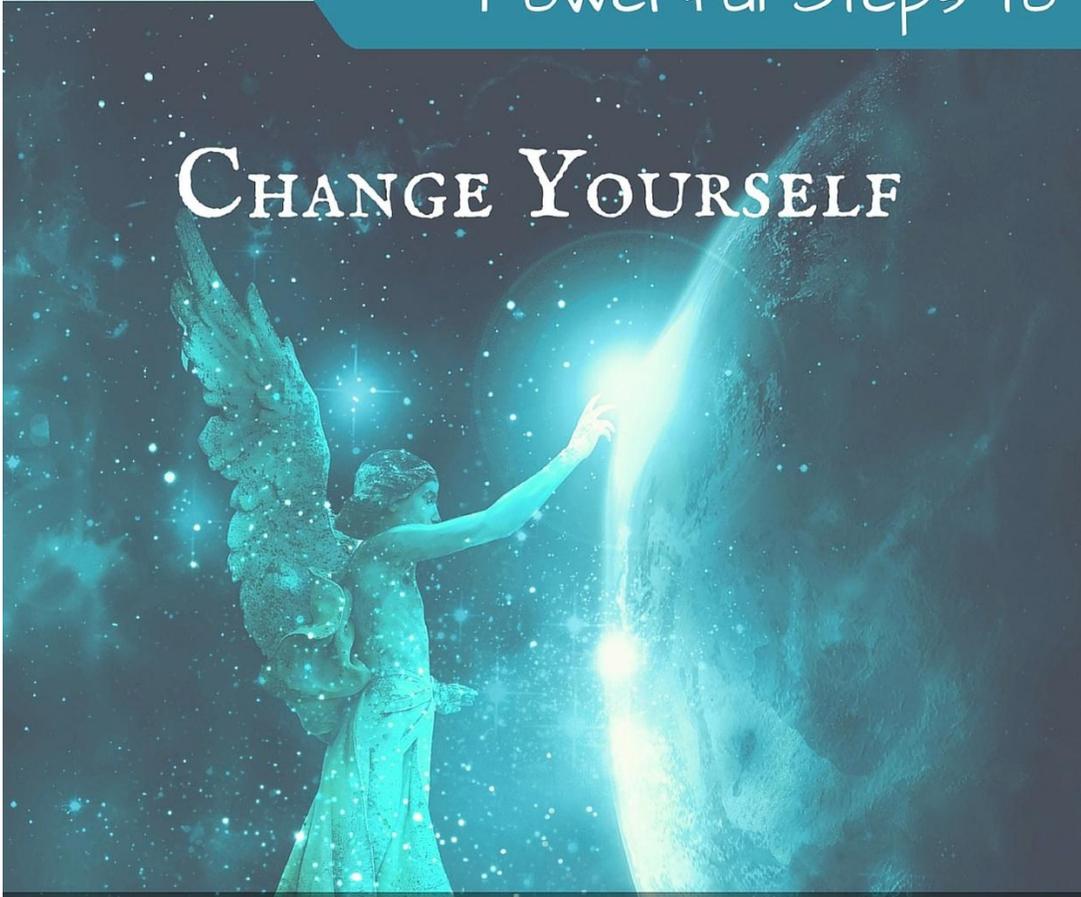


# Soul Detective™

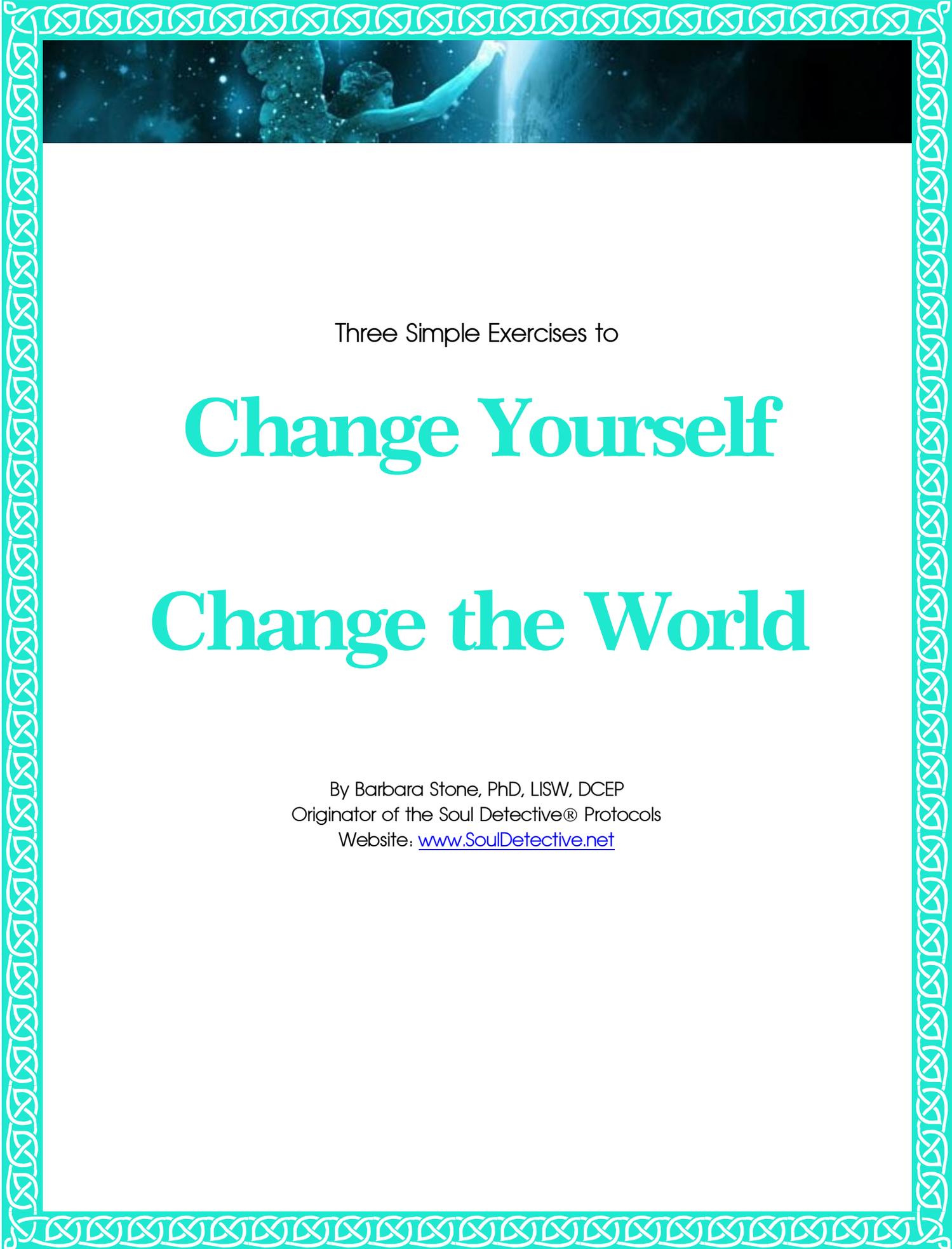
Three Simple but  
Powerful Steps to

CHANGE YOURSELF



CHANGE THE WORLD

— *Barbara Stone, PhD* —



Three Simple Exercises to

# Change Yourself

# Change the World

By Barbara Stone, PhD, LISW, DCEP  
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Website: [www.SoulDetective.net](http://www.SoulDetective.net)



Accept yourself. Great advice—but rarely do we totally accept all of who we are, including our strengths and weaknesses, jealousies, fears, pimples, flatulence, bulges, anger, rage, guilt, and all of the other attributes of the human condition. Yet, not accepting every particle of who we are stabs us in the back and gives away our power.

