

TLC Counseling and Wellness Studio Tracey Cardello

[www.tlcwellnessstudio.com](http://www.tlcwellnessstudio.com) 516-933-4000

Welcome to HBLU. This is a brief introduction to healing from the body level up holistic psychotherapy system that reproducibly clears mental, emotional, physical, and spiritual blocks to success. This method was developed by Dr. Judith Swack who integrates the best of biomedical science, psychology, spirituality, applied kinesiology, hypnosis and neurolinguistic programming along with several energy psychology techniques and her original research on the structure of complex damage patterns. Healing from the body level up is a unique way to get unstuck and eliminate struggle by clearing unconscious patterns that cause self sabotage. HBLU is a valuable modality for facilitating personal growth, spiritual evaluation, and self actualization. The following information comes directly from Judith Swack's own original material and her explanation of healing from the body level Up

Copyright 1998 Judith A Swack.

I am a student and a client of Judith's for the past 3 years.

## **Judith Swack's philosophy and world view.**

### **The Big Picture.**

I believe that we all have a soul that is radiant and beautiful. Our souls are currently embodied in human form on planet earth. The question is, why. I believe that there are two reasons for this. First, we are embodied in order to manifest our soul mission, and to make a personal contribution to the world. The ability to manifest our soul mission is what makes our lives feel meaningful and deeply satisfying. When we die we can look back on our life and see that the world is a better place for our having been here. Second, we are here to experience the fullness of life and all it has to offer. We are tourists here. This means eat, drink, be merry, learn, love travel and experience emotional ups and downs, learn about your body, and other life forms on the planet. Life is fascinating.

### **The united nations of self**

The next question is, what is a human being? In human form we are a complex mixture of things. Our physical bodies are a symbiotic combination of human cells, and bacteria. Bacteria live in our gut, vaginas sinuses and skin. That

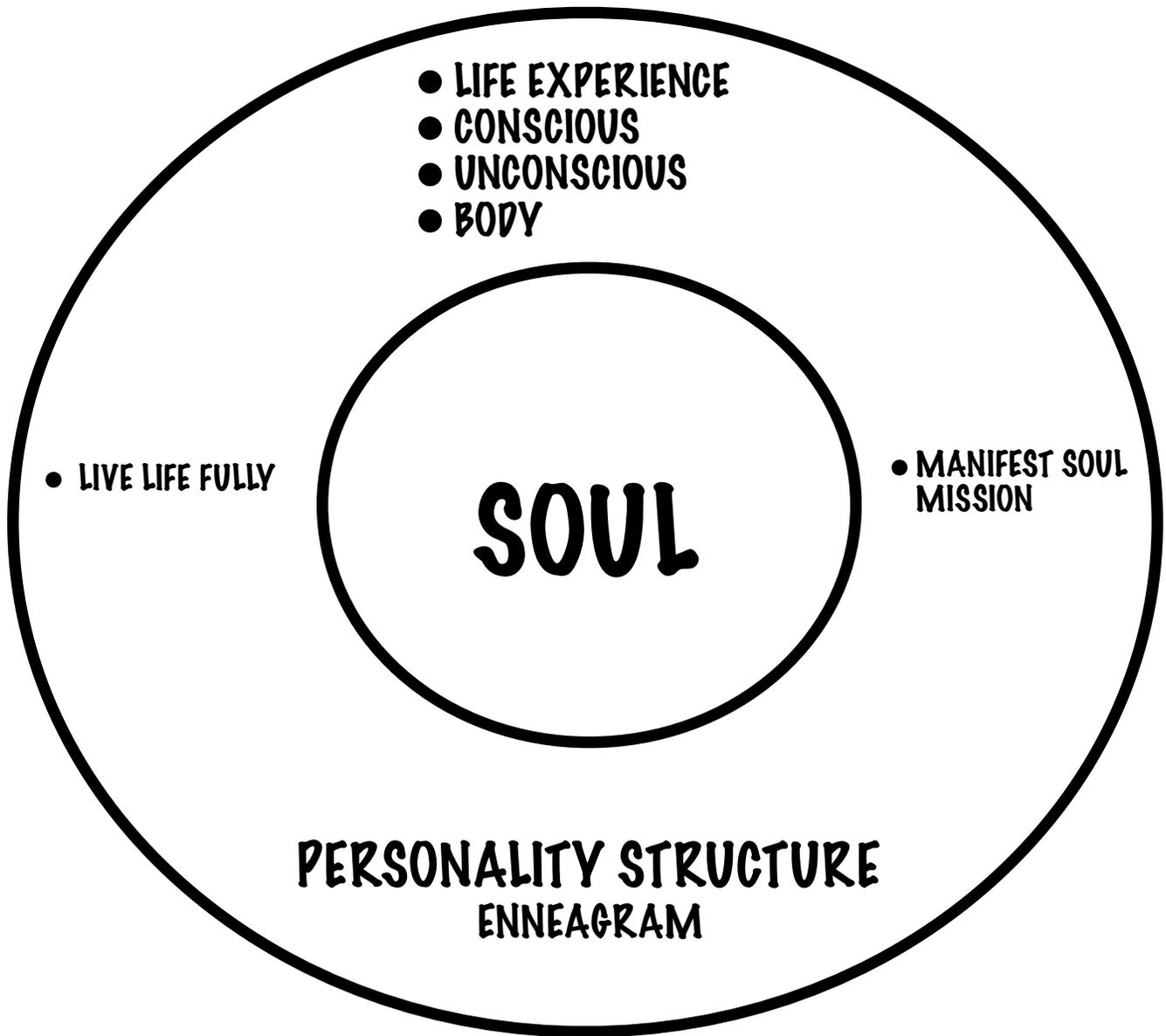
Teryan help us to digest food, need vitamin K for blood clotting, and protect our bodies from disease causing organisms. We actually could not live without our bacteria! This is why taking broad-spectrum antibiotics that killer good

