

Brenda Lainof's E-Book

I am a *Cardiac Arrest Survivor and Immune Disorder Survivor* and proud of it!! I chose to heal my body with Alternative Therapies and without drugs. However, I honor and respect all choices that people make, because having an immune disorder or chronic health issue is not an easy journey, no matter which method of treatment you choose.

I have been educated in a variety of healing methods. As an intuitive, I work on multiple levels with multiple modalities to resolve, change what seems unchangeable and heal what seems unhealable. Many of our imbalances in the body are really negative emotions and these energies can block our energy field.

I have maintained a Wellness Practice since 2009 and specialize as a Medical Intuitive Practitioner, Emotion Code Practitioner, Body Code Practitioner, EFT Practitioner, Purpose Intuitive Consultant, Reiki Practitioner, Yuen Practitioner and many other modalities. 80% of my work is over the phone, helping patients from all over the world to live fuller, happier and healthier lives.

Many times we have beliefs that are so deeply entrenched, that they affect us physically, emotionally and spiritually. Such belief systems as:

“I’m not good enough.”

“I don’t matter.”

“It’s my fault.”

My very quick life story is that on the surface, it seemed like I had it all together. I was working with the large Oil & Gas Corporations as a successful Contract Analyst.

My husband and I were caught up in “keeping up with the Joneses”, lots of material nice things, new home, cars and working overseas, living the life as an expatriate. However, emotionally and physically I was not healthy. Blending family and working in a corporate atmosphere really took its toll on my body!

Earlier, my mother had died of colon cancer that eventually spread throughout her body. After her death, my body went into trauma and this started my **downward health crisis** throughout a span of twenty some years. Beginning with endometriosis, fibromyalgia, a fallopian tubal emergency operation, rheumatoid arthritis, a tendon in the left thumb that “fell apart” at work after returning to the workplace and a near-death experience from a cardiac arrest.

Over a span of approximately 20 years, I met with counselors, therapists and energy lightworkers. I spent many hours and thousands of dollars on therapy, vitamins and slowly peeled off the layers that were contributing to my emotional and physical decline.

Like so many others, my childhood was ravaged by a very dysfunctional environment. For years, I responded and reacted to the events in my life, not realizing that I was allowing my past to control my future. I had no idea that I am truly an **Empath**.

What is an Empath?

“An empath is a person who is affected by other people’s energies and has an innate ability to intuitively feel and perceive others”.

At an early age, as early as age one, my life was unconsciously influenced by others' negative emotions. One does not learn to be an empath; either you are an empath or you are not.

Empaths often ignore their own needs, are generally non-violent, non-aggressive and lean more towards being the peacemaker of the family. Should they be in the middle of a confrontation, they will endeavor to settle the situation or avoid it altogether.

As an empath you are more prone to experiencing chronic fatigue syndrome, environmental sensitivities, unexplained **aches and daily pains**. **And** these things are more likely to be attributed to outside influences and not so much yourself at all!! Essentially, you are walking around in this world with all of the accumulated karma, emotions and energy from others.

Regardless of the reason that brought you here, what you are about to learn may very well change your life forever.

You are probably here for a few reasons:

1. You may be affected by a chronic health issue or serious health issue;
2. You may know someone that you care deeply about who is affected with a chronic or serious health condition;
3. You are searching for answers about the emotional connections to a chronic or serious health condition;
4. All of the above.

Regardless of the reason that brought you here, what you are about to learn may very well change your life forever. Learning about Energy Healing was a turning point in my life.

What tools can assist you to clear the negative energies that you pick up from others and absorb into your body that can create all of the negative aches and pains?

Dowsing

Dowsing is an ancient art that can be understood in terms of modern science. Dowsing can be used as a way to access subtle information, as a form of muscle testing. It can also be thought of as a form of Prayer.

The First Step is Choosing a Pendulum for Dowsing

The material, such as a mineral or crystal, of a pendulum does not matter. There is no magic in the tool, the magic is in you! However, it should not be too heavy as this can slow down the response; nor should it be too light and more difficult to control. A string or chain is required to attach to the mineral or crystal, approximately four to 6 inches in length.