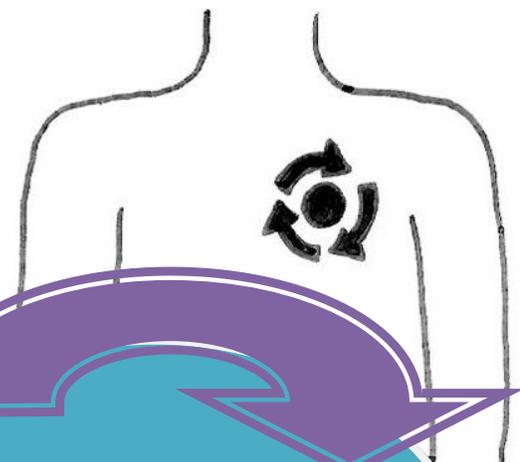
The bad news is that as much as we wish we could totally accept ourselves, many of us need assistance in this area. Whatever we hate about ourselves, we become powerless to change because that energy is bound up in non-acceptance.

The good news is that several simple exercises from Thought Field Therapy can put self-acceptance into the energy field to empower positive change. The exercises are first presented, and then followed by the explanation of how they work. First exercise:

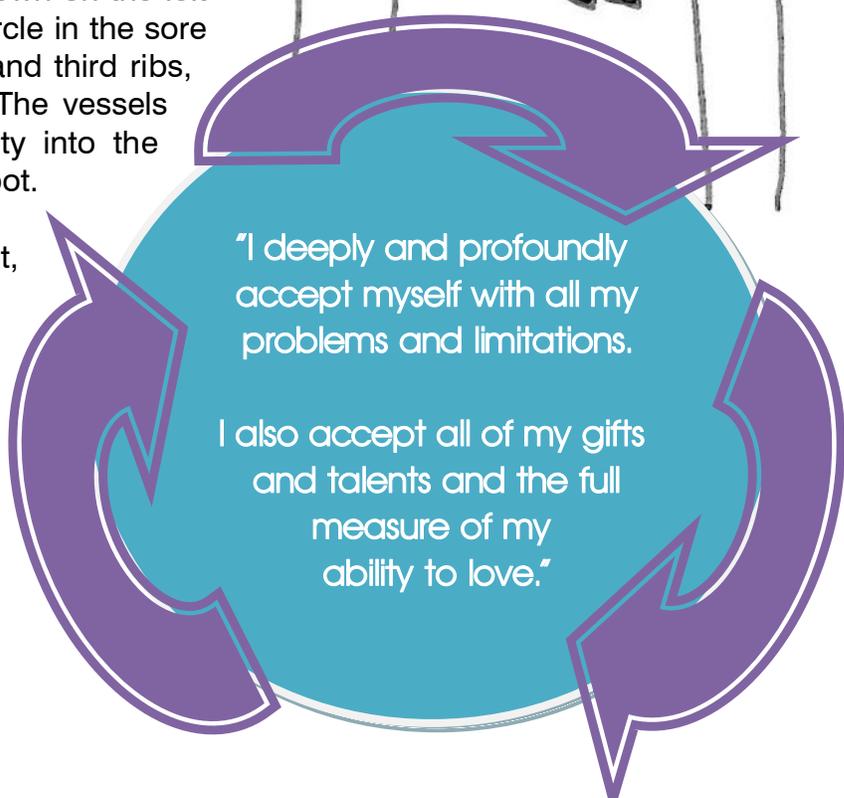
### “Massaging the Heart”

Place the palm of the right hand at the midline of the body right over the heart as if you were going to pledge allegiance to the flag. Scrunch up the fingers a little bit and massage clockwise (down on the left and up on the right) in a circle in the sore spot between the second and third ribs, directly above the nipple. The vessels of the lymph system empty into the heart cavity right at this spot.

While massaging this point, repeat three times:



“I deeply and profoundly accept myself with all my problems and limitations.



I also accept all of my gifts and talents and the full measure of my ability to love.”

