

Energy Balance Exchange

“Energy Balance Exchange” Evenings

Growing Community

***Energy Balance Exchange 2010 Dates
Ottawa Citizen Bldg 1101 Baxter Road,***

Fourth Monday of the Month

Jan 25

Feb 22

Mar 22

Apr 26

May 24

Jun 28

Jul 26

Aug 23

Sep 27

Oct 25

Nov 22

December 13th instead

**NEW: 6-7pm and 9-10pm free introduction and demos
of information medicine**

What are Energy Balance Exchange (formerly SelfCare Energy Balance Exchange) Evenings

Reading this article

Thank you for reading this article. Its scope covers 2010 Dates; Beginnings; “Wellness” and “Well-being;” Balance; Balancing; Time to Balance; Expanding Consciousness; Participating in Community; Sharing and Receiving in Circle; and Some examples of participants’ Experiences, feelings and benefits received, How long do the benefits last.

Beginnings

After giving a presentation at the Ottawa Society of Dowsers, we had to be out of the building by 9 PM and participants had more questions. In the parking lot while other conversations were also taking place, an older woman told me about diagnosed facial myalgia on one side of her face that caused her pain for years. She and I decided to explore using bio-computer muscle-testing. At the end of five minutes she said her pain was gone.

This encouraged me as a facilitator back in 1998 to invite people to gather in circle and freely share their talents in a give-and-receive manner.

The purpose

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was for us to contribute to each other's wellness and by doing so enhance our

collective well-being. In 2008 we moved to larger facilities at the Ottawa Citizen

Building. In 2009 Spiritual Frontiers Canada graciously agreed to co-sponsor

monthly gatherings at no financial cost to participants.

“Wellness” and “Well-being”

A fellow filled with passion for the truth phoned me in May 2009.

A straight

shooter, he summarily challenged my use of the word of

“Wellness” telling me in

no uncertain terms that the word does not exist in the dictionary.

And to use that

in a business name like “Wellness and Transformation” did

nothing for

credibility.... I thanked him for sharing and he hung up. The

beauty of that

moment is that for clarity through objective sources (I hope you are curious too),

I went on to online dictionaries and this is what I found for

“Wellness” and “Well-

being:”

wellness - a healthy state of **wellbeing** free from disease....

(Source:

<http://www.thefreedictionary.com/wellness>)

wellness

the quality or state of being in good health especially as an actively sought

goal <*wellness* clinics> <lifestyles that promote *wellness*> (Source: <http://dev.m-w.com/dictionary/wellness>)

well-being - a contented state of being happy and healthy and prosperous; "the town was finally on the upbeat after our recent troubles" (Source: <http://www.thefreedictionary.com/well-being>)

well-being

Date:1582

: the state of being happy, healthy, or prosperous : **welfare**

(Source: <http://www.merriam-webster.com/dictionary/well-being>)

My interpretation is that “Well-being” is an end-state and holds the bigger picture of what we are asking for, while “Wellness” encompasses strategies for restoring and maintaining good health.

“Balance”

Depending on the events in our lives, at any moment we can go into imbalance

AND go back into what people call “equilibrium.” It’s as simple as being thirsty

and then drinking clean, fresh, spring water. Our bodies and our minds tell us so.

“Balancing”

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The root of “economics” is the prudent management of resources and to me it has special significance for our health (wellness) and well-being, an often overlooked aspect seemingly taken for granted especially in the workplace and in negotiations for conflict transformation.

We all have “surpluses” and “deficits” in our body/mind resources of energy and health. We can transform these energetic resources. We can choose to exchange information and energetic surpluses to fill our deficits, whether it be hands-on and hands-free healing modalities, or compassionate active listening. We can do this alone, and with others. And we can further enhance new aspects of our strengths.

Where “wellness” is reaching optimal health, the essence of well-being is about “balancing” our needs. On one hand we have basic needs of space, temperature, air, water, food, shelter. Beyond that we have relationship needs simplified by Vern Redekop into six deep-rooted human identity needs: Meaning, Action, Recognition, Connection, Security and Sense of Self. Balancing for ultimate

“equilibrium” for individuals as well as nations means, in even simpler terms, we need to remember love AND universal peace...in short, co-creating heaven on earth.

Time to Balance

Balancing may have instant results, and may take longer duration. In the life we live in, the duration depends...on a lot of variables.

When thirsty, drink. When hungry, eat. When tired, sleep. When unwell, we seek answers. All these take various amounts of time.

It depends.... after extraction a part of an extracted splinter was left under my skin in my index finger. I had sustained discomfort for as long as it was there.

The finger quickly and fully healed itself after the last bit was removed. The healing took three days, more time than the moment it took for me get the splinter removed, yet less time that the period of discomfort (a week) with the remaining bit in my finger. So it depends on the variables, such as detoxifying capacity of the subject, and the intention of the person doing the task. When we are ready...