How to Calibrate and Move a Pendulum

The most important thing to remember in dowsing is that you are the instrument, not the pendulum. You tell the pendulum what you want to see for a yes and a no - it is you moving it.

The way to hold it is with the middle and index finger and thumb, ideally 4 to 6 inches from your chest, around your chin level. Relax your jaw, relax your wrist, neck and shoulders. Sit up straight and have both feet flat on floor, nothing crossed. So now, ask a few questions to ascertain what your signs are.

Firstly, you need to calibrate your pendulum by asking a few questions so you can find out what your particular sign is. What matters is that you know what sign means yes for you, what means no for you and a third sign that means you need more information or a maybe.

From a still position, firstly ask “please show me a clear sign for yes” (give the pendulum a little movement). Let it freely swing - it may be a clockwise movement or a counter-clockwise position). Then ask “please show me a clear sign for no”. It could be a clockwise movement or a counter-clockwise movement. It doesn’t matter, as long you know what the yes and no answer is for you.

If you ask a question and the pendulum is not moving, you did nothing wrong, just stay relaxed and focus on the question until it begins to move. Then ask, “please show me a clear sign for more information”. In this one, it could be a movement front to back at an angle or it might shake or might stay still. If it does stay still, then ask it for an example if staying still is the answer to the question.

Once calibrated and you know what your signs are, you can ask your questions.

The most important thing to remember: The quality of the answer you get is directly related to the quality of the question that you ask. So it's important to ask questions in a specific way to get the best quality of answer.

Now, prepare your questions. A question requires a positive, negative or a neutral response.

An example of a good question is:

- Is there an emotion in my body that is contributing to the pain in my left shoulder?
- Is this supplement beneficial for my body?

An example of a poor question is:

- Will I win the lottery ticket?

So initially, **set your intention. Ask** for guidance for God/Higher Source to assist you as to your answers. An example of an intention is:

1. Ask your questions.
2. Between questions: ensure that you completely stop the pendulum motion to clear any lingering energies that pertain to the previous questions.
3. Accept information only if your instincts assure you it is accurate.
4. Keep a notebook handy to write down your questions and your pendulum's response.
5. As each pendulum may have a different response, each person also must establish their own directional swings before using a pendulum.
6. Make sure that the pendulums have been cleared of any negative energies before and after each use.

Muscle Testing

To learn how to do muscle testing on someone, get a partner. Stand facing one another. Your partner raises their arm, straight out, directly in front of them or to the side at shoulder height. The arm should be straight. Don't use arms/shoulders that have been injured in any way. The arm and shoulder used to test needs to be able to resist a downward force.

The person doing the testing places one hand, or two fingers, above the wrist of the outstretched arm. The other hand of the tester can rest on the shoulder of the subject, or not. Before you push down on the arm, make sure your partner is ready to resist. You need to give them time to tighten their arm to resist before you push down.

Say "resist" and push down on their arm with your hand or two fingers. Try this a couple of times before testing anything. This will help you get a feel for their relative arm strength.

Muscle testing is not a competition. Do not overpower the person you are testing or push down when they are not ready. Since different people vary in arm strength, you will need to gauge the relative amount of force to use when pushing down each time you test someone new.

You want to calibrate or judge the individual's relative arm strength so you can easily tell the difference between a strong or weak response.



Arm Muscle Testing

If your partner's arm is extremely strong, have them hold it down at an angle, so it is not horizontal. This will give you more leverage.

To do muscle testing on a child or someone with a very weak arm, use only one finger and lower yourself to their level.

I prefer to use self muscle testing on myself as a surrogate in these cases or when there is a lot of testing to do, so their arm doesn't get tired. Also remember when pushing down, to only exert enough force to overcome the arm's resistance. Stop pushing when you feel the arm buckle. Very little force will be needed when your partner tests "weak" on something.

Now you are ready to test different items. Select something you want to test and have your partner hold it in one hand and raise the other for testing. Have them hold the item near their chest if possible. If the item is too big or not available, they can focus on it, seeing it in their mind.

