make a run for it.
- She really gave him a run for his money.
- She had a real run in with her.
- She ran into a brick wall.
- That has been a great run of luck for her.
- She had a running start.
- She ran true to form.

- She did a practice run-through.
- She ran out on him.
- She really stood by her guns.
- She stood up for him.
- No one can stand in her way now.
- She really stood her ground.
- She has learned how to stand on her own two feet.
- Her performance really stood out.
- She is standing pat until circumstances change.
- She really stands up when compared to the others.
- She is willing to stand up and be counted.
- She stood over him and made sure he did it right.

Hands

Anatomical Function : *Sense and manipulate objects, make things.*

Sample Requests :

While successively flexing, extending and rotating the matching fingers of each hand (the thumb of both hands at the same time for example) for a minute each in all directions - "I ask my hands to help me handle this situation."

While successively flexing, extending and rotating the matching fingers of each hand for a minute each (the thumb of both hands at the same time for example) - "I ask my hands to help me let go of the past."

Related Idioms:

- She had a hand in making the change.
- She really knows how to handle herself.
- A bird in the hand is worth two in the bush.
- She washed her hands of the situation.
- She had him eating out of her hand.
- She really forced his hand.
- She didn't even raise a hand.
- She had her hat in hand before the meeting even started.
- She really had her hands full.
- They joined hands to get it done. Her hands were tied.
- She had no hand in it.
- It is in her hands. It is off her hands.
- It is out of her hands.
- She lent him a hand.

- That comment she made was really out of hand.
- She took the matter into her own hands.
- After weeks of trying, she finally threw up her hands.
- She tried her hand at it and liked it.
- She clearly has the upper hand.
- Her left hand didn't know what her right hand was doing.
- I have to hand it to her.
- She handed it to him on a silver platter.
- The handwriting is on the wall.
- She had her finger in the pie.
- She didn't even lift a finger.
- It slipped through her fingers.
- She had him twisted around her finger.
- She simply snapped her fingers and he responded.
- She worked her fingers to the bone.
- She is keeping her fingers crossed.
- She has sticky fingers.
- She was hand picked.
- She has a handle on the situation.
- She finally came to grips with the situation.
- She got a grip on herself.
- She lost her grip on the situation.

Feet

Anatomical Function : Support the body in standing and moving.

Sample Requests :

While successively flexing and rotating the ankles in all directions followed by wiggling the toes left to right and up and down for several minutes - "I ask my feet to help me stand up for myself."

While successively flexing and rotating the ankles in all directions followed by wiggling the toes left to right and up and down for several minutes - "I ask my feet to help me start and stay on the path of this change."

Related Idioms:

- She really has her feet firmly on the ground.
- She was on her feet in an instant.
- All of her fans were at her feet.
- She has cold feet.
- She needs to get her feet wet.
- She is dragging her feet.
- She set foot on the right path.
- She really put her best foot forward.
- She can really think on her feet.
- The shoe is really on the other foot now.
- With her help he got his foot in the door.
- She foot the whole bill.
- She has to put her foot down.
- She really swept him off his feet.
- She was exhausted from head to toe.
- She really knocked him off his feet.
- She has to learn to stand on her own two feet.
- She needs to be on her toes.
- The thought of it really curled her toes.
- She really stepped on his toes.
- She hasn't learned how to toe the line.
- She has been kicking the idea around for a while.
- She was able to kick the habit.
- She kicked in her share.
- She sure kicked things up.
- She finally kicked him out.

Bones

Anatomical Function : Support, protection, produce blood cells.

Sample Requests :

While contacting the sacrum – “I ask my bones to help me deeply know how important this commitment I am making is.”

While contacting the thigh - “I ask my bones to help me generate the strength I need in this situation.”

While contacting the lower arm - “I ask my bones to help me fully apply myself in this situation.”

Related Idioms:

- She really knew it in her bones.
- She felt it in her bones.
- She made no bones about it.
- She worked her fingers to the bone.
- It was really a bone of contention for her.
- She really has a bone to pick with him.
- She really has to bone up for the exam.
- The staff was really reduced to a skeleton.

Raising Standards

Since the intention of the following 2 processes is to fundamentally raise the level of “emotional homeostasis,” it is best that they be repeated once or twice a day (for a few minutes each time) over a period of a month or more.

