

A NEW LIVING VISION FOR HUMANITY  
TOWARDS BALANCE  
SPIRITUAL-MENTAL-PHYSICAL INTEGRATION  
AND DEVELOPMENT OF TRUE SELF EXPRESSION

A WAY OF LIVING LIFE WHOLE, VITALLY AND DYNAMICALLY  
IN RELATIONSHIP TO NATURAL LAW, LOVE AND PROVIDENCE.

# **THE ALPHABIOTIC ALIGNMENT UNIFICATION PROCESS**

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In 1992 Brian returned to Seattle to continue studies in hypnosis, Meditation and Alphabiotics, an off-shoot of chiropractic medicine which works specifically with the synchronization of the left and right brain hemispheres. During the next ten years Brian maintained a busy Alphabiotic Alignment practice and continued studies in nutrition, Contact Reflex Analysis and Bija Meditation which included visits to the Far East where he was initiated as a Babaji Bija Meditation Initiate with the Council of Light.

Also during this period he facilitated study groups in A Course in Miracles and conducted over one thousand ceremonies which included weddings, christenings, memorials and meditation initiations.

Today he maintains the LifeSeed wellness practice, and conducts a weekly meditation and LifeSeed development circle.

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## Alphabiotic Alignment-Unification Procedure

*“The earliest formula for wisdom  
promises to be the last,  
God, Light, Freedom, Immortality”.*

Sri Aurobindo

*“What we need, then, is a new vision of reality;  
a fundamental change in our  
thoughts, perceptions and values.  
The beginnings of this change, of the shift from  
the mechanistic to the holistic conception of reality,  
are already visible in all  
fields and are likely to dominate the entire decade”.*

Fritjof Capra

Alphabiotics is a unique system of wellness for discriminating persons who seek full expressions in their lives physically, mentally and spiritually. Alphabiotics involves a process of unification of brain hemispheres and integration of higher levels of life force. The alignment is administered by a dedicated and skilled professional as an expression of service. The alignment is done with an understanding that “The Innate Wisdom” of the body, in the individual is what guides and directs all the processes of healing, growth and evolution. Physically this results in peak performance, mentally and clarity and focus, and spiritually in creativity flowing from within back to their Higher Self which we believe to physically reside in the surface or Neo-cortex of the brain. Man is a spiritual being. Alphabiotics recognizes this truth and seeks only to turn on the power within the individual to allow the individual’s fullness of expression to come forward towards ever greater realization and expression.

Human beings are whole brained in their natural state, not stressed. Although there may be a tendency toward dominance in one side of the brain the sub-dominate side should be easily accessed and utilized. This wholeness when focused allows for the creative talents that are latent within the individual to unfold. This wholeness allows for the sense of balance, vitality and health of body, and clarity of the mind. While integrated, one will focus more relaxed concentrated states of present time awareness. Stress produces a lateralization into one brain hemisphere leaving us locked into a less than favorable brain

(lower level) and body function. Alignments produce an instant unification of the brain hemispheres thereby rendering available the “power” of the life force.

The body is a perfect mechanism that is nature’s greatest work of art. It is self organizing, self healing and self directing, capable of sustaining optimal function when there is NO obstruction within the brain and central nervous system. Alignments release, increase and sustain life within the individual. The alignment is done with this one purpose in mind, to “TURN ON THE POWER.” Once this power is turned on, balance can be achieved and maintained. Alignments release the blockages transforming energies into a positive working force.

*“That which is above is like that which is below  
and that which is below is like  
that which is above,  
to accomplish the miracles of the one thing”.*

Emerald Tablet    Hermes Trismegistus

As above so below, when a person is out of balance, there is a corresponding imbalance in the leg lengths, a high hip, and a weakness in one arm and generally tension in the muscles of the neck. This is evaluated and becomes evident to the Alphabioticist and participant before the alignment is given. After the alignment, the leg will become even (or at least improve), hips will become level, arm strength will return and there is a relaxation of the tension in the neck. This indicates that the hemispheres have become synchronized, balanced and that the “Innergy flow” has returned to the body. Once the innergy flow and power are available to the body, a sense of feeling one’s own inner strength, awareness and fluidity returns naturally. The alignment process supports and assists in integrating the higher aspects of our own nature. Truly it is an action performed upon the body/mind/spirit liberating the life force.

## Alignments

The alignment involves the hands on process of applying accurate and precisely directed force to areas of a person's bio-plasmic subtle body. This is an upward movement opposite of the effect of gravity. This is a decompression movement called a lift which interrupts a limited pattern or brain and body relationship (tension) and restores ability for the fullness of impulses from the brain to reach the body. It is a pleasant, invigorating and positive sensory input into the brain/mind system.

This has no specific therapeutic intention. There is no adjustment. Alignments have a completely different goal than any therapeutic system. An alignment is something done physically to assist people spiritually. Spirit is intelligence and love and expresses itself as health, clarity and purpose in the individual. Alphabioticist's do a sacred work. They bind the individual back to the God part within. **They assist people in becoming more inner actualized.**

After the alignment, there is a physical, mental and emotional sense of balance and integrity. Recognizing spirit as cause and body as effect, the procedure encourages the harmonious blending of our physical aspects of our being. This results in enhanced human potential, improved posture and bio-mechanical integrity, better all around function (the power is on) and a heightened sense of well being. Our focus mentally becomes calm and clear.

*“Wisdom has built her house,  
she has set up her seven pillars.”*

*(Proverbs ix,1)*

This unification between the material and non material aspects and the left and right hemispheres, allows for a movement away from harmful stress patterns, from inappropriate to more appropriate alpha levels. Often one feels a synchronization of the body/mind and spirit. We call this “an alignment with life.” The **wisdom** of the body knows what to do and when to do this. The way it works is from above downward, and inside out. We work only to reduce or eliminate what is not a part of the natural order of the body/mind system. We simply release and increase, wisdom does the rest.