Expanding Consciousness

Living a theory may not be the easiest thing to do...like in the BIG scheme of

things, good and bad moments shall pass. Like a pendulum going back and forth between polarities, there is in one aspect a net balance whereby good and bad cancel each other out. While in transition, another aspect is when we arrive at the balance midpoint between polarities, it is very easy for us to remember “Universal Oneness” when everything is precious, is of equal value and is irrelevant, all at the same time.

In April 2009, PMH Atwater (pmhatwater@cinemind.com) shared with me that

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‘balance’ is simply another expression of oneness, of the Creator, of God.

Moreover, “God in the depths of us receives God who comes to us; it is God

contemplating God” (Jan van Ruysbroeck quoted from page 43, *We Live*

Forever: The Real Truth about Death with Wisdom from the Edgar Cayce

Readings, Atwater: 2004.)

In her books and videos, PMH Atwater also shared the most frequent words used by people who had near death experiences and came back and by those with near death like experiences are: “Always there is life.” So even within the continuum of a soul’s experience, there is balance through shifts of consciousness.

To facilitate balancing in a gentle and profound way, the client and I call upon the collective wisdom of the divine light (in ourselves and in all our relations, including our ancestors.)

Participating in Community

- Are you in situations that you have not yet been able to resolve by yourself?
- Despite various degrees of skepticism in small or large measure, are you open to the possibility that another person might be the one to gently accelerate your re-balancing? As simply as through compassionate listening?
- Have you taken a workshop or course and could use some practice with your new skills and/or would like to practise listening with empathy?
- Are you a facilitator in training and looking to complete case studies?
- Are you a professional who wishes to expand your practice through word of mouth testimonials?

Sharing and Receiving in Circle

In an opening circle we explain how the Exchange is based on honouring other individuals' gifts and situations, on interacting with other participants as equals in a life-enhancing positive manner, and realizing that any balancing process or tool can work for many at their matching frequency level. Miracles are never guaranteed. We do acknowledge they may happen, and welcome when they happen (shift happens!)

For clarity and understanding, we ask participants and guests to state their offer and request two times. We then mingle and match with others for one on one, one to many, and many to one balance exchanges. We often have two or more exchanges in an evening.

We also announce the upcoming events of the next two months, hosted by Spiritual Frontiers Canada (SFC).

At the Energy Balance Exchange evenings, we save time, money and feel good.

Exchanges are simple AND profound at a personal level. Be prepared for an evening of universal peace, healing and ...good surprises.

Some examples of participants' Experiences

“Opening your mind to difference....feelings and techniques...learning something new each and ever' time....met new people with same ideas as mine how to help mankind.”

Steve Priebe

“I experienced a very positive kinesiology session and I also learned more about EMF (ed note: Electro-Magnetic Frequencies) balancing.”

Sylvie

“Got lessons in EFT (ed. Note: Emotional Freedom Technique), to listen to someone else. Opportunity to change my negative programming ... subconsciously my self will BALANCE . I learnt from others.”

D. R.

“...an opportunity to share/give a free EFT treat. We both benefitted! I received a reiki treatment and a mini-shoulder massage.”

Jean-Louis Dubé, Wellness Educator and EFT Therapist.

“relaxing through Reiki”

Marc-André

“opportunity to practise Reiki with others and teach them. Thanks,”

Norma

“received many mini-sessions: Reiki, MRS, Flower Essences, Nutrition, Chiropractic, reminder on baths”.

TMT

“interesting, enjoyable experience. ...Anything from the heart is healing.”

Laughter Master

“Following a therapeutic touch session, pain, tightness and muscle imbalance

of a recent surgery was removed and corrected.

J.F.

“I gave a Therapeutic Touch treatment and the person felt really well. 10 year old

trauma disappeared from her body. We both felt great.”

Barbara Schuster

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“I got an opportunity to practice my Reiki Skills. I got Reiki done on me and it was a

very relaxing experience.”

A.F.

How long do the benefits last?

Explore what works for you. A few answers I have heard, which each have

some truth in them are:

- It lasts as long as it lasts (for example, a meal lasts until you get hungry again. And lasting balancing may be dependent on sustained good nutrition to maintain equilibrium. Body and blood chemistry balance is very important to stay in balance.)

- It is permanent for the aspect you have addressed. For example,

fear of swimming in a pool might be balanced out, yet when changing the aspect like swimming in a murky river where one received an initial trauma, another balance might be required.

o Dr. Sheldon Deal D.C. of Arizona told us in June 2010 at a Touch For Health Kinesiology Association Conference in Pittsburgh, that after you cleared out an advocado seed blocked in a garburator, it lasts as long until somebody puts another advocado seed in the garburator and gets stuck. He also showed us how to erase old physical injuries. I was very grateful for this. And each time I share this people asks if it also works for psychic and emotional situations. I just gave it a try and it works!

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For more info, call: **613.769.5575** or consult ***Tone***
magazine,
www.spiritualfrontiers.ca.

For more information on Thomas and his courses and services, refer to his Energy Kinesiology Association link: <http://www.thomasmtegtmeier.energyk.org>