

PSYCHOSOMATIC ENERGETICS – the hidden healing vital force

To find the real causes of any illness is one of the main challenges of any healing practice. In my ongoing quest to guide and promote healing in the deepest sense, it is apparent that there is more to health than balancing hormones, biochemistry, straightening the body, etc. For these physical parameters, we are able to measure with labs, scans, EKG's, etc. and employ nutrition, herbs, medications, various forms of energy (lasers, microcurrents, magnets, etc.), massage, chiropractic, exercise, and the like. However, there are circumstances in which the tests and numbers are acceptable but we still do not feel well or our basic condition is managed but not corrected. There must be another aspect to which we have more difficulty recognizing, quantifying and thus addressing. Too often the term psychosomatic is applied, and we are told that “it” is not real. We are told “it” should be addressed with a medication that alters our perception or mood or seek psychotherapy.

The ancient Greeks called the soul the “psyche” and the body “soma.” However, when we use the term “psychosomatic,” we interpret this as a condition originating in our head. Psychosomatic dis-eases actually refer to a **disconnection or blockage of the energy between the psyche and the body** (soma). This connecting force has been called prana, chi, aura, orgone, or in the Bible, the “body of light.” This is the basis of acupuncture, yoga, and Qigong, which are among the oldest and most comprehensive healing systems in the world.

For health, we not only need food, water, and oxygen, but we also need a life force. In terms of material components, our body is no different alive or dead. We contain the same amount of minerals, electrolytes, fluids, flesh, etc. The only difference is the vital force that animates us with the “breath of life.” This energy is what transforms us into living beings filled with spirit and vitality. True health only comes from unblocked, harmonized energy connected with both our psyche and our physical body (soma) – “PsychoSomatic Energetics.” Likewise, this concept better explains many psychosomatic illnesses and why some conditions recur, become chronic, do not respond to traditional approaches, or otherwise defy our efforts.

What reduces our PsychoSomatic Energetics or cause it to become disrupted or disconnected?

- Emotional-Subconscious Traumatic imprints (life events that imprint our emotional and physical responses and subsequent health and behaviors) – *typically the most powerful and pervasive*
- Environmental Stress (ex - geopathic, electrosmog, cell phones, Wi-Fi, radiation, etc.)
- Structural Events (ex - resections, amputations, surgical scars, implants of any kind at any location including dental and piercings)
- Toxins and chronic inflammation (ex – infections such as intestinal dysbiosis, parasites, dental and related structure, heavy metals, anaerobic or acidic tissue terrain)

Some symptoms commonly attributed to PsychoSomatic Energetic blockages?

- Fatigue, malaise
- Inattentiveness, lack of focus, worry, fearfulness, anger/rage
- Feeling out of sorts, not quite right, or “not myself,” lack of self-esteem, low self-confidence
- Cravings, addictions, compulsions, maladaptive behaviors or
- **Failure to heal or respond to otherwise appropriate therapies.**
- **Any chronic or recurrent physical or psychoemotional condition.**

While we put great effort into optimizing our physical body, we often overlook our energetic being. This is in part because previously we could not tell if there was an energetic blockage between the psyche and the soma. PsychoSomatic Energetics can be estimated through a REBA® test device. Just like a stethoscope or EKG is used for measuring and monitoring the cardiovascular system, the REBA® may provide insight into the energetic status of the patient. By sending a spectrum of brain wave frequencies through a cord attached at the wrist, a reaction profile and pattern is categorized. The four main EEG ranges correlate with the four energetic levels:



1. The Vital Level corresponds to the delta frequencies (1-3.5 Hz) of deep sleep and trance.
2. The Emotional Level corresponds to the theta frequencies (3.5-7 Hz) of dreams and fantasies.
3. The Mental Level corresponds to the alpha frequencies (7-14 Hz) of relaxed attention.
4. The Causal Level corresponds to the beta frequencies (14-30 Hz) of intensive attention.

By increasing the width of each brainwave frequency spectrum, vital, emotional, mental or causal energy levels are functionally tested and quantified. Unlike other types of bio-energetic testing devices, the REBA® is not virtual or radionic. Energetics and an EEG are tightly correlated, which is why REBA® uses the brain's frequency spectrum to measure (indirectly) PsychoSomatic Energetic levels. The patient is actually connected to the instrument and is subjected to a mix of frequencies that resonate with the corresponding brain waves. The frequency spectrum interferes with the coordination of the right and left side of the brain resulting in a shift of muscular tension in the right and left sides of the body. The muscular shift is visibly detectable and is the basis of a response. The greater the tolerance to the frequency, the healthier the PsychoSomatic Energetics.

REBA® analyses of energy blockages may reveal deep mental/emotional conflicts, their strength, and the effect of the conflict on the four energetic levels. In other words, REBA may reveal how much vitality is lost due to the conflict, or how much emotional energy is wasted, how conscious we are of the conflict and how much power the conflict has to repeat itself (Pavlov's experiments with animals). The resolution of the conflict is enhanced with the help of specifically targeted remedies whose effectiveness is predicted through the REBA.® Subsequent retesting verifies the effectiveness of or need to change a given therapy.

REBA testing and remedy selection is scheduled and performed by Vanessa in our office (714-565-1036 or Vanessa@drkaslow.com). Vanessa is a proficient tester and is familiar with techniques such as NeuroEmotional Technique, EFT, Bio-Reprogramming that complement REBA and PsychoSomatic Energetics. The 30-minute testing procedure is done without observers and without anything electronic or energetic nearby. The testing component is \$75.00 and each remedy costs ~\$32.00; neither are billable to insurance but may qualify for flex-plans, etc. Your profile determines which and how many remedies you need, when you should be retested, and what course of response you may experience. A **commitment to a minimum of 9 months** of remedy use is required although not everyone needs that length of time and some need up to 2 or more years if the central conflict is deep-seated or severe.

The basic REBA testing session may assess

1. The influence of geopathic stresses (Geovita)
2. The influence of anxiety (Anxiovita)
3. The influence of chronic nervous tension (Neurovita)
4. The influence of autonomic nerve system imbalance (Simvita / Paravita)
5. The central location of an energetic block/conflict (Chavita)
6. The central conflict causing an energetic block/conflict (Emvita)

Additional REBA testing can be scheduled at a separate session for identifying:

- Acidic/anaerobic tissue milieu
- Dental and related structure foci (ex – hidden infection, implant or amalgam intolerance)
- Organ stress from foci or milieu (ex – heart, liver, kidney, etc.)

Many patients report the remedies resolve deep energetic and emotional imprints but the process takes time and can be subtle. For those who remain skeptical, this is not unexpected given our Western culture's tendency to think in terms of beliefs, popularity, acceptance by an establishment, and perceptions. Psychosomatic Energetics does not rely on positive affirmations or psychotherapy to discuss and address our emotional conflicts. Dirt is not removed by painting over it, nor do conflicts disappear though acknowledgement or words of approval. Deep purification is not easily attained. Energetically eliminating conflicts leads to energetic restoration, which in turn enables self-healing and enduring cures. As a consequence of energetic restoration, beliefs and perceptions and personality become true and based on self-defined values. It is not uncommon for people to say, "I feel more like myself." I hope you will choose to address PsychoSomatic Energetics for optimal health.