*“Ask, and it shall be given you;  
seek, and you shall find,  
knock and it will be opened to you.”*

*(Luke xi, 9)*

*“Alignments spiritually re-connect to source”*

*(many witnesses)*

## **Alphabiotics is not therapy**

*“Let no man deceive himself. If any one among you thinks that he is wise in this age,  
let him become a fool that he may become wise.*

*For wisdom of this world is the folly of God”.*

*(1 Corinthian iii, 18-19)*

*“Are you so foolish, after having begun with spiritual things,  
to end now with things of the flesh”.*

*(Galatians iii, 3)*

The Alphabiotic Alignment is not intended as a therapeutic measure of treatment for the individual. It utilizes a different technique and has a totally different objective. IT IS NOT A SUBSTITUTE FOR MEDICAL CARE. It is not in competition with any form of therapeutics.

The process works in an individual way for the release of power, inspiration and wisdom. Each individual receives what it is that they need. Balance is our goal and each person approaches their optimal state in accordance with their own inner guidance, timing and convictions. Each alignment is unique relative to the needs of the individual.

*“To all who received him, who believed in his name gave him the power  
to become children of God, who were born,  
not of the blood nor of the flesh nor of the will of man, but of God.”*

*(John I, 12-13)*

Alphabiotic philosophy honors the individual's sense and purpose of expression. Alphabiotics aligns itself with the New Thought Christian Church. The kingdom is within you. We believe that there is resistance to the fullness of individual expression from the stresses of all kinds, limiting potential. “Alignment with life” allows for greater room and adaptation to environment and self. From balance, we can respond to life more appropriately. All people have contracted at various times and degrees against conditions as a protective

measure. Some of us have locked up internally as a result. Damages that were done a long time ago still come back to limit us unless we recapture our natural state which is balanced, whole and integrated.

*“Then the devil (stress) left him, and behold  
Angels came and ministered to him”.*

*(Matthew iv, 11)*

Alphabiotics embraces the larger picture and focuses on delivering results by keeping the process pure and simple. Participation and structure is organized to serve the good of the individual. You cannot buy an alignment, but you may offer a donation as a free act of reciprocity. No one will be refused an alignment unless there are obvious physical or mental contra indications. Our goal is to introduce the process to as many people as can benefit by it. We believe this to be a great many people. We believe that the alignment process is the greatest gift that an individual can give to another human being. Bold as this may appear, we are committed to sharing our truths about our experience. We care and are enough to go out to an aching world that doubts anything that is new and offer this as a gift and as act of brotherhood.



## Focus on Wellness

“And because you are sons,  
god has sent forth the spirit of his Son into your hearts crying,  
Abba, Abon, O Father, our Father”.

(Galatians iv 6)

“My little children, for whom am I in travail again until Christ becomes a reality to you”.

(Galatians iv 19)

“The highest good is like water. Water gives life to the ten thousand things  
and does not strive. It flows in places men reject and so it like the Tao”.

*In dwelling, be close to the land.  
In meditation, go deep in the heart.  
In dealing with others, be gentle and kind.  
In speech, be true.  
In ruling, be just.  
In daily life, be competent.*

Lao Tsu

It is not natural for a person to be out of harmony with him or herself and the world around them. Wellness may be defined as knowing ourselves and our place in the world and in our relationships. Intelligence tells us how much to eat, sleep, and exercise. Stress keeps us out of touch with this sensitivity and this order. Negative self talk has taken on drastic and sometimes epic proportions. Today we have to process excessive amounts of information and stimulus from all directions causing unprecedented stress. The number one cause of all illness today is stress related. In order to maintain efficient levels of focus and vitality we must deal with stress. We eliminate stress when we are balanced Alphabiotically.

There is tension in life. We only lean on that which resists. Order is born of chaos. We are here to learn to grow and to evolve. These lessons are part of the fabric of life. The problem that we see today is that after we encounter a stressful experience, we should return to balance. The reality here is that we do not. The stress produces a lateralization,

therefore diminishing brain function and we are staying out of balance too long.

We do not return to our base line or zero point. As we accumulate this negative force, energy, noise and obstruction, the body weakens and breakdown is a result.

Today most people have gone into this state quite early in life and few return. Today, most people are *out of balance*. Stress affects us physically, chemically and mentally. Wellness opposes stress. Balance brings inner resistance enabling us to remain calm under duress. When we are moderate in our life styles by being conscious of our diet, getting regular exercise and rest, we are giving ourselves a greater chance to win in life.

When we incorporate strategies such as Alphabiotic alignments, exercise, meditation, relaxation and positive mental stimulation, we are increasing our potential for longer healthier lives. From balance we make better choices about everything that we do. There is less inclination to compromise our wholeness. We feel good, and so we do good. We become inner actualized, and not outer reactive. We instinctively flow better. We economize energy in the body getting the most out of our endeavors and thus realize a greater satisfaction in life.

*“This thing is the strongest of all powers; the force of all forces for it overcometh every subtle thing and doth penetrate every solid substance”.*

*Emerald Tablets*

*“Under heaven, nothing is more soft and yielding than water.*

*Yet for attacking the solid and strong, nothing is better”.*

*Tao Te Ching LAO Tsu*

Alphabiotics is a wellness system. Alphabiotics does not seek to diagnose or cure anyone of anything. It is not the responsibility of the Alphabioticist to treat anyone. Alignments have one goal and one goal only. This goal is to turn on the power and let the wisdom of the body do the rest. Alignments reduce the influence that stress has had over the body. Once the power is returned and balance has been restored, the inappropriate stress patterns release and innately restores the body, the mind and spirit.