Autonomic Nervous System (Parasympathetic and Sympathetic)

Anatomical Function : Regulate body functioning. It is best to physically contact the autonomic nervous system in the middle of the sacrum.

Sample Requests :

“I ask my autonomic nervous system to help me establish a baseline of full, deep breathing throughout my life.”

“I ask my autonomic nervous system to help me be fully aware of the good things in my life.”

Endocrine Glands (Pineal/Pituitary/Thyroid/Parathyroid/Thymus/ Pancreas/Gonads/Adrenals)

Anatomical Function : Regulate body functioning.

Sample Requests :

While thinking of the endocrine glands of the whole body - “I ask my endocrine glands to help me experience a whole new level of happiness in my life.”

While thinking of the endocrine glands of the whole body – “I ask my endocrine glands to help me establish a deep sense of contentment throughout my life.”

V. PLANETARY RESOURCES

In 1981 I read the book, Born to Heal, by Ruth Montgomery. In it she describes an **amazing** healer named Bill Gray (now deceased) who I feel was perhaps one of, if not the most effective laying on of hands healer of the past several centuries. If you came into Bill Gray's office, he wouldn't just run healing energy into your body. What made Bill Gray unique was that he would first determine exactly which frequency of energy you run (each and every person is unique). He then changed his frequency to match yours and ran a tremendous amount (he was an absolute energy dynamo) of YOUR frequency into your body. The results he achieved were **astounding**, including consistently healing many incurable diseases.

When Bill Gray was asked if people could be taught to do the work he did, he said yes and no. Yes - people could be taught to direct energy through their hands to the various parts of the body/energy field needing support. No – it would be almost impossible to teach people to change their energy frequency to match that of their clients. This “no” was definitely not what I wanted to hear! He did give a “way out” though.

He said that the energy that comes through the hands of healers who are of a complementary astrological sign to that of their clients would be a “good enough match.” By complementary he meant that the therapist would need to be both 1) born in a different month than her client and 2) still have a sun sign of the same element (earth, water, fire or air) as her client. For example – if a client was a Capricorn (an earth sign), then the therapist could either be a Taurus or Virgo (the other 2 earth signs). In contrast, if the client were a Capricorn and the sun sign of the therapist was also Capricorn or one from any of the other 3 elements (see Table 1), then the energy would not be suitable for healing.

Why complementary energy? It is as if Leo (a fire sign) represents a certain quality or aspect of the element of fire. Energy from either Aries or Sagittarius, the other two fire signs, will help Leo gain a greater understanding of itself by helping reveal *different facets of its fundamental (fire) nature*. Aries or Sagittarius energy will help Leo stretch to new levels of expression. In contrast, more Leo energy will not provide any new information. As well, water energy (Pisces, Scorpio, Cancer) might tend to put the Leo fire out; earth energy (Taurus, Virgo, Capricorn) might tend to suffocate the Leo fire; air energy (Gemini, Libra, Aquarius) might tend to blow the fire out and/or fuel it out of control.

So how do you find a healer of a complementary sign, who runs lots of energy and knows what to do with it? Not very easily! Fortunately, there is a source of an abundance of complementary energy that is easily available to everyone - the planets that rule the complementary signs (see Table 2).

The strongest sources of complementary energy available to a Gemini (someone born from May 21st to June 20th) for example are not the healers Fred Aquarius or Sarah Libra who no one knows about nor has access to. Rather, Uranus and Venus, the ruling planets of Aquarius and Libra, are magnificent embodiments of air energy that can be accessed by anyone, anytime and anywhere.

Accessed??? We can't travel to Uranus – physically, psychically or otherwise. What good is Uranus for healing purposes??? The answer is - very useful. We don't need to travel to our complementary planets – we just need to **stay in our bodies and ask them for help.**

Process

1. Use Table 1 to determine your sun sign and complementary signs. For example, someone born on October 30th is a Scorpio. The complementary signs for Scorpio are Pisces and Cancer.
2. Use Table 2 to determine your complementary planets. The complementary planets for a Scorpio are Neptune and the Moon, the ruling planets for Pisces and Cancer.
3. With your awareness resting in your sacrum, ask one or both of the complementary planets to help you transform the specific emotional/energy block you wish to transform. Repeat your request for help as if it were a mantra until the energy shift you are seeking occurs.

Examples:

For a Scorpio – “I ask Neptune and the Moon to transform my fears of confronting my father.”