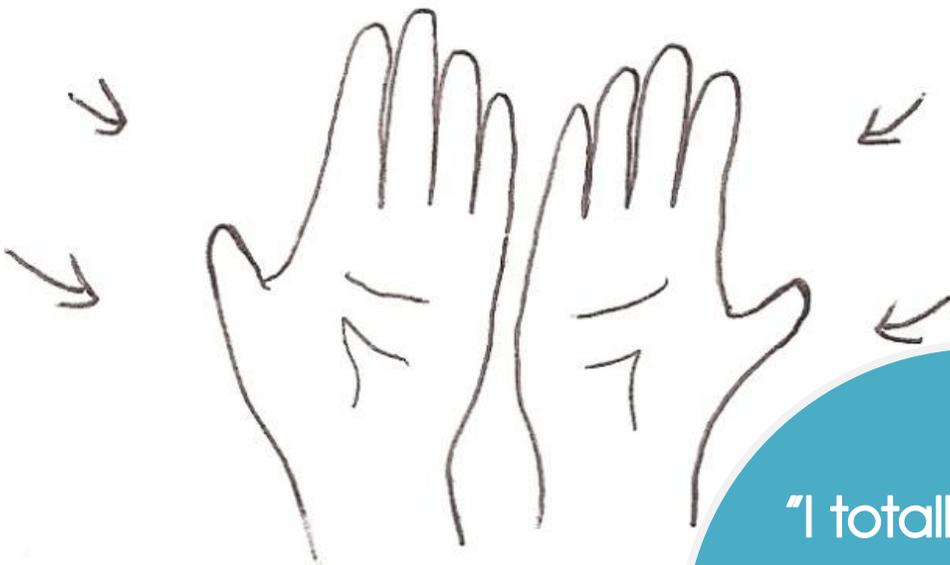


If you feel like you don't really mean it, you can say "I wish I could accept myself." If that does not work either, you can just say, "I really want to feel better!"

Warning: Just reading about doing this exercise will not help you. Stop reading for a moment and try it! Just reading about swimming will not make you a good swimmer. You need to actually get wet.

Now, think of one specific thing you want to change in your life, such as smoking, overeating, overworking, etc.

Karate chop the little finger sides of the hands together while saying three times:



"I totally accept myself even though I have this problem."



## The Explanation

These exercises correct the problem of energy flowing in the reverse direction from its proper pathway. This phenomenon, called “psychological reversal,” was spotted and treated by the innovative thinking of psychologist Dr. Roger Callahan, who developed a treatment method he called Thought Field Therapy.

Callahan noticed that some of his patients claimed they wanted to be cured, but no matter what approach he used, they did not respond to treatment (Callahan, 1985). These troubled patients seemed to resist all help and remained locked into their problems.

Consciously, they wanted improvement, but unconsciously, they wanted to keep their problems.



In psychological reversal, the left and right sides of the brain give opposite messages, creating a state in which “the body is repeatedly doing things that are at odds with the stated goals” (Whisenant, 1994, p. 16).

People get psychologically reversed when the nervous system gets scrambled from a number of stressors, including emotional upset, physical assault, nutritional deficit, prolonged exposure to temperature extremes, or an environmental toxin (Whisenant, 1994). This stress knocks the person out of balance by overemphasizing one side of the body, causing the flow of energy through the nervous system to be “switched” from its proper pathways. For example, talking on the phone while listening through only one ear for an extended length of time can sometimes cause temporary switching. Changing from ear to ear can help correct this problem, and using a dual earphone headset helps even more.

Switching reverses the proper flow of electromagnetic energy in the multi-dimensional aspects of the human energy field.



Polarity sets a direction of energy flow. In a battery, energy comes in one side and out the other side. One side receives and the other one gives. Normally, while we are awake, we should receive energy from the sky through the top of the head and energy from the earth through the bottoms of our feet. These two energies meet in the heart and then move from the heart out into the world, giving and spreading love.