Pressure will compress and short circuit the body. As pressures are removed from nerves and energy begins to flow, we come more in contact with our true self, our true being. Our lives are more of a movement from inside out, from our wholeness to the actions of our life. We evolve and grow as we are encouraged to. We stay more creative, open. Wellness is not defined as the absence of pain or symptoms but as the freedom of expression of our physical, mental and spiritual selves.

## To be or Not to Be Balanced?

*“Then the righteous shall shine like the sun in the kingdom of their Father”.*

*(Matthew xiii,43)*

*“Be wise as serpents and innocent as doves”.*

*(Matthew x, 16)*

*“The wolf shall dwell with the lamb, and the leopard shall lie down with the kid, and the calf and the lion and the ox shall feed together, and the little child shall lead them”.*

*(Isaiah xi,6)*

*A positive state of energy balance is at the center of your circle of possibilities in life. Nothing is more important than this. Positive energy states focus a new and often critical light on what we must do in order to evolve and grow, to navigate the storms of controversy and challenge that what confronts us, sometimes daily.*

Balance is easy but people seem to make things difficult.

A pole that weighs a hundred pounds can easily be held upright at a 90 degree angle with the floor. Move it off its center however and the weight of it will become a dynamic downward force. It may seem hard to believe that probably 95 % of all adults are living out of balance. That is with selective weakness, excessive tension and structural imbalances that block our life force expression. We believe that this is the hard way.

It's been said that the muscles do not shape the body, gravity does. Gravity is constantly working against us. Alignments neutralize the negative effects the pull of gravity has on us. In an upright body, one spends less energy sitting or standing.

To the degree that we are out of balance, we are limited in terms of our connection with source, energy, wisdom and inspiration. There is less energy available. To be expressing our full potential, we need connection, direction, and energy. We need to be in alignment and balanced.

Las, loss and habitual limitation are them most insidious problems of the day. For a vital outlook to become focused, we must allow our selves to be organized properly in alignment. We must remove the barriers to self expression on all levels. In Alphabiotics

we start with the ones we can get our hands on, the body. Through the alignment process, we return to an inward sustaining power.

Balanced people bring beauty to life. Each movement or action is an expression of a unity of individual body, mind and spirit. They are more harmonious in relationship to environment because they are better organized within. Keeping on top of things and maintaining. A winning edge allows for **insight** to be a practical part of everyday activities. Beauty flows from balance as there is no need to overcome resistance. The zero point here is a platform for dynamic action, simple and direct.

People are lost it seems. Look around and you can see the walking wounded. It has been so long since some individuals have been in balance that the memory of belief seems to have faded. Their faith has been shattered. Their lives outwardly reflect the chaos that is within them.

**NOW**, there is truly hope, the Alphabiotic alignment unification process. Our potential for optimism, greatness, and vitality can be restored. From balance and fullness, vision can be reopened and our dreams can become a reality. If you can conceive it and you can believe it, you can receive it. Positive mental attitudes precede all great accomplishments.

Some say that there is no greater thrill than victory. Life is a challenge at times. Let's win at it. When we choose to be in alignment with life, balanced and energized, we seek resolution and find growth. We demonstrate more mastery over our conditions. The alignments offer a real way back for those who choose a high level of efficiency. Alphabiotics can help you recover your potential, discover your unique energies, unfold and experience your self and the world around you in a most magnificent way. To be or not to be, balanced choose balance!!

## Observation and Evaluation

*“Without going outside, you may know the whole world. Without looking through the window, you may see the ways of heaven. The further you go, the less you know. Thus, the sage knows without traveling; He sees without looking; He works without doing”.*

*Lao Ts*

*“Only the power that made the body can heal the body”.*

The body doesn't lie. Stress does take its toll. Alphabiotics teaches individuals how to read or evaluate their own body language. It is a demonstratable phenomena that when a person has lateralized (moved into one hemisphere) that the opposite side of the body will tense. This results in a leg length that is one half inch short, a high hip and tenseness in the neck. The power in the shoulders will be strong on one side and weak on the other. This is clear to the Alphabioticist and becomes evident to the participant as well. This indicates that the power is not properly turned on. One is out of balance and accessing limited energies.

For some, after the alignment it is easy to feel the energy moving more fully in the body. There has been what we call a “clearing”. The obstruction has been removed. Energy has been released and increased. This has been observed in millions of people. It happens, it works and this is what really counts.

Most times following the alignment the leg lengths, will be even, hips are level and arm strength has returned. If someone has been out of balance for a greater length of time the return to balance is achieved more gradually. Almost always there is a pleasant sensation of be re-connected with source.

When we are out of balance physically or structurally as indicated above, there is a greater possibility of being out of balance emotionally, mentally and spiritually. Balance is basic. When we are in balance there is easy access to our inner true nature. The continuum of body/mind/and spirit is at an optimal state. The selectively weak, overly tense and structurally unbalanced person is at a loss, separated, distracted. Their moving, thinking, and feeling centers must first deal with internal obstruction before they can resonate with the world around them. This results in a loss of spontaneity, a loss of life.

We understand that no one is perfect, but then it's not nice to trick Mother Nature. Nature prefers an orderly process. It is our observation that alignments will keep us ever closer to the expression of our true self. Each time that a participant comes for alignment the

evaluation procedure is followed, checking leg length, arm strength and neck tension.

As one increases in awareness of these dimensions of wellness and optimal expression there is a qualified knowing of just when we need to receive an alignment. There is an act of volition, it's self generated. This knowing is what allows us to maintain peak performance and avoid the pit falls associated with health crisis.

