

Neuro-Training with KINESIOLOGY NEWSLETTER



I thought I would begin this Newsletter with describing a terminology known as “**Recuperation Crisis**” which answers a frequently asked question:

Why do I sometimes feel worse after I have had a Kinesiology “balance”?

The Recuperation Process

Stress, traumas, injuries, unresolved grief, and emotional problems – these things can limit a person’s ability to be healthy, and use up their energy while they are trying to cope with them.

Neuro-Training with Kinesiology can help to find solutions to problems such as these, and as a person regains their energy, they can further their own healing and recuperation.

The Path of Healing & Recuperation

When a person starts on the path of recuperation / healing, a “recuperation crisis” may occur.

With an issue newly resolved, the energy they were using just to cope with that issue is now freed up for more healing and recuperation.

The neurology (brain) then goes looking

for other unresolved, unhealed things that the person may have suppressed in the past (the backlog of “repairs”). The neurology “looks” at these old “symptoms” and gets on with the recuperation.

This “looking” at the symptoms, can be experienced as old emotions surfacing, or pains reoccurring or appearing to get worse. This is often misinterpreted as a reoccurrence of old issue, and not recognised as part of the recuperation / healing process.

Experiencing the Recuperation Process

For those people who understand the true nature of the recuperation / healing process, they can look forward to, and thoroughly enjoy, the experience.

They become aware of, and can feel the difference between, symptoms that are part of a recuperation / healing process. As part of the recuperation / healing process, the person can clear emotional stresses and misperceptions, making way for clear and calm thinking.

A physical cleansing process may take place with the elimination of toxins (emotional and physical).

As more and more energy is released for recuperation, the person can review and resolve more and more of the previously unresolved issues.

It’s a wonderful thing to see this process

of reversing degeneration and coming back to a better state of emotional and physical health state.

With the use of Neuro-Training with Kinesiology we can reduce, if not completely eliminate, the discomfort produced while a person is going through a recuperation / healing process.

However, it is a fact, that sometimes when a person is going through a recuperation / healing crisis, it can be more appropriate not to do any balancing, as the person is already balancing himself/herself.

To intervene may deflect energy away from, and can stop, that recuperation / healing process.

How to know ... Recuperation Process or an Aggravation?

When it is difficult for a person to identify the difference between the recuperation crisis and an aggravation, Neuro-Training with Kinesiology can help to make this distinction.

If it is a recuperation process the active healing power of the person can be allowed to carry them through the healing / recuperation they need to go through. If it is a further problem, an aggravation, Kinesiology can identify the need for more balancing.

"But I was feeling so good!"

It is sometimes difficult for a person to accept the fact that the recuperation / healing process comes at the time when they are feeling their best.

Invariably a person will say "but I was feeling really well, it was the best I had felt in my life".

This is when you can often expect the recuperation / healing process to occur because it is at this time when there is energy available for healing / recuperation. It is at this time when the healing energy can do its best work.

When a person increases their available energy and when that energy gets to an excess, the excess is used by them to facilitate their own recuperation. At this time the person can do their greatest work. It's literally ridding the old so the new can take its place – recuperating and healing.

**A very heartfelt
Thank you for your
continued support.**

**And I sincerely wish you
and all your loved ones a
very**

**JOYFUL CHRISTMAS
and**

**EVERY HAPPINESS AND
FULFILMENT IN THE
NEW YEAR**

Christmas Gift Ideas

GIFT VOUCHERS FOR:

"Pampering Session"

Includes:

**lymphatic massage to release
toxins**

PLUS

**light touch pressure points to
work with the Central Nervous
System**

\$50

OR

Kinesiology Gift Vouchers

1 ½ hours \$99

1 hour \$77

Dual Certificate:

Certificate IV in Kinesiology

plus

**Certificate of Solution
Oriented Neuro-Training**

If you would like to study to become a Kinesiologist / Neuro-Trainer / Natural Therapist contact me for the Course Dates for 2009.

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Newsletter

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Summer

Optimum Health & Wellbeing

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Neuro-Training with Kinesiology

*An holistic approach to a
balanced and healthy life.*

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