Once your partner is holding or focusing on the item, say "resist", and push down on their arm. If the arm stays strong they have a "positive" response. If the arm goes "weak", then it is a "negative" response.

Anyone can do muscle testing this way. Try testing a picture, an emotion, a place, a food, a color, a movie, a song or even a thought. A weak response to something means that the body is reacting negatively to the stimulus being tested. Rejection or non-acceptance of the stimulus is present.

Muscle response testing can also find areas of energy weakness in the body. By you touching points on their body that are associated with different organs or energy meridians, and simultaneously muscle testing them with their other arm, you can find areas of energy weakness in their body or acupuncture meridians.

These are the beginner basics of muscle testing. Play with the technique. For more fun, use muscle testing as an indicator to get "yes" and "no" answers to specific questions.

However, using muscle testing this way gets more difficult because the accuracy of the response depends on how specific the question is. You need to eliminate ambiguity and be clear of the meaning intended when the question is asked. For "yes" or "no" questions, the strong and weak response is a binary form of communication, similar to how computers run with binary, 01001 code.

The information being accessed through muscle testing is what is stored in the programs or belief systems of our subconscious mind. It is accessing our thinking and what each individual sees as true for them, and the rules we live by. It is information that all together forms each individual's self and world perspective, though much is also collective information and inherited from ancestors and our cultural history.

The information accessed by muscle testing can be seen as a jumble of accumulated information: beliefs, values, imaginings, expectations, preferences, desires, etc. that our mind has stored from past experience and learning and that it accepted as true at some point. There are many beliefs there that are no longer applicable to our situation and therefore are non-serving and in need of correction.

NOTE: Different healing techniques may take a strong muscle to mean "no" and the weak muscle to mean "yes". This is fine as long as the tester is clear on what means what. The "yes" or "no" response is just a signal from the body and we can consciously switch the meaning by being clear with ourselves and the person being testing on what means what.

EFT: Emotional Freedom Technique

1. Anxiety or stress create definite changes in brain activity, both electrical and chemical.
2. Stimulating acupuncture points sends signals to various parts of the brain, but especially the limbic system or the emotional part of the brain.
3. While making a statement or affirmation and about a past or present stressful event, you stimulate an acupuncture point, which alters the electrical pathway and "releases" the energetic connection and hold that it has on us emotionally.

According to Gary Craig, the developer of EFT:

"The cause of all negative emotions is a disruption in the body's energy system". For example...Little Johnny gets thrown into the pool as a young boy and he almost drowns. When he was experiencing his fear, the energy flowing in his body was disrupted because of the sudden stress. Let's say it was the energy meridian that flowed to his stomach. That imbalance and energy blockage caused emotional intensity and every time Johnny thinks about swimming, his stomach hurts. After a while, that energy blockage can manifest itself into poor digestion and stomach aches.

If we applied the EFT tapping to his stomach meridian point under his eyes for a few minutes, while he remembered and spoke about that episode, it would bring balance to his meridian and release the flow of blocked energy to that part of the body.

A Few Key Points about EFT

1. All EFT tapping points are actually classic acupuncture points.
2. Many of the EFT tapping points are “B” and “E” points or “Beginning and Ending” points of the meridians. For thousands of years, these points have been known to have a greater ability to transfer and move energy.
3. The B and E points relate to the following meridians:
 1. **EYE BROW** - Bladder meridian
 2. **SIDE of EYE** - Gall bladder meridian
 3. **UNDER the EYE** - Stomach meridian
 4. **UNDER the NOSE** - Governing Vessel meridian
 5. **CHIN** - Conception Vessel meridian.
 6. **COLLARBONE** - Kidney meridian
 7. **UNDER the ARM** - Spleen meridian

Interestingly, all 12 meridians that travel over the surface of the body connect internally with the brain. It is this intricate connection with the brain, the body and the emotions that makes EFT so powerful.

