

# In Search of the Perfect Healing Modality

All of my life I have had a philosophical bent. I wasn't an arm chair philosopher, rather I was more of a travelling philosopher, circumnavigating the world overland, soaking up various religions, and cultures, absolutely fascinated with diverse ways of living that all seemed to have their own strengths and shortcomings. I was particularly interested in finding out the meaning of life and then, what made life worth living. I started travelling young, as I aimed to get all my answers by the time I was 25, hoping then to live the rest of my days with great inner peace derived from my wisdom.

Many years later I smile at my idealistic naiveté. I did learn that people were the same the whole world over. Every person has his or her strengths and weaknesses; every person wants to be loved and appreciated. Every culture has their fair share of saints and sinners.

To finance my quest I worked as a nurse in intensive care units in large hospitals in Australia, North America and Europe. Medical care I found to be relatively the same for each illness, but the fascinating thing I noticed, was that some people responded well and recovered while others who often were younger and healthier, deteriorated and died regardless of receiving the best medical treatment. As part of the medical team, it was always of huge concern to me, as I realized that there was something intangible that we were not addressing.

I noticed that I rarely met a patient who lived through surgery or an illness when they were convinced that they were going to die from it. The same thing occurred when people were convinced that they would have a particular disease because a parent had had it, and they did often manifest the same disease at exactly the same age that their parent had.

In my search for answers, I became very interested in the work of Edgar Cayce (the sleeping prophet) who under hypnosis was able to give many correct diagnosis for various diseases that related not only to a person's attitudes, emotions and behaviour in life, but also in their past lives. This really struck a chord with me as I was aware since childhood of many past lives that I could relate in detail.

When travelling in Canada, I recognized from multiple dreams I had had, a place where as an Indian girl many years ago, I had fallen off the steep bank of the treacherous Fraser River to my death in the rapids far below. Further downstream I forced myself to cross the river in a cable car, in cold terror, unable to look down at the raging torrent. Since that time, all of my nightmares of drowning disappeared along with my fear of water.

I joined a Cayce study group and over the years my intuitive senses really developed. I realized at this time that I could feel energy imbalances and I practised 'hands on' healing. I recorded all of my dreams and learned how to interpret them, opening up a whole new dimension in self-discovery. I also practiced absent, healing. I had no idea how I could use these gifts to help others, apart from friends and family.

I did intensive self-development courses, which I felt took over the role of religions in trying to get people to examine their inner lives. I tried various healing modalities, searching all the time for the most effective way to understand our attitudes to healing our lives physically, emotionally, intellectually and spiritually. I realized that getting in touch with the inner self was where a person's healing power lay.

I met Phil Rafferty in the 1980s when he practiced kinesiology on my family. In 1992 when I heard he had created a holistic modality by drawing from the techniques of kinesiology and the healing

energy of Reiki I was very interested. After only 2 days in his Kinergetics course I knew I was finally onto a winner. Kinergetics (now called Kinergetics) was fast, specific and powerful. I haven't changed my opinion about it since.

Kinergetics is a new branch of Kinesiology. Kinesiology uses muscle testing to identify areas of stress or dysfunction in the body's energy field. It can be used to identify and balance (a) physical problems that are causing dysfunction of tissues and organs and (b) mental and emotional stresses that are blocking or sabotaging personal growth and affecting a person's ability to function effectively. Muscle testing is used to identify the area of stress, pain, or imbalance and exactly where the correction is required. The only correction is healing energy, channeled through the hands.

Kinergetics is a painless, fast, non-invasive method of healing that works on the body's energy fields and is usually effective in helping a wide range of health problems including:

- Dealing with pain, limitation of joint motion, muscle injuries and sprains, T.M.J. (jaw) problems, sensitivities, candida, and psycho-somatic conditions, especially where the underlying factor is related to emotional stress.
- To assist in the elimination of toxins from the body.
- Improve general hydration and the body's ability to utilize water, which assists the process of detoxification and blood cleansing.
- At a deeper level, it can be used to identify and clear stresses in the body, which are often the cause of physical manifestations.

I have been using Kinergetics since 1992 and have found it be so effective in getting an instant overall picture of where people are at on all levels and dimensions. It also lends itself to use with many modalities. Coming from a medical background, I cannot understand why more medically trained people don't use Kinergetics to assist in diagnosis and to prescribe drugs and dosages that would best suit each patient using muscle testing rather than using the usual trial and error method.

I see miracles on a daily basis when using Kinergetics. I use it on myself as well as on my family. When I had only done a couple of classes I managed to do a very simple self-correction to alleviate an arthritic type pain in my hand, which had bothered me off and on for years. I had been to rheumatologists in both Canada and Australia. Doctors in both countries told me they saw the condition often, knew it wasn't arthritis although the pain mimicked the condition, but couldn't help me. Using Kinergetics for self-correction the pain instantly left me, never to return. For me, it was nothing short of miraculous to have pain leave as easily as that.

I then took my 14 year old son to Phil Rafferty to see if he could do something with my son's painful knees. Caleb was my second child to suffer with Osgood Shlatters Disease, a painful, debilitating condition that comes on in teenage years affecting many fast growing athletic children. His x-rays looked like he had fractured tibias. With my first child, we were medically advised not to allow her to play sport until she stopped growing. She didn't play sport for 4 years as her knees were too painful, then when she did recommence it was with a brace on her knee. The Kinergetics correction on my son took about 5 minutes to perform. My astonished son instantly stood and found he could bend his knee up to his chest. He hadn't been able to raise it above his hip level for the previous 18 months. Imagine how this impressed the young soccer player.

I have never been a person to respond well to drugs, herbs or mechanical therapies. But I always float out of a kinergetics practitioner's office after having my energy balanced.

In my practice, at Light Within in Elsternwick, I use Kinergetics as my main healing modality. I do a lot of deep emotional and spiritual work where I find Kinergetics to be very specific. I also use Kinergetics when I am clearing emotional sabotages and setting clear goals.

I also practice MAP (Medical Assistance Program with the White Brotherhood), which is a complimentary modality. However, I only work on a person after I have ascertained that they are sufficiently hydrated. as M.A.P. allows very deep healing. This is very important as the body cannot heal itself if it is not adequately hydrated. Using Kinergetics hydration formatting for the whole body and energy field does this. MAP can be carried out when the client is, at a distant location. In these instances it is necessary to first use a surrogate on whom I can test the client's hydration status.

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