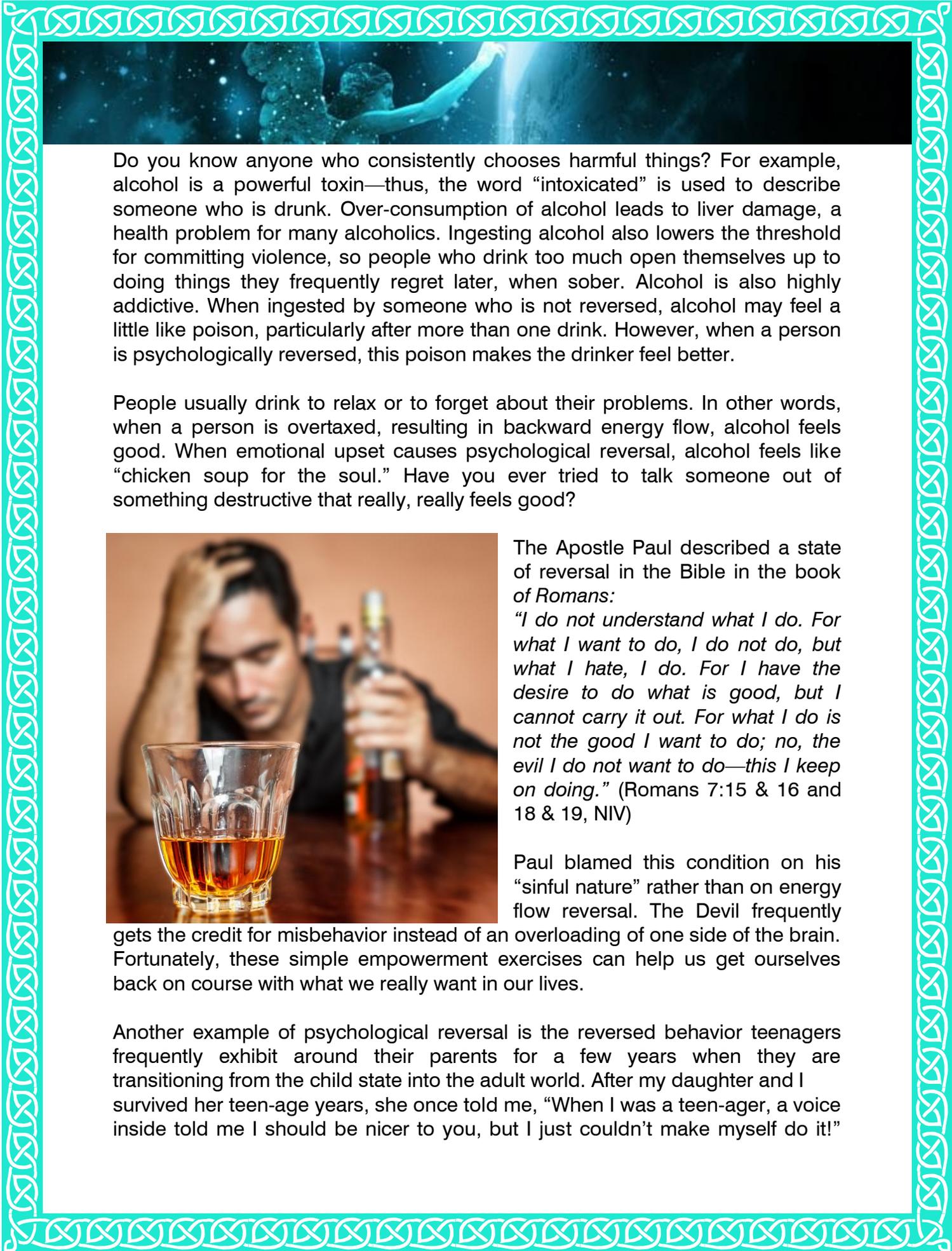


When energy comes in through the head and the feet, unites in the heart, and then flows out of the heart to the world, a person has proper polarity. But when switched, the energy goes backward. What should be going out is going in, and rather than extending the energy of one's heart to others, the heart will try to pull in energy from others, leaving other people feeling drained. This kind of person may be called a psychic vampire. When reversed, the flow of energy in the 14 meridians (pathways of life energy) may run counter to the natural

flow. In other words, energy is going the wrong way on a one-way street. We need proper energy flow for the physical body to function properly.

Incidentally, while typing this page, my computer got reversed around capital letters and lower case letters. It would only type lower case letters with the "Caps Lock" key on, and with the "Caps Lock" key off, it would only type capital letters. IT WORKED PERFECTLY, BACKWARD.