Over time and repeated incidences, those meridians may have become “blocked” and thus the CHI energy may not have flowed freely through the breast meridians. Think of your meridians like a congested freeway.....when all the cars start piling up in an area, there is no movement and the environmental toxins keep accumulating.

Theoretically, the same happens in any meridian. Over time, stagnation, lymphatic congestion, toxins and “blocked energy” accumulate in the delicate fatty tissue of the breast.

Another factor to consider is the left and right sides of the body. According to Eastern medicine and acupuncture principles, the right side of the body is said to reflect the father’s energy and the left side is said to reflect the mother’s energy. (Which side of your body was affected?)

The wonderful news is that with EFT you can release these emotional, energetic blockages, and release negative energy that has not served your body very well.

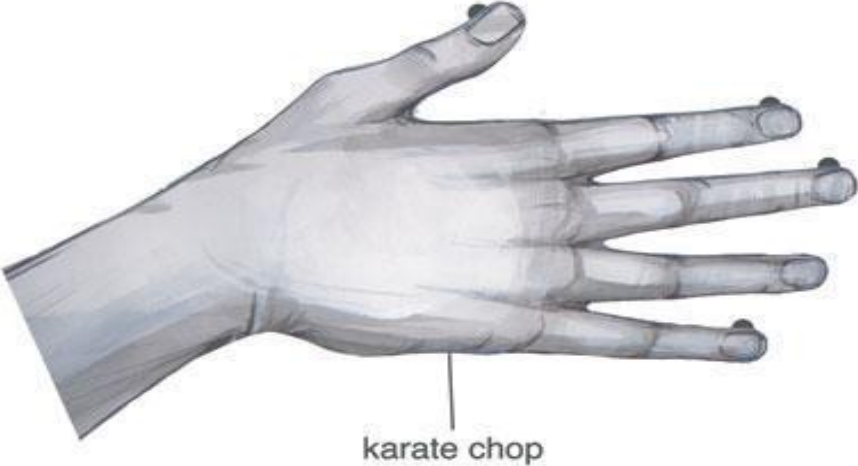
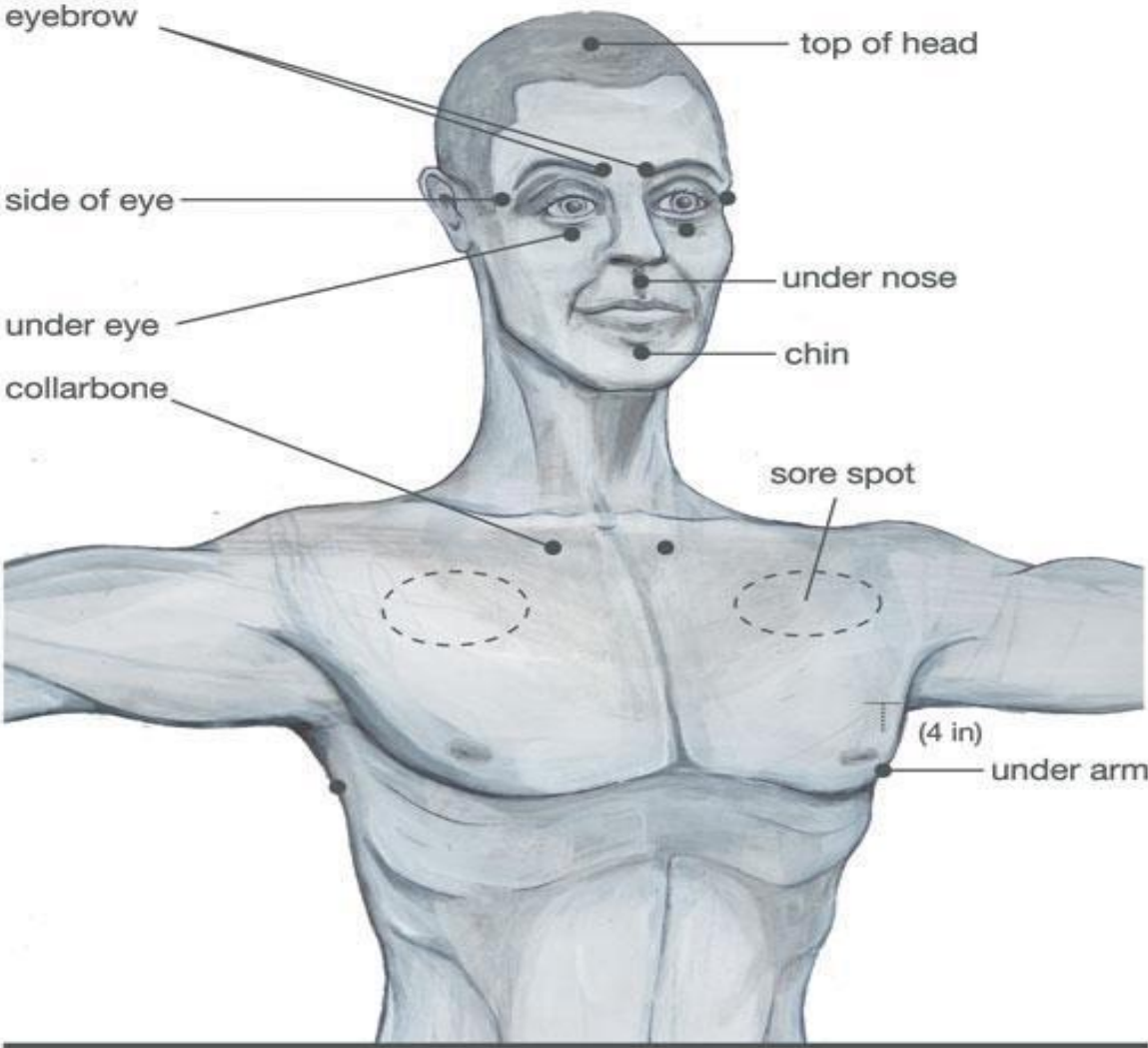
Getting Started with EFT