For a Virgo – “I ask Saturn to transform the chronic tension patterns in my diaphragm.”

For an Aries – “I ask the Sun to resource (make totally positive use of) all the energy in my shame.”

Note 1: The above process is a useful adjunct tool for addressing the “energy side” of issues. It in no way replaces seeking out the professional help of a doctor or a counselor. As well, it supports but again does not replace such activities as speaking up for yourself, taking a class in self-defense, etc.

Note 2: If there is someone in your life who you want to be free of/who is draining you, allow your awareness to rest in your sacrum and then ask one of the complementary planets for that person to divinely fulfill all of his needs. Repeat your request as if it were a mantra until a shift in energy occurs.

Example:

Regardless of what sign you are, if the person you are trying to get distance from is a Leo:

“I ask Mars to divinely fulfill all of the needs that I have been addressing for Steve.”

Note 3: If you are trying to release yourself of inappropriate expectations from your family, allow your awareness to rest in your sacrum and then ask one of the complementary planets for the family as a whole (based on the wedding anniversary date of the parents) to divinely fulfill all your family’s needs. Repeat your request as if it were a mantra until a shift in energy occurs.

Example:

Regardless of what sign you are, if your parent’s wedding anniversary date (the “birthday of the family”) is July 3rd (Cancer):

“I ask Neptune and Pluto to divinely fulfill all of the needs of my family that are being inappropriately directed toward me.”

Note 4: Another source of complementary energy that Bill Gray used was the magnetic field of the earth. Specifically, he felt that individuals living in the northern hemisphere would be grounded and strengthened by the energy of the south magnetic pole of the earth, and vice versa. He himself would travel to the southern hemisphere each year to help maintain the potency of his healing powers. As I have described above with the planets, I feel you can simply allow your awareness to rest in your sacrum and ask for the opposite magnetic pole to nourish and strengthen your magnetic field.

Examples (for someone who lives in the northern hemisphere):

“I ask the magnetic south pole to strengthen my grounding and resolve in this situation.”

“I ask the magnetic south pole to enhance my vitality and resilience.”

Table 1 - Sun Signs by Elements

Earth Signs

Capricorn
Taurus
Virgo

December 22 – January 19
April 20 – May 20
August 23 – September 22

Water Signs

Pisces
Cancer
Scorpio

February 19 – March 20
June 21 – July 22
October 23 – November 21

Fire Signs

Aries
Leo
Sagittarius

March 21 – April 19
July 23 – August 22
November 22 – December 21

Air Signs

Aquarius
Gemini
Libra

January 20 – February 18
May 21 – June 20
September 23 – October 22

Table 2 - Complimentary Planets

TIME FRAME	SUN SIGN	ELEMENT	RULING PLANET	COMPLEMENTARY SIGNS	COMPLEMENTARY PLANETS
December 22 – January 19	Capricorn	Earth	Saturn	Taurus – Virgo	Venus - Mercury
January 20 – February 18	Aquarius	Air	Uranus	Gemini - Libra	Mercury - Venus
February 19 – March 20	Pisces	Water	Neptune	Cancer – Scorpio	Moon - Pluto
March 21 – April 19	Aries	Fire	Mars	Leo – Sagittarius	Sun - Jupiter
April 20 – May 20	Taurus	Earth	Venus	Capricorn - Virgo	Saturn - Mercury
May 21 – June 20	Gemini	Air	Mercury	Aquarius - Libra	Uranus - Venus
June 21 – July 22	Cancer	Water	Moon	Pisces – Scorpio	Neptune - Pluto
July 23 – August 22	Leo	Fire	Sun	Aries – Sagittarius	Mars - Jupiter
August 23 – September 22	Virgo	Earth	Mercury	Capricorn - Taurus	Saturn - Venus
September 23 – October 22	Libra	Air	Venus	Aquarius - Gemini	Uranus - Mercury
October 23 – November 21	Scorpio	Water	Pluto	Pisces - Cancer	Neptune - Moon
November 22 – December 21	Sagittarius	Fire	Jupiter	Aries - Leo	Mars - Sun

The Body Evolving Spirit (Amendment 2005)

Basic Approach:

1. Physically connect with the body part by lightly rubbing (on top of the clothing) over the organ or gland.

Note: This process is not intended in any way as a treatment for psychological and/or medical conditions nor should it be used as a substitute for appropriate professional care.

Observe basic massage precautions.

