

Healing Unconscious Energetic Patterns

Our unconscious is a repository of real, substantial energy which directly affects us in all aspects of our being - physical, mental, emotional and spiritual. We can see this by looking around and observing human behavior: our own, that of family members, friends, and others. (In the past, thoughts including unconscious thoughts, were considered by many not to be real as they are not material objects. However, today due to advanced research, more and more people, including scientists, understand that thoughts are real constructs and although not material, carry energy.)

In many individuals, the effects of unconscious thought-energy is manifested in negative behavior patterns or habits, which persist even though the individuals demonstrating the behaviors have strong intentions to act otherwise. For example, we all know of individuals who have repeated problems with drinking overeating, gambling, destructive relationships and pathological lying. We probably also know many individuals, perhaps ourselves included, who are very successful in many aspects of their lives, but who are stuck in some way that brings them pain. Some want to change, try to change and succeed. However, thousands who also try, fall back into the same old patterns, preventing success.

As a result of the above, Freud and others developed different approaches to access unconscious thought-energy for the purpose of freeing individuals from the negative aspects of it. Since I was interested in such work, I became a Freudian psychiatrist and in my practice, I encountered just about every known type of unconscious pathology, yet this approach, although often successful, took a long time (usually years) to complete. Why? Individuals who sought my services, needed to verbalize painful thoughts, feelings and experiences, and this was very difficult for most to do. Even the most talented at verbalizations, usually found it extremely difficult. At the same time, I also found that the lengthy time commitment was combined with individuals.

- Having increasing responsibilities due to the increasing complexity of their lives
- Experiencing that the pace of their lives was speeding up
- Wanting their treatment methods to speed up also
- Desiring more flexible treatment logistics such as phone conversations rather than physical visits.

To address the above needs I started looking for other approaches that I could combine with my psychiatric techniques to assist individuals who sought my services.

Today, as a result of my research, I work as a Life Coach and Consultant, using the Kinesiology Process which can be done either in person or by phone. I find that this process works effectively and efficiently. Further, the logistic needs of most people who seek my services are addressed. Results came faster and people get better.

Why do I think Kinesiology works? Kinesiology uses and acknowledges the connection between mind and body, supporting the mind's use of the body to think. In so doing, Kinesiology helps the body to clear things and facilitate access to thought-energy. Unconscious thought-energy is written out and given to my clients for clearing or processing consciously. (Many of us have experiences with the methods of using sports and meditation practices to feel better, methods in which we actively use our bodies to release tensions. The fact that exercise is needed for health and that meditation practice also contributes to health are well known facts. Kinesiology in my opinion, is a third method.)

I have no typical client; some clients get free of unconscious negative thought-energy in weeks, some in months and some take longer. As with all processes used to achieve goals, if the client stops the process before it is completed, full benefit is not gained.

*Hawkins, David R. M.D. Ph.D, Power Vs Force, The Hidden Determinants of Human Behavior.