*"A stitch in time saves nine."* Wellness is for certain the royal road in life. The body is the temple of the living spirit. Alpha biotic philosophy affirms the emergence of a great and sacred essence which is you. Our intention is a quickening spirit which denies any limitation, encourages fullness of expression as a process of self discovery and enfoldment. Alphabioticists are life force ministers. We are committed to service. By keeping participants in balance we are offering the opportunity to experience life from a level of energy awareness that is optimal. The benefits associated with this quality of life, cannot be easily weighted. There is a considerable measure of efficiency, enjoyment and satisfaction that we believe can determine whether or not we fail or succeed at our endeavors. Alphabiotics is for winners, positive, optimistic, wellness oriented persons who are committed to living life fully.

## **Illness / Separation Wellness / Unification**

*“The purpose of life is to acquaint man with himself. Let redemption be sought in the soul...All real good and evil that can befall him must be from himself..”*

*Ralph Waldo Emerson*

*“In human health and disease, conscious processes are pivotal. The evidence supporting the importance of consciousness has emerged from the most unlikely place-modern bioscience, which has traditionally championed a strictly mechanistic view of man. Consciousness, that long abused term in modern science, is alive and well”.*

*Fritjof Capra*

We have compassion for suffering wherever we see it. We understand that many have been victims of the blind unconscious eye of humanity. Some have been abused, beaten, deprived of the God given rights they deserve. Many have been born and raised in dysfunctional families with poor health habits or substance abuse problems such as alcohol or drugs.

We acknowledge that the pain is real and we work in our own way within our own circle of influence to lift some of the pain off the world soul. We achieve this when we are clear and focused in a physical, mental and spiritual intention, in alignment.

We observe the schism between the spirit and the ego constitution in man. We boldly claim that there is an element of spiritual amnesia at the very core of a great many problems today. The body exacts or amplifies the friction between the spirit and the denial championed by the lower (ego) nature. This results in a lack of vision and efficiency causing neuro-muscular imbalances and dysfunction in the organs.

With every unconscious act, every selfish thought we contract, our heart which is the center of our physical and emotional life moves out of rhythm. This causes internal confusion. We cut ourselves off from the pulse of real life, spirit and nature or our environment.

*“In a healthy individual, there is an ordered relationship and a rhythmic flow among all energy fields. But when there are chronic disturbances on the emotional level, such as continuous hostility or anxiety, the energy discharge is disordered, and this and eventually damage the whole system. To take another example, fear and depression tend to cut*

*down the normal flow of energy so that organs like the kidneys become less able to function normally. Thus, the emotions closely affect both the etheric and the physical body”.*

*From: Chakras and the human energy field*

*Shafica Karafulla M>D> and Dora Kunz*

Alphabiotics recognizes a need to call upon the indwelling spirit, the *innate* to achieve a balance a unity. Unity and balance bring volition causing things to happen as conscious creations, positive creative actions. Feelings, thoughts and behavior are initiated from within our own psychic environment. We chose to react the way we so. Our first step towards wholeness, health and personal empowerment is the recognition and responsibility. This is not a guarantee that we will like what it is that we feel, but brings certainty to any attempt to changing what is to what can be.

Wholeness, wellness and abundant life is born of a deeper acknowledgement of the interconnectedness of all things, cause and effect. Problems that exist because of spiritual poverty and conflict between the spirit and ego or lower nature must be corrected with knowledge and understanding. Man does not live by bread alone. If we are to be successful individuals we must subscribe to a mature philosophy.

We must align ourselves with a responsible winning attitude that accounts for laws, principals, a divine and prior cause and a future life. To educate means to draw out. We must aim to be connected to source as an unfolding process of inner actualization. We can build from the understanding that the spirit within knows of no limitation. Life is about life a mystery to be lived.

Alphabioticists are New Thought Educational Consultants. We help people arrive at their own answers by affirming their potential through the alignment unification process. We function as a metaphysical support. We lay hands on the body and acknowledge one's ability to re-connect with their inner guidance, with source, wisdom and higher self. This is imminent for some participants. It is evidential for many.

Spiritual amnesia is not an optimal state. It means that we have purchased the wrong ticket, gone to the wrong movie. If we are manifesting imbalances resulting in bad health this may be nature's way of telling us something is wrong. Listen! People don't break the laws; they break themselves on the laws. Any reasonable philosophy accommodates a mature and rational approach to cause and effect. Beginning with our circle of influence, ourselves, we affect desirable changes as a flow or process from above downward and from inside out. Our thoughts create our experiences. We can set the world right by first seeing it right.



## Brain Dominance

*“Our ends are joined by a common link,  
With one we sit, with one we think,  
Success depends on which we use  
Heads we win, tails we lose”*

We aspire to be whole, healthy spontaneous human beings capable of commitment and adaptability. We desire to be all that we can be physically, mentally, emotionally and spiritually. Nothing is more important or rewarding than what we give to ourselves on an on going basis as we learn to grow and develop. To achieve this, we need to be drawing on all our power. We must have easy access to our brain/body potential. We must be whole brained and activate the highest centers of human potential. We must be present, free of the limitations of the past with a clear commitment and passion about our future.

In terms of the brain, this means that we center our brain activity in the neo-cortex. This is the area about ¼ inch thick surrounding the brain. This is the seat of the corpus collosum, the bridge between left and right hemispheres. The neo-cortex is the highest level of brain function and is referred to as the gateway to the mind of God. It is our human brain. It is active when we meditate or assume any inspirational ideas or concepts. To be human, means to be God thinking, order thinking.

The lower levels of the brain are concerned with less noble pursuits. There are seven levels of the brain. The pre-amphibian and amphibian (lowest 1 & 2), the pre-reptilian and the reptilian (levels 3 & 4), the pre-mammalian and the mammalian (levels 5 & 6), encortex (level 7). In times of danger, high emotions or pain, energy must move into these lower levels. The longer we stay here the more chaos we assume in our lives. We stay locked into our fight or flight mechanisms and blocked in reaction to our forces.