bacteria as well as disease causing bacteria also result in side effects such as intestinal upset and yeast infections. To counteract this problem, people take bacterial replacement supplements such as yogurt, lactobacillus acid and acidophilus, to repopulate our bodies with these protective organisms.

In human form, we are also of several minds. Each a different country with different language, customs and values.

- **The conscious mind** is the land of rational, concrete, linear logic. It is very literal. For example: The chair is blue. I have \$200 in my wallet.
- **The unconscious mind** (which is not rational) is the land of emotion, imagination, memory, creativity, poetry, and metaphor. It is not literal. It makes associations, and broadens meaning and understanding. For example: the blue chair reminds me of the one we had in the living room of my old house, that the cat used to sleep on. I have \$200 in my wallet and I feel rich imagining all the things I could spend it on.
- **The body** is the land of physical survival. It values safety, good health, food, comfort, strength, sleep, rest, cleanliness, nurturing touch, sex etc. The body values providing a good home for the soul so that the soul can live in the material world.
- **The soul** is the land of the soul mission and connection with God and all life on this planet and in the universe. The soul values making a contribution and living a full and meaningful life as long as the mortal body lives. The soul knows that in order to make a difference on the material plane, it has to become material by living in a body. Souls do not care about reproduction, or physical survival. Souls know they are immortal and when this body dies, the soul can choose to reincarnate into another body, or do something else.

## The big picture



## **EXTERNAL INTERFERENCE**

NATURAL DISASTERS  
NASTY PEOPLE WITH "FREE WILL"  
"SUPERANTURAL "

## **SELF PEACE, WORLD PEACE**

As so often happens between countries, we find ourselves fighting between the different levels of our being. In the United States, we are taught that the conscious mind is the only thing that matters. Or that even exists! How often do you experience the common phenomenon, "I didn't do it on purpose." Which "I" is he referring to? This person probably means he didn't do the problematic behavior with conscious intention. If not, then the conscious mind is clearly not in control. The fact remains: the client did the behavior. So which level of his being was actually in charge at the time, and do the fact that he did not consciously intend to do this, erase or excuse the fact that he did it? Other popular but unhelpful conscious attitudes toward the unconscious mind and body include:

- "I don't believe in that."
- "Its not real. Its a dream or something I imagined, so I can ignore it. Or " it doesn't really bother me that much."
- "I can't logically explain why I feel this way ( intuition) so the feeling or insight I got isn't valid."
- "Its my religious or political philosophy that (sex, meat, money, etc) is bad and I should suppress my urge for it and do without."

### **Different levels of your being can have different damage.**

If you're not on track with your soul mission or you or you feel uncomfortable not getting the desired results in some area of you're life, then there must be some kind of interference pattern that is causing a misalignment at some level of your being. The next question is "what type of interference can there be?" I see 3 major categories of inference patterns. The first two, life experience and personality structure are internal to you. The last category, external inference is external to you.