In a reversed state, something that should help one's problem will make a person feel worse, and something that is bad for a person will feel good.



Do you know anyone who consistently chooses harmful things? For example, alcohol is a powerful toxin—thus, the word “intoxicated” is used to describe someone who is drunk. Over-consumption of alcohol leads to liver damage, a health problem for many alcoholics. Ingesting alcohol also lowers the threshold for committing violence, so people who drink too much open themselves up to doing things they frequently regret later, when sober. Alcohol is also highly addictive. When ingested by someone who is not reversed, alcohol may feel a little like poison, particularly after more than one drink. However, when a person is psychologically reversed, this poison makes the drinker feel better.

People usually drink to relax or to forget about their problems. In other words, when a person is overtaxed, resulting in backward energy flow, alcohol feels good. When emotional upset causes psychological reversal, alcohol feels like “chicken soup for the soul.” Have you ever tried to talk someone out of something destructive that really, really feels good?



The Apostle Paul described a state of reversal in the Bible in the book of *Romans*:

*“I do not understand what I do. For what I want to do, I do not do, but what I hate, I do. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.”* (Romans 7:15 & 16 and 18 & 19, NIV)

Paul blamed this condition on his “sinful nature” rather than on energy flow reversal. The Devil frequently gets the credit for misbehavior instead of an overloading of one side of the brain. Fortunately, these simple empowerment exercises can help us get ourselves back on course with what we really want in our lives.

Another example of psychological reversal is the reversed behavior teenagers frequently exhibit around their parents for a few years when they are transitioning from the child state into the adult world. After my daughter and I survived her teen-age years, she once told me, “When I was a teen-ager, a voice inside told me I should be nicer to you, but I just couldn’t make myself do it!”



She was describing psychological reversal. Fortunately, she grew out of that stage into a wonderful, loving, delightful adult.

Another clear example of psychological reversal is the lung cancer patient who declares he or she wants to live but continues to smoke after his or her diagnosis.



Deriving pleasure from another person's suffering is another example of psychological reversal. Normally, we feel pain ourselves when others suffer. But the shock of physical and/or emotional trauma suffered at the hands of another frequently makes the person traumatized get reversed around that relationship. The person who has been hurt wants to see the

offender suffer, wants revenge, whether it is a former marriage partner or drunk driver—to “get what he or she deserves.” A sure sign that a trauma is completely healed is not wishing pain in any form upon the person responsible for the injury.

We are all familiar with some problem area we want to change, but despite our best intentions and efforts, we keep shooting ourselves in the foot. Trying to lose weight is a prime example. The degree of reversal can range from mild to massive and can be in just one area of life, one “hot topic,” or can be pervasive in every area as with a person who seems totally negative.

A person who seems to live life totally backward, being drawn to everything bad for him or her and pushing away everything that would be good would be called “massively reversed” in psychological terms. Other people are reversed only around certain areas—food, driving, relationships, self-worth, money, time, etc.



The Swiss psychiatrist Carl Jung called one pocket of psychological reversal a “complex.” One could have an inferiority complex, a mother complex, or a money complex, etc.



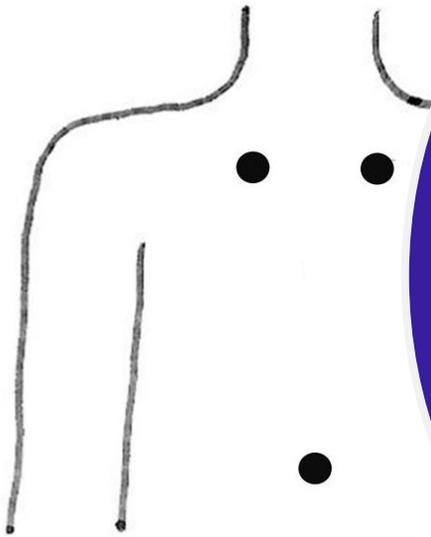
Psychological reversal is also dangerous to our physical health because this state of imbalance weakens the thymus gland, impairing the immune system. Correcting these reversals therefore strengthens immunity.