EFT is very simple. In fact, so simple that when I would work with my patients, some of them started off with a skeptical attitude, but were willing to humor me and try it. The changes that I witnessed in just a few minutes were nothing short of miraculous.

Simply trust the process. You don't have to "believe" or understand how it works. You use a cell phone every day, but you probably can't explain how your voice is energetically transmitted through the air to a cell tower and received miles away by someone else's phone. You just know it works and you use it every day.

Have that same attitude with EFT. Relax with the process. You can't do EFT incorrectly....if you are tapping the points, you are moving energy.

Below is a diagram where you will find the standard procedure for doing EFT, as well as the anatomical reference for each point.



Beginning your EFT Journey

Find a quiet spot in your home where there are no distractions, TV, music, dogs barking, kids crying, etc.

Sit in a comfortable chair and congratulate yourself for taking time for yourself.

Have your journal close by if you feel like writing.

You can close your eyes or keep them open.

You are going to go back in time to your earliest recollections of your childhood. Start when you were 2 - 3 - 4 years of age. Were there any troubling incidents that you can remember? Did something make you uncomfortable or was there a painful event that sticks out in your mind?

Doing the Process

The diagram indicates the most universal tapping points. Using the points on the upper part of the body only is quite often sufficient to bring about the desired relief.

1. Start by identifying the issue you would like to work on.
2. Rate the intensity of the feeling on a scale of 0 – 10 at the current moment where 10 is the most intense: so for example, the intensity of your head or back ache or the intensity of any emotion – fear, sadness, anger.
3. By tapping your “karate chop point” (under the pinky finger, along the side of the hand) say three times “Even though I have this (insert problem here), I deeply and completely love and accept myself”.
4. Then, tap on each point approximately seven times each and start from the eyebrow point, tap on each point in the order they appear down the body. After the underarm point, finish off the cycle at the top of the head.
5. Do this tapping sequence twice using any two fingers along either side of the body – it is not necessary to tap on both sides and it is completely ok to alternate from one side to another. Using two fingers seems to work in that it increases the chances of targeting the exact point.
6. Once you have done two rounds of tapping, score the intensity of the problem on a scale of 0 – 10. The problem could have:
 - i. disappeared completely
 - ii. reduced in intensity – do more rounds of tapping adjusting the wording approximately (ex: “even though I still feel a bit sad or I have this remaining sadness, I deeply and completely love and accept myself”)
 - iii. continue with the tapping, until such time as the intensity reduces or is eliminated
 - iv. Stop when you feel relief and ready to move on