When these lower orders organize our lives, we have put the cart before the horse. It is an axiom in science that the higher orders organize the lower orders. The brain and nervous system is a stimulus-response mechanism that works in a priority way. Its number one priority is to maintain the balance of healthy structural and metabolic activity. It prioritizes running the machinery of the body, except when it perceives danger. When it does perceive danger it lateralizes and drops down to a survival and lower level of brain function. This is appropriate at times of real danger. *(It is dangerously inappropriate when this persists for no good reason for any extended period of time.)* Unfortunately, this is happening too often to too many people.

What is so simple yet so profound about Alphabiotics is its ability to balance the energies in the body, to unify the brain hemispheres and restore a higher level of function in the brain/body system. We know that the ideal state for a human being is to be whole brain functional; dominant on one side of the brain but having easy access to the other or sub-dominant. This is our natural condition. This is how we claim our spiritual inheritance as travelers on the journey through time and space. Our triune brain of body, mind and spirit forms a balanced triangle reflecting noble images, performing balanced actions.

We can fulfill our mission as human beings in the domain of family and society as individuals adding to the sense of beauty and purpose from this state of **balance and integration**. Without this advantage, many will wander aimless and become the walking wounded and occupy our hospitals, prisons and sanitariums having lost the flexibility to return to higher brain function. The not so extreme cases seem to occupy the world around us like strangers lost in strange worlds to us, sometimes impenetrable.

We have a real need to make available to a greater number of individuals the simple but rational scientific principals of Alphabiotics. We are dedicated in our own way of service through the Alphabiotic Alignment process to making our world and your world a better place.

## Alphabiotic Awakenings/Integration

Recycling, Holding and Corrective Changes

The terms recycling, holding and corrective change are important reference points for participants in the process. “Man know thyself” was written above the doorways of the ancient schools. As the body is the temple of the living spirit, we look upon experiences as part of the awakening of the wisdom of the body. We gain access to our wholeness through the images that surface on our pools of self reflection. The body can really get our attention sometimes. Relax, it’s all part of the process.

The alignment process is a very individual experience. There is a broad range of human possibility, thus an equal range of possible responses. There are times that we may *ride the rapids* in terms of shifting from imbalanced life expression to an ideal Alphabiotic state. We call this recycling and corrective change.

Riding the rapids is a term that is borrowed from the humanistic psychologists. We understand that change is a challenge even under the best of circumstances. There will be new sensations, awareness and ideas to accommodate as we advance along our road toward optimal states. We speak about holding, recycling and corrective change as part of the process. These are simple terms that explain what is going on with the power and the energies as well as the bodies new adaptations. **Holding** means that we are able to keep the power on. We are able to stay balanced.

Initially this holding may only be for a few days, 48 to 76 hours. As we move along our ability to hold, for anywhere from 2 to 4 weeks between alignments, becomes more evident. Eventually this may be even longer. This will depend on the individual’s life style and of course the amount of stress encountered. These people at the higher levels will know when they need to get in for an alignment, it’s intuitive. You know from the inside.

A beginning participant will have to acquaint themselves with a process called recycling from time to time. Recycling has to do with normal and natural processes of healing and regeneration. We believe that the process has a 12 to 1 ratio. That is, if we have been out of balance for 24 years, then it will require 2 years for reversal to function optimally. We may feel great most of the time as a result of having the power turned on. However, there is a chance that some of those old injuries and problems will surface as we move forward.

When we are **recycling** and eliminating toxins from the body it is important that we maintain simple health practices; such as sound nutrition, exercise and get plenty of rest. Drink plenty of good water and work with your Alphabioticist to fine tune your visits for alignments.

Recycling is like spring cleaning. You know how good it’s going to look when you’ve

finished, but in the meantime things can be in a sort of disarray. We improve in cycles. Nature does everything in cycles. What we can expect to encounter along the way are periods of energy and focus followed by periods of corrective change and repair. As toxins release from the muscles and organs, there is a definite house cleaning that occurs.

Emotionally, we may experience some old hurts and feelings that are now able to come to the surface and resolve. This is healthy and so we stay with the process to eliminate these obstructions. We need to be gentle with ourselves. As we integrate to higher levels we are capable of feeling with greater intensity. We may choose to seek support from friends, family or qualified health practitioners. Your Alphabioticist will be a comfort in handling any questions as he or she had had direct personal experience with the shifts from imbalance to more optimal states.

The covenant between the Alphabioticist and participant is sacred. There is a bond of trust that will allow for the redemption of human emotion and spirit. This offers us a fullness of participation and unfolding. Alphabioticists are Meta-Physicians, ordained and trained. We care! You may laugh or cry, as long as you are true to yourself that's all that matters.

The good news is that we become more capable of mature emotional responses. In the state of balance we may find ourselves being more honest emotionally. As a rule we respond to our lives more quickly, more honestly and intuitively from our balanced state.

**Holding** is recognized in different degrees. You may be 1) optimally holding, 2) kind of holding 3) barely holding or 4) not holding at all. Nothing stands still in life. We are either moving towards our goal in life or away from it. Towards health or imbalance. We maintain it is much easier to get balanced and stay there than it is to try to function out of balance. If a person is out of balance with weakness and excessive tension, they are already moving in a destructive direction or pattern.

We recommend that people get alignments as often as they need to continue improving steadily. Our goal is to help people reach levels of balance and holding that will last for up to a month or more.

**Corrective changes** occur when people make dramatic changes in their lives. Often time's people are not aware that eating good food or getting proper exercise, after habits of the opposite, will bring up symptoms. Symptoms could include anywhere from previous illnesses or traumas, cold or flu like symptoms or emotional upsets. It is believed that after the symptoms have subsided, the individual *feels better than ever*. Remember the brain is a sensory response mechanism that works in a priority way. Its first priority is to maintain normal function. As we approach better levels of health and balance, we develop the extra energy for deeper regeneration. Bless these times.