Yale professor Dr. Lewis Langlan studied the women who came into his OB-GYN clinic and found that among the women who did not have cancer, only 5% were reversed in polarity. But of the women who got cancer, 96% were psychologically reversed. In other words, their polarity was switched so energy flowed the wrong way in their systems. Dr. Langlan postulated that cancer is a reversal of polarity in the body. Physician Bjorn Nordenstrom cured hundreds of cancer patients by running a current into the tumor to reverse its polarity, which made tumor growth reverse. Both of these studies show a correlation of cancer with psychological reversal and polarity shift. (Burr, 1972)

If psychological reversal is mild, the corrective exercises presented above may clear it up. If it is more severe, then the underlying cause may also need to be treated. Muscle testing can indicate whether the stressor is the result of structural misalignment, nutritional deficit, exposure to toxins, a recent psychological stressor, or a psychological stressor from the past (Whisenant). Energy Psychology practitioners and also many chiropractors and others trained in Applied Kinesiology and Whole Body Modification Techniques can diagnose the origin of a state of imbalance and recommend appropriate treatment. See [www.energypsych.org](http://www.energypsych.org) for a listing of practitioners who are members of the Association for Comprehensive Energy Psychology.

The following self-empowerment exercise is a way to help align energy flow in the body so that we can live in the present moment instead of ruminating about the past or worrying about the future.

## "Brain Buttons"



Press on the navel with one hand or hook the middle finger into the navel and pull gently upward.

With the thumb and middle finger of the other hand, tap or massage in clockwise circles on the points in the pocket formed where the sternum meets the clavicle.

This spot is named K-27 in acupuncture because it is the 27<sup>th</sup> and last point on the kidney meridian.

This intervention comes from Brain Gym, the work of Paul and Gail Dennison (1992).

*Note, if you are not switched, doing any of these exercises will not make you switch or become reversed. The exercises will only strengthen the proper flow of energy through your system.*

Another method of correcting psychological reversal is putting four drops of the Bach Flower Essence "Rescue Remedy" on or under the tongue and holding it there for 30 seconds while thinking about the problem area. Then swallow. This treatment can be repeated once every hour until the reversal is cleared (Callahan, 1985). Rescue Remedy is preserved in brandy, so it may not be appropriate to ingest for a person with alcohol addiction issues. One can put several drops of Rescue Remedy on the top of the head and rub it into the crown with a little swirl. Sometimes I put several drops of Rescue Remedy in my drinking water while I am working on difficult cases.



Switching can be corrected from the mental/emotional level by making statements that begin with “I accept myself...” and made more powerful by adverbs that intensify the degree of acceptance. Thus, the first exercise began with, “**I deeply and profoundly accept myself.**”

Callahan intensified the reversal correction by adding “with all my problems and limitations,” which pretty well covers everything! Adding massage of the neurolymphatic point for the heart also corrects the flow of energy in the body. Dr. Callahan noted that psychological reversal can be induced by denigrating oneself for failure, but “...as a patient progresses in psychotherapy—as his self-awareness

grows, as his self-acceptance is enhanced and (most importantly) as he improves his way of living—his tendency to reverse is greatly lessened.” (Callahan, 1985, p. 55)

**Accept yourself.** This simple intervention is the first step in overcoming any negative pattern. Alcoholics Anonymous (AA) starts meetings with introductions as follows: “Hi. I’m Jane. I’m an alcoholic.” Each member breaks through denial of the problem by accepting the presence of the addiction. We usually think that acceptance of ourselves complete with our bad habits would make us more likely to keep doing the wrong thing. But the truth is just the opposite:

If a huge boulder is blocking the flow of your stream and you do not acknowledge its presence, it will never get out.

We cannot change our problem until we accept ourselves even though the problem is present.



First, you have to accept its presence, then get in and push it out of the way.

The three exercises in this chapter give that boulder a shove to help life energy flow more freely. When we change ourselves, that healing effect ripples out into our families, our communities, and the world!

