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CYCLES AND EMOTIONS OF STRESS: FIGHT, FLIGHT, FREEZE

As professional kinesiologists, we act as detectives. Clients that we see, present different ailments that seemingly are not related. The doctors find partial and local solutions however more often than not are not providing lasting, encompassing solutions.

Our aim is to find the core issue. How does waking up in the middle of the night to itch your legs until they are bleeding raw have to do with a blocked ileocecal valve? A 69 years young male client presented with a variety of symptoms that the doctors didn't find any connection between. He presented with shock, trauma, itchy skin, anxiety, depression, grief, blame, fear and colon problems. With my knowledge, experience of 20 years in clinic and my intuitive ability, in addition with work by Wayne Topping, Phillip Rafferty and Dr Charles Krebs, I discovered that his current situation stemmed from his early years of losing his father, the trauma of his tonsils being taken out, and the Amygdala programming of his early childhood.

Like an unfolding lotus, he has released layers of early childhood programming and his symptoms have subsided immensely. His understanding of the connections between his symptoms and his life experiences, via the emotions that the organs and conditions were representing, he was able to change his thought patterns and choose a new way to live his life.

This is an excellent example of the need to uncover the underlying core issues and connect these to the physical manifestations.

By balancing the Fight, Flight, Freeze layers, we can clear the physical symptoms. It may take a few sessions as the long term conditioning clears up.

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Sharon Tal has practiced kinesiology since 2001 from her clinic, The Melbourne Kinesiology and Detox Centre. She brings together the teachings of the most well-known kinesiologists, applying them in her practice and own teaching. Sharon is also an author and public speaker, runs weekly guided meditation sessions, is a psychic medium and counsellor and a marriage celebrant.