Unfortunately, most of the imprints we have received from conventional medicine and therapeutics do not prepare us to understand corrective change. Most approaches that do

not trust in natural processes, utilize drugs which judge their success on symptom removal. Often in these cases the symptom does not disappear but simply emerges as another problem.

Many holistic practitioners maintain that it is better to suffer the discomfort of a healing crisis or corrective change than to bury the symptom back in the body. What often we see as a result of this is the suppress-suppress-suppress- explode syndrome that is so prevalent today. Increasing health involves a reversal of this process. We have to roll the movie backwards. It is easier to take the garbage out than it is to let the garbage take you out.

There is an awareness curve involved with determining whether we are in a corrective change. Holistic health practitioners are experienced at making these determinations. No one has all the answers so it's helpful to have a support team working with you. You will become increasingly aware as well. We suggest that each individual open up to this learning curve and experience what it is that these processes have to teach us. We can anticipate the good health that is sure to be ours in the future and fine tune our life styles to reap the greater rewards.

## **Stress**

### Public Enemy #1

Low levels of pervasive stress are the cause of most of the major illnesses that are being encountered by people today. These are not the major stress factors, which also play their part, but the insidious (below conscious) on going influence of stress which create imbalances on the chemical, mental and physical levels. When a person encounters stress there is a lateralization of the brain function. We shut down on one side of the body. This is a normal response. However, we are staying locked into these stress patterns too long. The body was not meant to handle this kind of distortion. Imbalances manifest in the body as tension on the one side with weakness on the other. This results in structural or bio-mechanical problems that influence the function of the internal organs.

Major studies have confirmed that these stress points limit the enervation of impulses to the organs which, if not the cause of disease have certainly been a significant contributing factor. The brain is a magnificent energy accumulating and transforming device which regulates the function of the body. It is essential for good health that energy and impulses flow freely throughout the body-mind system. When a person moves into an unbalanced state, there is as much as 60 % reduction of energy flow through the stress points in as little as 20 minutes. Structural imbalances cause compression which short circuits the body resulting in malfunction and breakdown.

The continued imbalances with its resultant disruption of the life force energy and expression due to this compromise of both structure and function cause a more rapid degeneration. We are either in a balanced state of growth, regeneration and repair with the wisdom of the body being able to carry on with cell division and multiplication, balanced; or we are in an imbalanced state of dysfunction, degeneration and decay which results from being in an out of balance state for a long period of time. This is the condition for many who as a result of stress are moving in a descending spiral of health or as the case may be, disease.

Weakness becomes tension which then becomes imbalances and after a long period of incubation results as disease. The lead in time with most disease is 20 to as much as 40 years. It has been discovered that these imbalances will cause a breakdown of the organs on one side of the body while the other will remain relatively free from problems. Even though all the organs came into existence at the same time, some wear out first. The structural problem of the short leg, high hip, amplifies the stress which we encounter by having to keep upright in the field of gravity. These imbalances are accumulated step by step each day but most people will not notice this until the symptoms appear. Often this is

too late for lasting positive change to occur and one's health simply fails.

Energy is required to hold the body upright in gravity. What it does not have available for this task, it will borrow from the processes of metabolism and homeostasis. Gravity is pulling us down. Stress is accumulating and limiting the efficiency of the system. We are staying in these stress patterns too long and this is limiting our expression of full potential. WE NEED TO BE IN BALANCE.

If we understand the bigger picture and acquire the necessary tools and sensitivities to DE-STRESS the body and the mind, we are keeping the most optimal path. The alignments will bring you slowly into balance and help you to maintain so you may exercise the greatest possibility to avoid problems.

If the wisdom of the body is not working for you (because it's been misdirected) then stress is working against you. When the wisdom is working for you, the right conditions occur and wholesome life is expressed. Alphabiotics helps bring about this right condition but also assists in the re-connect with our own inner source. By being connected with our self and source, we are able to fulfill our life mission, destiny and purpose.

This is the most important aspect of the work to keep in balance. Stress is a part of life but it must not accumulate to the point of danger. The Alphabiotic alignment process will bring us into a more favorable state and allow us to know where we are in the terms of balance and imbalance. We will begin to know if we are holding, barely holding or not holding balance at all. This knowledge will assist us to warn off the problems that result from accumulated stress.

People are living longer but with less vitality and clarity. The rate of increase of degenerative diseases in this country is staggering. Studies foretell of a bleak future for humanity if these stress factors continue at this alarming rate. You have an opportunity to make a difference in your life by keeping with the middle path....BALANCE.

Alphabiotics can help a person move out of negative stress states, back into *higher levels of brain function* which they will maintain for days, then possibly weeks. These are more peaceful, present time consciousness and inner actualized states. Stressed and unaligned people can stay locked in these unbalanced, massively tense and selectively weak states accessing areas of the hemisphere that have to do with negativity and readiness, fight or flight. Alphabiotics is a simple solution to an otherwise complicated problem.

## Turning on the Power

The body/mind is a unit. Alphabiotics is concerned with maintaining the integrity within the wholeness of the individual, the body/mind/spirit. This objective includes the balancing of the organism so that the mind can guide the physical brain to direct the body in proper function. Alignments help to release the effects of shock or stress that have caused the power to express less than full and orderly potential. Turning on the power means the balance of brain hemisphere integration, of equal or measurably improved energy distributed to the left and right side of the body.

