

BREAK THRU TO YOUR SOUL

Through Behavioural and Nutritional Kinesiology

Sue Myers, who will be on her sixth visit to South Africa since 2000, will be running further BREAK THRU courses and workshops in Johannesburg and Cape Town in November 2002. Using Kinesiology (muscle response testing), she has developed a simple, safe, direct, gentle and non-confrontational method of accessing and releasing our blockages. Her purpose in life is 'to share her experiences by using her courage, intuitiveness, talent for teaching, and love of life and freedom to empower other human beings to find the uniqueness within themselves and create all they desire in life'.

A powerhouse of vitality, enthusiasm and warmth, it is almost impossible to imagine that Sue was diagnosed with multiple sclerosis in 1974. This was the turning point in her life. In the school of life, she has been there and done many painful lessons, but she has emerged empowered, compassionate and grateful for every experience.

To earn the love and approval of her mother, she became a concert pianist. She was married with a baby, and was the breadwinner, when injury in a car accident ended her concert career at 23 and she turned to teaching music. This was not as traumatic as might be expected because, she says, 'When we choose a career to please our parents we don't have the passion for it.'

Ten years and five children later, Sue realised she was married to a 'hopeless alcoholic' and endured physical abuse for the final five years of marriage. 'I believe my lesson in an abusive marriage was for me to understand and have empathy for abused women,' she says. 'I have found in every abusive relationship I've worked with that deep down the person did not love herself. You can be a very strong woman in a lot of ways, you can build confidence by being an achiever, but if you don't love yourself you have no self-esteem. This is a Core Value and without it you will always be the hurt child underneath.' When her 14 year-old daughter tried to kill herself because she believed she was the cause of the marital disharmony, Sue found the courage to divorce her husband.

Embracing her dream to move to California with her children who ranged in age from 3 to 15, she sold everything, including her baby grand piano. Days before she was due to leave, her legs collapsed and she was diagnosed with multiple sclerosis and told she would be in a wheelchair in five years. Sue had grown up being told that 'ladies never get angry' and 'if you hate anyone, God will punish you.' But now the floodgates opened and she gave vent to all her suppressed fear-based emotions: anger, hate, blame, shame, guilt, rejection, abandonment. She has since learnt that we bury our hurts and the things we are afraid to face in our subconscious and they only surface when someone or something pushes a button. This outburst, she believes, was the beginning of her healing. A friend gave her Norman Vincent Peale's best-seller, *The Power of Positive Thinking* and for the following four months she read everything she could find on health and healing. At the end of those months she was in remission -'I knew in my heart that I was healed'.

Their first year in California was 'incredibly tough' but she became a highly successful businesswoman. In time she took over a company marketing Nutritional Kinesiology and was so captured by this method of healing that she mastered it and went on to run sought-after workshops. However, she had still not released her need for approval and in 1988, when she terminated a relationship with a younger man 'because no one approved', she suffered a heart attack. Her perceptive cardiologist diagnosed it as 'a 'broken heart'. This was a major wake-up call and led her to study Behavioural Kinesiology and explore the spiritual dimension. BreakThru is the distillation of all she has learnt and experienced.

When we are born, says Sue, our 'Core Values' -the soul of who we truly are -are in alignment. These are unconditional love, **like, trust, respect, honour, deserve the best, approval, approve of self, worthiness** and **safety**. Through our perceptions, which can be as early as conception, we traumatise these values in many ways. Our energy shuts down in that area, changing our reality to our world and the way we see, hear and/or feel it. In some cases traumas originate in previous lives in which case our Core Values are already compromised.

Many psycho-spiritual practices help us to forgive those who have consciously and unconsciously harmed us, and to heal and release painful thoughts and feelings. But our **body** often continues to hold and store the memory of those past traumas. Behavioural Kinesiology provides a means of communicating with all three levels: conscious, subconscious and the body (physical, structural and biochemical). This communication is wondrously simple. I held my arm horizontal at shoulder level, and each time Sue asked a question, she pushed down on my arm. When the answer was 'yes' my arm held firm. When the answer was 'no', my arm dropped. This was way beyond my control and way deeper than my conscious awareness of the answers. She establishes the year of the blockage, the issue, the circumstances or the person (mother/father/siblings/whoever) involved and whether it is physical, mental, emotional or spiritual, or all four. Through what she terms Resolution Integration Process, the blockage is cleared with unconditional love and forgiveness. All attachments are released and the Spiritual Bond reconnected. All the voids are then filled with qualities that will empower you.

When forgiveness (release) takes place at the cellular level, she says, you rediscover who you are at a core level of soul connection and your capacity for love, joy and abundance is unleashed.

Sue, who believes that 98% of our physical illnesses are emotionally based, describes herself as an energy healer which includes working with pressure points and with the chakras, or light body levels. Each energy vortex relates to a specific Core Value:

- | | |
|----------------------------------|---|
| 1 st – Root chakra: | The foundation of who we are is the Right to Have |
| 2 nd – Naval chakra: | The Right to Feel |
| 3 rd – Solar plexus: | The Right to Act out our Truth |
| 4 th – Heart chakra: | The Right to Love and be Loved |
| 5 th – Throat chakra: | The Right to Speak and Create |
| 6 th – Third eye: | The Right to See |

7th – Crown chakra: The Right to Know

During the workshop you are given tools which are simple, quick and effective. One thirty-second exercise, if repeated regularly, balances your left and right brain; and a handy three thumps on the thymus with your two middle fingers, followed by one on the naval, will give you the required spurt of courage to face a challenge; or, if practised over a period, will imprint a positive affirmation.

Sue, and her South African team, have launched BreakThru workshops for teenagers and will be designing workshops for younger children. Imagine if your children could release their blockages before adulthood and open to their full potential? Sue is also working closely with Neale Donald Walsh (author of *Conversations With God*) and his HeartLight Foundation with a mission to expand their work into the field of education.

Rosemary Miller
Odyssey Magazine
1215 Words
August 11, 2002