*Note: If you needed the explanation first, now is your chance to go back and try "Massaging the Heart, Karate Chop, and Brain Buttons."*

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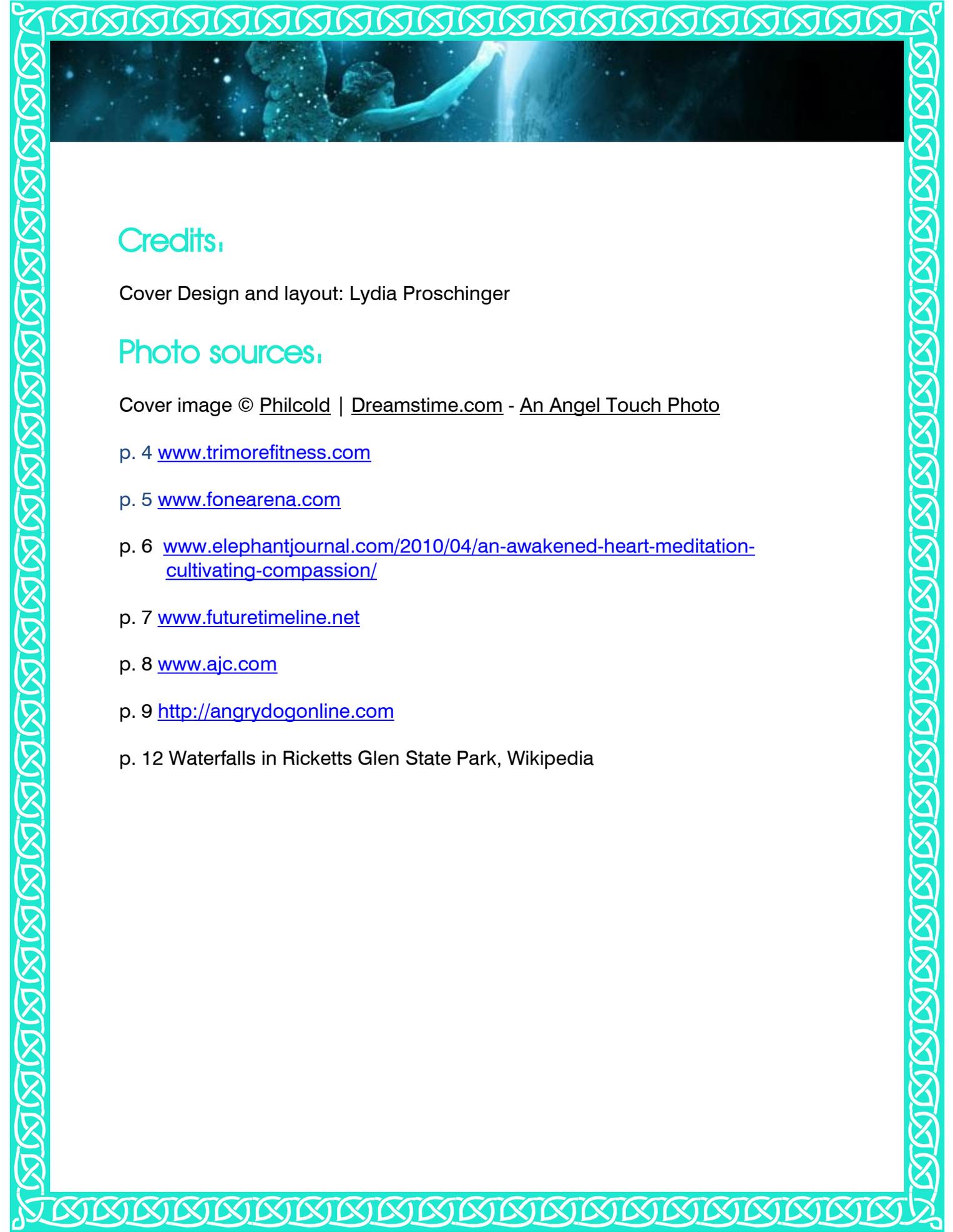
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