Turning on the power is the essence or central theme of the work. With the motor running properly the wisdom of the body can carry on normal processes of growth, regeneration and repair. When the power has been turned on, the focus of activity in the brain will be centered in the neo-cortex. From this activation, our inner guidance will allow us to make the best choices about the wide variety of actions and decisions that are focusing our attention at any given moment. Upwards of thousands of sensory impulses are reaching the brain every second. We want to have our whole brain working to address this phenomenon.

Once the power has been turned on; there is a probability that detractions to wellness will minimize their effects on the body. This is not a miracle or cure, but simply a healthy response to cause correction. All symptoms are effects of their not being sufficient ability for the body to right itself. In many cases, the necessary innergy has been blocked and the symptom has surfaced.

Certainly there are problems that seem to be caused by outside influences however their ability to disrupt the harmony of the body is usually preceded by an imbalance in the power and innergy. At any given moment we may have hundreds of viruses in our system that will not have a disruptive influence unless we are out of balance in some way to begin with.

Treating symptoms without dealing with the cause is a strategy that is prevalent today. This is a cause of real problems because the body is a whole organism with so many integrated parts. Problems that arise within the blood or the organs will have influence in other areas of the structure. If you are treating the effects only, there is a possibility of temporary relief. These early warning signals however, often go unrecognized and unassociated with the symptoms and often surface when we have less favorable chances of correction.

The pulse of life which is distributed through the nervous system, delivers the life force intelligence to the body. This controls, coordinates and regulates ALL the functions. The best food in the world will not nourish you if you are not getting the energy information to carry on the processes. As you turn on the power you increase the life force potential and



thereby increase the possibility of greater health. If you are locked in a stress response, you are keeping yourself prioritized for survival not wellness. Energies are organized to get you *out of the wan, not into the flow*. We are wasting too much of our life force potential. By activating the Wisdom within, having the life force or power turned on we are keeping the necessary edge to advance in life. To the degree that we are limited and turned down, we are handicapped.

The American medical Association has declared recently that we are in the worst degenerative curve in the history of humanity. We are in a serious descending spiral. We need to bring to ourselves all the best possible life enhancing technologies that we possibly can. We want to get balanced, and stay balanced with our full power turned on. The war on stress is being won where human minds are turned to nature, to order, or awareness and to balance. Alphabiotics is an answer for many that prefer to work from their greatest advantage, from balance and power, in alignment.

With the alignment process, the wisdom of the body realizes that there is no threat and amazing things can happen. By staying in alignment, negative conditions reverse (we turn the movie backwards) and we begin to soar to greater heights, deepen self awareness and ascend in health potentials. When the power is turned on, we have balance and are freer and lighter, and better able to be whom we really are.

The cause of so many problems that we face today is innergy shortage. The effects are too many to mention. We work with the cause and effect. We do not heal, treat or cure. The power that made the body is the only power that can cure the body. If your power is not fully turned on, you are already in a less than favorable condition in terms of health. Powerful innergy can cause optimal states.

The purpose of the Alphabiotic program is to help people be balanced and alive so they will move consistently towards higher levels of organization. We assist people to express more of their potential, thus enjoying their lives more fully. This dynamic program will allow you to enjoy life more as your creator intended you to. It will make your life better in every way.

## Fair Exchange

As you sow, so shall you reap. It's important to give for the services that we receive. There is a law guiding all the processes of life and we should strive to be in balance with giving and receiving. It is better to give than to receive? Maybe! It is probably better to be in balance with equal giving and receiving.

Reciprocity for services should be in the order of things. Your Alphabioticist is there for the benefit of all and that includes them selves. He or she has made a commitment to developing and delivering the best possible care. Guidelines for donations are available according to the program that is most suitable to you or your family's needs. In fair exchange, there is greater possibility for results. Giving and receiving in balance, sets up a condition for the most favorable progress. Setting up a program over **time**, in **commitment**, and **balanced** and **fair exchange** will allow us to redirect our life force energies to resolve old beliefs and habits to a more positive perspective. This will bring value and meaning to enhance our unfolding process in Alphabiotics of maximum life potential expression.

We suggest a donation for the first visit consultation and evaluation of *fifty dollars* and *twenty dollars* for regular maintenance visits. If you are in need of more intensive care with more frequent visits, then a fair exchange program can be arranged. Our goal is to offer a service that will help you sustain the Alignments on an ongoing basis.

By keeping our commitments, staying in a focused intention, maintaining fair exchange with our Alphabioticist, we are sure to get the most out of the program. Each alignment will then become an unfolding process of self awareness, unification and optimal self expression.

## First Visit and Consultation

Your first visit to the Alphabiotic Center will be a satisfying and enriching experience. You have the opportunity to become better acquainted with the philosophy and practice of Alphabiotics. This is the time to ask your own questions and determine if this is what you are really looking for at the present time. You should enter the program with the **right intention**, seeking the alignments for the **right reason**. Alphabiotics works from the specific intent. The alignment is done to release and increase life. This is not a therapy.

Some people do not really want change or may not be ready to take on the responsibility associated the growth. We do not help people get rid of problems. People take charge through the alignment process and transform their lives through awakened balanced actions. We teach people to lean on their own balance and centeredness. Human beings are great sources of untapped energy and wisdom. We work to reflect this back to people. Alignments are sacraments to us. There is a spiritual quickening that re-connects us with our source self. If you believe in your Self and the power invested in you by your creator to live, love, learn and grow, if you wish to see more, be and open your Self to the Kingdome within you, Welcome!! You stand to gain much by walking in balance. Let's walk together!