Looking at the organ in an anatomy book can be helpful.

It will often take 5 or more minutes for each organ to do it's work.

Continue until the organ's "work" feels complete.

2. Simultaneously ask the organ for its "specific help" in transforming limiting states and/or establishing positive states.

Note: Faith in the process isn't required for it to work.

Awareness of how organ(s) solve issues is not required.

Make sure to ask the body versus tell it what to do.

Work with organs that aren't under intense duress.

It's good to combine the process with EFT and/or TAT.

Sample Requests:

Mouth : Simply think of what you're working with and lightly chew and/or suck as if on a straw.

Stomach : Ask it to digest an issue for you.

Pancreas : Ask it to help find the good in the situation.

Gall Bladder : Ask it to help you have the fortitude/commitment you need.

Liver : Ask it to filter everything that is no longer needed or metabolize a new state.

Small Intestines : Ask them to assimilate everything you need.

Heart : Ask it to forgive or love an issue/you/another person completely.

Blood : Ask it to nourish and/or cleanse an issue.

Lungs : Ask them to breathe life into a situation.

Kidneys : Ask them to filter everything you no longer need.

Large Intestines : Ask them to help you eliminate everything you no longer need.

Skin : Ask it to help you establish good boundaries.

DISCOVERY

Since the original insight for my work in December of 1998, I still wake every night around 1 AM in the morning and meditate and pray for 2 hours looking for even better insights into how to help people change. What underlies my continuing “search” are three fundamental beliefs:

- 1) With Bill Gray as the model of effectiveness, I **know** there must be **far** more effective ways to help people than **anything** I now use:

In other words: The universe is **far** more magnificent than **anything** I currently perceive.

- 2) I don't really need to “discover” new ideas – I simply need to open my eyes to what has been ever present. Within Bill Gray's model, nothing is ever newly discovered. It is simply pulled off the ring, the magnetic field surrounding each planet that holds all information – past, present and future. All the information I need is continuously present.

In other words: If I would just open my eyes, I would easily understand how simple things really are.

- 3) I will always try (**on myself**) any new idea that comes to my mind. I would far rather attempt something and have it not work than miss an insight that could help myself and others suffer less. In other words:

Nothing is sacred.

Within this frame of mind (that I refer to as the “weird world of Lee”), the basic insight for the Body Evolving Spirit emerged in the early morning hours of March of 2003. I was **thinking** about a problem I was faced with in my life, and I realized that I was “chewing it only over in my mind,” without an ounce of letting my body process it, of letting my body “chewing it over.” So I tried thinking about the issue and making a chewing motion with my jaw like this. And lo and behold the issue started to shift. I was astounded. That night I tried it on everything I could think of, and every issue I used it with started to shift in a way that it hadn't before.

The next day I realized, with Ursula's help, that it likely worked because I was switching from being sympathetically activated about an issue in my mind to allowing my parasympathetic nervous system to come on line to process it.
Wow!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I did this for a week and was very impressed with the results, and than 1 night I was sitting there going, its not just the jaw and salivary glands that are involved in **DIGESTING** problems, it is the whole alimentary canal. I thought, wow, how could I get the stomach involved in this – it is great at digesting things, breaking them down into manageable pieces, and my small intestines are great at assimilating things. But how can I get them involved – its easy with the jaw because I have conscious control over it – I can simply move it. What a drag!

I don't know how to do this, what a drag. I guess I could just try rubbing over the organ and mentally asking it to “do its work” with an issue I am facing, but that probably won't do it. What a drag. Oh well, give it a try. Oh, shit, it works. Oh my god, it works, oh my god, the body is:

Able to do everything it does physically – everything - on emotional and spiritual levels as well. All you simply need to do is ask. The only reason the liver doesn't metabolize my emotional issues for example

is because I never ask it to.

Process:

Contact the organ with a light rubbing motion and simultaneously ask it for the “specific help” it is designed to offer.

Example:

Stomach, please digest all the issues I need to consider in this situation.

Small intestines, please assimilate all I need to learn in this situation.

Ovaries, please generate new ways for me to experience myself in this situation.

Precautions:

- a. Respect social conventions as far as contacting body parts.
- b. Observe basic bodywork precautions
 - i. Broken skin.
 - ii. Organ under duress – intestinal flu, pneumonia.
- c. Looking at the organ in an anatomy book can help the connection. It will often take 5 or more minutes for each organ to do it's work.