A wonderful resource for EFT is www.EFTUniverse.com

The Emotion Code and Body Code

What you may not realize is that some of the negative emotions you've experienced, even though you may have felt them long ago, may still be creating problems for you in subtle, yet very damaging ways.

The Emotion Code and Body Code process is a type of energy medicine that was developed by Dr. Bradley Nelson, a chiropractor, cranio-path, medical intuitive and pioneer in holistic health.

Negative emotions energies can become stuck or "trapped" in the body's energy field. Through a process called "muscle testing" it can be determined what the specific emotion is and then released energetically. Trapped emotions can cause you to make the wrong assumptions, overreact to innocent remarks, misinterpret behavior, short-circuit your relationships, create depression, anxiety and other unwanted feelings that you can't seem to *shake*. Also, trapped emotions can interfere with proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain and fatigue.

The Emotion Code is about finding those old emotions and releasing them forever. Much of our suffering is due to negative emotional energies that have become „trapped“ within us. The Emotion Code, created by Dr. Bradley Nelson, is a simple and powerful method of finding and releasing these trapped energies. www.healerslibrary.com

Sway Test

The body sway uses your body to indicate a 'yes' or 'no' answer. Most people are able to get this get this method to work for them. Stand with your feet shoulder width apart. Relax. Breathe normally. Empty your mind. Adopt a curious attitude. Say or think, "I was born in _____(place) in this lifetime." Fill in the blank with the true location. Note whether your body moves forward or backward. Forward is usually true or yes. If you get no motion, try again. Then test a false statement, filling the blank with a place you know you were not born in. Note how your body moves. For most people, false or no is usually a backward motion.

Healing Energy Channel

Traditional Chinese medicine stipulates that the human body operates on the basis of energy channels. When a person experiences disease or any type of malaise, one or more of these energy channels are obstructed. To establish harmony and relieve unnecessary stress on the human body, it is believed that these blockages should be removed. It is a good thing that it's fairly easy to do this on your own. Stress and negative emotions can all obstruct the normal flow of energy throughout the body. If energy channels in your body are blocked, manifesting becomes doubly difficult because your mind is *not focused* on the act of manifesting and attracting what you want. We have prepared a short, step by-step guide to remove blockages in your energy channels:

- Find a quiet place to lie down.
- Close your eyes and take deep breaths. Each breath should be between five to ten seconds long. Feel the stress and anxieties evaporating with each breath
- Imagine that you are able to see within your body. Find areas on your body that are experiencing tension or pain
- Once you find an affected area, what do you see? Some people see three dimensional objects while some see merely areas of color. Some even describe the affected areas by the emotions they detect.
- Hold an internal dialog with the affected area. Ask why the area is there and acknowledge its presence.
- Ask yourself: are you willing to release this affected area now? Visualize releasing the area of tension.
- Ask yourself: is there something that might help me release this affected area?

As you hold a dialog with your own body, you will notice changes in your visualization. This is your body telling you that it is trying its best to adjust itself and find a renewed Balance.

Create a Question about Seeking Professional Help

The most important question you can answer when you have a health problem is whether you need outside help to resolve it. Only you can ask the perfect question. Consider what your goals are about resolving health issues in general. Write them down. Include what matters most to you. Things like resolving the cause of the issue; the fewest negative side effects; having the process be quick and comfortable; etc.

Disclaimer: I am not a traditional medical doctor, psychologist or therapist. I have no formal training in the field of psychology. Consult your primary care physician and /or your psychological practitioner if severe emotional episodes persist.

Brenda Lainof, CECP, CBCP
www.whisperingenergetic.ca