During the first visit, you will see how your body has responded to the stress and resultant imbalances. There will be a clear evaluation of the structure of the body, leg lengths, hip rotation and arm strength. This evaluation is done with you. You will see this as empirical evidence. You will gain and insight as to how your brain and body systems are working. After your alignment, you may notice a dramatic increase of energy and immediately feel the difference in how you sit or stand. You will be balanced, strong, and less tense. Physically, you are in a more favorable position for inner Wisdom to begin working more powerfully for you. Mentally, you will be better integrated in terms of the left and right brain hemispheres. Spiritually you may feel the return of your good senses, relieved of stress, therefore allowing our inner vision to become focused. If you are fortunate enough to feel the difference (most do) you will probably want to know how you can keep the power turned on from now on.

This is the time to determine when it is best to return and begin to set a program in motions to reap the greatest benefits. Initially, it may be necessary to have the alignments 2 or 3 time a week. As you progress in this process, you will begin to HOLD the alignments for a greater duration. Your growth and fulfillment as a human being depends on your ability to access these higher brain functions facilitated by the alignment. You deserve the very best opportunities in life to reach for the highest goals. Stay with your new sense of integration, balance and inspiration. Your first alignment can be the key note for a great new journey towards self realization.

So, you have arrived for the right reasons, made your commitment, focused intention on the issues you would like to see resolved and the changes you would see occur in your life. Now you may begin to participate with your true self unaffected by any limitations. You are aligned with life, your life.

Follow up should be within a 72 to 78 hour period. If you are still hold, then this work is for you. If there have been complications in your health, you may need to address these issues before moving into the program.

Your second visit will concern itself with how you are holding and what course of action is to be followed. You will become familiar with office procedures, monitor sheets, schedules and discuss financial matters. This is a good time to share any reflections about your first alignment.

## **Positive Attitudes Informed Opinions**

If you think you can, you can. If you think you can't, then you can't. Attitude is everything in life. We can enhance our lives on all levels by keeping a positive outlook on life and support this by keeping written goals and by reading these goals out loud everyday. Today, there are numbers of guides to gaining the cooperation of the subconscious mind. They work. Visualization and affirmation have the power to moving mountains. Use them. It is easier to be in balance, than to exist out of balance. Mentally this implies we have specific goals and detailed guidelines as to how to accomplish this. Luck is a plan well executed. Be clear about this. Plan for success. Exercise mentally, physically and spiritually.

Since luck is a plan well executed, we must be well informed to arrive at the best plan. Listen to your body. Take care to run it properly, as all good things flow from good health. If you have one wish, let it be good health, and all things will fall into place. Read and attend talks and lectures. Expand your horizons. What worked for one person may not work for you. However, your unique purpose and destiny may lie just beyond your present challenges or lessons. Our lives sometimes have strange ways of calling us. Listen, and then evoke the highest powers. Include well informed people on your team to assist you in reaching your goals. Participate fully in your quest for freedom, liberty, health and abundance. Shoot for the moon, even if you miss, you will be out amongst the stars.

## Commitment

There are days that will challenge all of us at the deepest levels. There are unlimited amounts of influences in our lives that are not in our best interest. Commitment will carry us through safely to the other side. As achievement, personal healing and transformation are accomplished in stases or cycles; we do well to be self empowered by having made a commitment to stay the course, *come what may*. Commitment is the back bone of any program,,,,,,make it!

Commitment releases the deepest power within the individual. We often need to be tested to know exactly what we are made of. Commitment allows us to go the distance and reap the greatest rewards.

## Keep on Keeping On

We improve the effectiveness of each alignment when we have a commitment to our progress and maintain a clear intention. **Alignments are not a substitute for taking care of our selves. They are a boost of a clear focused directive, to break us on to higher ground.** We should have a definite plan which above all, should be inwardly inspired and directed. We should also use our Alphabiotic minister as a sounding board for keeping our participation moving in progressive stages of greater self achievement and satisfaction. We should have an action plan and even keep a diary of our changes and transformation. Set up goals and then move beyond them.

It helps to get your friends and family involved. The family that prays together stays together. Families that commit to serving each other's enfoldments, offer dimensions of excitement and support that push us on to ever increasing levels of attainment. Communication can be greatly rewarding after alignments. Tell your story! Listen to others!

Drink plenty of good water. Get plenty of exercise and rest. Get proper nutrition and allow your relationships to be positive, supportive and expansive. Allow a greater sense of inner awareness to be the guiding force in your life. Let go from within and let the universe handle the details for you. Remember what the master said. "It is our Father's good pleasure to give you the Kingdom." It is within you. Accept this! Become inner actualized! Open to a greater possibility pattern within you and affirm your high self as a dynamic unfolding process.

## The Alphabiotic Center

The Center is established to offer the opportunity for growth and developments. In order to grow, we need to apply our energies to purpose. Being in alignment will open the pathways. Now it is up to us to walk down the path. The center and staff are interested in growth as well. From a focus of service and development, each is responsible for their participation. Alignments keep us sharp and so we offer classes for continued education. The center will also offer the opportunity for people to share their unique training that are in alignment with Alphabiotic principals.

We welcome all to assist in bringing the good news about Alphabiotics to the public. Alphabiotics is a **Life Force Movement** which works from principal; this it will include all responsible systems for human potential. We are an inter-faith organization, a church resigned to learning to express more truth, love and power. As participants we increase our understanding of the life force principals through direct experience.

Sometimes it seems almost too good to believe that Alphabiotics can be as good as it is. Amazing things have happened as a result of being in balance. Obstacles have been removed and limitations have been cast aside. We invite your participation to bring this message of hope to the world. You can help those that you love by introducing them to the great work. Each human being aligned and purposefully directed is a center of light and inspiration to the world.

The center serves the circle. The center is the Alphabiotic principals and Alignments. The circle is humanity. Imagine a world in balance. Bring your dreams forward and ask for participation with them. Take a bold step towards a new vision, a new model towards your real center as spirit individualized. The aim and purpose of the center is to continue in the unfolding of truly human expression through service to humanity with the Alphabiotic Alignment / Unification Process