Often goes like this – you start to ask organ

Maybe 30 seconds later, it notices you are talking respectfully to it – **BECAUSE ITS NOT USED TO IT.**

Maybe 30 seconds later, it hears what you are respectfully asking it to do – **BECAUSE IT HAS HAD THE ABILITY ALL OF YOUR LIFE TO DO IT BUT NO ONE EVER ACKNOWLEDGED IT.**

Then it starts to do its work

It might take 5 or more minutes for it to do its work –stay with it until it feels complete

Then go on to the next organ.

GREAT

- ✓ Faith in the process isn't required for it to work.
- ✓ Awareness of how organ(s) solve issues is not required – even if options are being generated for how to approach a situation – the body knows – you will be informed as it is necessary
- ✓ Make sure to ask the body versus tell it what to do.
- ✓ Work with organs that aren't under intense duress.
- ✓ It's good to combine the process with EFT and/or TAT or
POLARITY After a while, contacting organ physically is often no longer necessary.
- ✓ The body leaves the session and it feels met in a way that it never has before, and the person knows they have more resources they ever knew about.

THE BODY EVOLVING SPIRIT

(Amendment 2008)

- ❖ Both cranial nerve 0, please sense everything we need to learn from_____.
- ❖ Both cranial nerve 1, please sense everything we need to learn from_____.
- ❖ All taste buds, please sense everything we need to learn from_____.
- ❖ Salivary glands, please digest everything involved in_____.
- ❖ Esophagus, please take in everything we need to learn from_____.
- ❖ Stomach, please digest everything we need to learn from_____.
- ❖ Pancreas, please metabolize everything we need to learn from .
- ❖ Liver/gallbladder, please metabolize everything we need to learn from_____.
- ❖ Duodenum, please metabolize everything we need to learn from_____.
- ❖ Jejunum and ileum, please assimilate everything we need to learn from_____.
- ❖ Colon, please eliminate everything in the way of transforming_____.
- ❖ Kidneys, please eliminate everything in the way of transforming_____.
- ❖ GALT, please ask the Sun about our response to_____.
- ❖ Reproductive system, please create new ways for us to approach_____.

THE BODY EVOLVING SPIRIT

- ❖ Stomach/spleen and pancreas, please reveal all the useful chi in_____.
- ❖ Heart, please infuse all useful chi in_____into the blood.
- ❖ Blood, please distribute all useful chi in_____throughout the body.
- ❖ Pelvic brain “feeding the lung” nerves, please provide the lungs all the power necessary to breath in all the useful chi in_____.
- ❖ Lungs, please breath in all the useful chi in_____.
- ❖ Pelvic brain, please draw down all of our own brand of energy in_ _____from the lungs through the magnetic gravity nerves
- ❖ Pelvic brain, please generate a magnetic field utilizing all the chi from_____.
- ❖ Battery pack nerves, please transfer all useful chi in_____from the pelvic brain into the kidneys.

VI. RECOMMENDED READING

Andreas, C., and Andreas, T. Core Transformation – Reaching the Wellspring Within. Real People Press, 1994.

Cartwright, L. SCtD: Neurological Approaches to Dream Work, Art and Sandplay. 2003.

Cartwright, L. The Qi to Unlocking Trauma and Emotional Limitations. 2004.

Gershon, Michael D. The Second Brain. HarperCollins Publishers, 1998.

Levine, P. Waking the Tiger. North Atlantic Books, 1997.

Makkai, A., Boatner, M., Gates, J. A Dictionary of American Idioms, Barron's Educational Services, Inc., 1995.

Martini, F. Fundamentals of Anatomy and Physiology. Prentice Hall, 1998.

Montgomery, Ruth. Born to Heal. Ballantine Books, 1973.

Netter, F. The Atlas of Human Anatomy. Ciba-Geigy Corporation, 1989.

Random House Webster's College Dictionary. Random House Publishing, 1995.

van der Kolk, B. Traumatic Stress. Guilford Press, 1996.

Other Books on SCtD® by Lee Cartwright:

- **The Qi to Unlocking Trauma and Limiting Behaviors - Version IV SCtD®:**
- **Neurological Approaches to Dream Work, Art and Sandplay – Version II**

NOTE: We are interested in your experiences with SCtD. Please write me at either of the following addresses: shiftingconsciousnesstd@gmail.com