

# TAP ROOT TO YOUR SOUL THE INTEGRATION OF MIND, BODY & SPIRIT THROUGH BEHAVIORAL AND NUTRITIONAL KINESIOLOGY

By Sue Myers

*ABSTRACT: Resolution Integration is the process of being able to communicate with your body to identify the root source of unwanted triggers and energy blocks. You tap into your own inner wisdom and gently discover and release the negative thought patterns, beliefs & behaviors that are stored in the energy field. In this workshop you will learn group energy processing around chakra rights, core values and fear-based emotions. You will be given tools to balance your right brain/left brain and to change your belief system into positive affirmations that work for you.*

Muscle response testing is the application of pressure to a muscle to test its strength or weakness. Muscle testing accesses your personal computer, or subconscious memories, and then signals a message from your brain to the testing muscle. This process is called **Kinesiology** and is the study of body mechanics in relationship to human behavior.

Dr. John Diamond in the late 1970's created a new specialty using muscle testing called **Behavioral Kinesiology**. He found that indicator muscles would either strengthen or weaken in the presence of both emotional and intellectual stimuli, as well as physical stimuli.

Looking at a smiling, happy face produces a strong muscle response while looking at a frowning face creates a weaker muscle response in the indicator muscle. Thinking about a past pleasant memory or positive emotional experience strengthens indicator muscle responsiveness. Recalling unhappy experiences for distressful events causes indicator muscles to test weaker. **Resolution Integration** centers on body energy and Behavioral Kinesiology. This safe and gentle technique focuses on the four major levels of energy that affect our lives – Physical, Mental, Emotional and Spiritual.

The psychological and spiritual wounds that we all encounter in our lives are stored in our body and create blocks to the natural flow of our energy. Many psycho-spiritual practices help us to forgive those who have consciously and unconsciously harmed us, and to heal and release the painful thoughts and feelings. However, our body often continues to hold and store the memory of those past traumas.

This creates problems in our lives by causing us to react to people, events, and circumstances that trigger those deeply buried memories. The result is a diminished quality of life due to negative feelings, unhealthy patterns of behavior, and even physical problems. By clearing your energy blocks, you rediscover who you are at a core level or soul connection.

This transforms your life in many empowering ways. When forgiveness takes place at the cellular level your capacity for love, joy, and prosperity is unleashed. Participants report increased self-actualization, freedom from conflict, better health, peace of mind, and clarity of purpose.

The human is composed of three levels: the conscious, subconscious, and the body (physical, structural, biochemical) levels.

## About the Author

**“My purpose in life is to share my experiences of life by using my courage, my intuitiveness, my talent for teaching, my love of life and freedom. to assist every one I meet to find their uniqueness within themselves.”**

Researchers and practitioners of Behavioral Kinesiology have learned amazingly that muscle testing provides a means of communicating with all three levels of the person and receiving answers from them about questions of their functioning. These answers are in the form of “Yes” and “No” responses – “Yes” being a strong muscle response and “No” being a weak muscle response – allowing the tester to identify subconscious or body level conflicts or traumas.

**The Resolution Integration Process will not only identify the issue, but will determine the time, type of issue (physical, mental, emotional, or spiritual) and if another person is involved. That issue is then cleared with unconditional love and forgiveness. All the attachments are released to the person and the Spiritual Bond reconnected. All the voids are then filled with things that will empower that person.**

Resolution Integration is a tool for personal and global transformation. We are each responsible for our own health and well-being. Your ability to live successfully is directly related to your beliefs of what is possible for you. Resolution Integration is as much a “train the brain” method of counseling as it is a psychotherapy method.

If you have a physical ailment that originates at the emotional level, then all the physical treatments in the world will not satisfy that physical problem until it gets resolved at the emotional level. The resolution integration process will determine whether an issue is caused by a physical, emotional, mental or spiritual issue. It can then be resolved at the appropriate level at which it was formed.

In 1981, Sue was contracted out through Spinal Touch, to use her facilitator skills and knowledge of **Nutritional Kinesiology** to

train chiropractors in California and Hawaii. In 1991 following health and personal challenges in her life she discovered Behavioral Kinesiology.

After only one session she had such dramatic changes in her life that she knew her purpose in life was to assist others in using these techniques. In 1992 she was lead to Michigan to bring **BreakThru Seminars** – a personal enrichment seminar series – using Kinesiology as the basic tool. In 1997 Sue moved from Michigan to Cape Coral, Florida, where she presently has a Healing Retreat Center.

She facilitates the **New Beginnings, Pathway to Discovery** and **Freedom** workshops there, as well as a **Certification Program** using BreakThru Behavioral and Nutritional Kinesiology techniques. She also assists individuals in private counseling sessions to seek their truth and access their inner wisdom.

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