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#AKACONFERENCE2019

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BALANCING WITHIN & WITHOUT

Boundaries, self care and balancing with acupressure.

We have several kinds of boundaries. Some could be named as physical, energetic, Emotional and spiritual.

We need flexible boundaries so that we can respond effectively in different situations. In some situations, we need to hold strong boundaries and in others, we want to merge or transcend our boundaries. We need to be able to sense and respond to other's boundaries, knowing that they may be different from ours.

Your boundary in the context of this conference is the space that people consider part of their identity. Skin is a physical boundary. People also have energetic and emotional boundaries. When a boundary is crossed, people may feel invaded. Boundaries define, contain, limit and provide form. The acupuncture system is the filter system for our boundaries. Each acu-point is a window between the physical and metaphysical planes, with an outer filter Yang to the outside world, and an inner filter Yin to your inner world. We look at both your relationship of the outer world and your relationship of you to yourself! When we apply acupressure to an acu-point we clean these filters allowing energy to flow freely in and out. Boundary issues can block the functions of these points.

Healthy relationships depend on healthy boundaries. Healthy boundaries are both secure and flexible. Security and flexibility require sensitivity and awareness of self and other.

Take a breath and notice what your immediate body, emotion, and mind response is to hearing the word "boundaries". You may notice tightening somewhere in your body, or a feeling of relaxation, or fear, or an impulse to become tough, or you may notice vagueness or flatness. All responses are information about how you organize around self-definition and boundary style.

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Sherril Taylor studied Applied Physiology with Richard Utt, the founder of International Institute of Applied Physiology in Arizona and became a Master Instructor teaching his 700-hour Diploma Course in 2000. She also trained with Philip Rafferty and became a Kinergetics Instructor in 1995. Sherril graduated her 3-year training in Hakomi Psychotherapy in 2006, and became an Advanced Psychotherapy Trainer, of Right Use of Power, Ethics in Business training in Boulder, 2010.

Sherril has 27 years' experience teaching the Professional Diploma Course "Applied Physiology" here in Australia and around the world. She has developed new Applied Physiology techniques now widely used in the community.

Sherril has risen to the top of her field and her main purpose is to preserve the legacy of Richard Utt's great work and to assist building IIAP Training centres around the world.

Sherril continues to conduct her Kinesiology classes in Northern NSW, Sydney, Ukraine and Russia.