The first major category is life experience. The damage in this category occurs during life experience and imprints in the conscious mind, the unconscious mind and the body levels. Examples of damage at the conscious level includes misinformation, or lack of information or skills. Examples of damage patterns at the unconscious level includes limiting beliefs - *a belief you feel is true, but know better*, and bad habits we pick up from our parents.

The second major category of inference is personality structure. This is your ego structure or "operating system" - like the windows operating system on your computer. The personality structure sets your sense of self and your

world view. It is the filter through which you process all incoming and outgoing information. If you have "bugs" in your system, it interferes with large areas of your life. There are many models of personality structure. I use the Enneagram model because I find it very useful.

New age ideas aside, I do not believe that we create or control *everything* that happens to us. Thus a third major category is External interference. Examples of this include natural disasters, nasty people with free will and supernatural phenomena. Even though these interferences are not about or from us, they still interfere with us.

## **How do damage patterns interfere with us?**

Damage patterns cause negative emotions. Emotions are energetic sensations felt in the body. Get it? *Feelings?* Emotions have more energy than thoughts and therefore, influence (or run) behavior. This explains the common phenomenon of "I know I shouldn't be doing X" while actually doing x. I know I shouldn't be smoking/ drinking/ eating junk food/ having an affair... etc; all while doing the very behavior you are talking about not doing. The conscious mind is clearly not in charge. Thus damage patterns adversely influence our perceptions, reactions and behavior in such a way that is difficult to achieve our goals. *So, the most important issue here is to identify the type of interference, locate the negative emotions in the body, and use a tool or technique to clear out the pattern. The criteria are simple: It must be effective, must work in minutes, be practically painless, and clear the damage at the conscious, unconscious, body and soul levels **permanently**.*

## **Adopt an attitude of compassion**

Information from the unconscious, body and soul levels may be new to you. You may be surprised at what comes up and even experience the discovery of a damage pattern as painful. No one really *likes* to discover limitations. You may need to take a few minutes to react and wince but as soon as possible, you should move into a attitude of compassion. Say to yourself, in your head or out loud, " awww that needs healing" . You don't have to love your damage but you do have to accept that it exists before you can address it and heal it. Self acceptance is sometimes easier said than done but do your best to hold the

attitude. Self acceptance is its own topic and its so important that you may even want to use it as a goal.

## Starting the work

We start the work by consciously establishing clear communication with our unconscious minds, bodies and souls. The first thing you need to do is *notice* when something is not working properly for you. It is important to evaluate behaviors, beliefs, attitudes, emotional reactions and end results according to whether or not they really work for you in the service of your highest good and purpose. I suggest that people *focus less on whether something is true and more on whether or not it is useful to them*. For example: If you want to be a writer or an artist, but people constantly remind you that you would be better off to major in business- this may be statistically true, but not particularly useful. If you find that what you are doing or experiencing is not working for you start questioning your beliefs emotional reactions and behaviors. **Question everything.**

The first place to begin to question is your unconscious mind. Remember the unconscious mind does not use rational, arithmetic logic. It uses metaphorical, poetic logic. It is the land of dreams. Therefore it is important to understand the communication style of the unconscious mind and recognize how and what it is trying to communicate to you. The first step to doing this is to go inside your head and ask an open ended question about the problem. "The part of me that is doing this/ or not doing this/ or reacting like this etc... is trying to tell me...What? Send the question through your whole body and wait for a response. The response will usually come quickly and in the form of:

- 1 A memory or a visual picture (visual)
- 2 A dream (visual)
- 3 A thought in words or a piece of music (auditory)
- 4 A physical or emotional sensation in the body. (kinesthetic)
- 5 Less often a taste or a smell

Auditory responses are the easiest to interpret. You will have to work a little harder to interpret what pictures or feelings are trying to tell you. This aspect of the work comes from NLP or Neuro linguistic programming. This science has to do with the way our brains encode memory. This is often difficult to access

mentally so we get to this information by using an applied kinesiology technique called muscle testing.

## **Muscle testing**

Muscle testing is based on the same principal as lie detector testing. The body will register true or false answers to questions. We can get the same information without the expensive equipment. We usually do this by holding out an arm and pressing it after asking a question. You can also do a self test using your fingers or a standing tilt. Muscle testing allows us to get answers from your unconscious mind, body and soul, just by specifying which level you are asking the question of. For example: "from the body level, do you have any physical injury trauma"? "From your soul and deepest wisdom, is this the best course of action"? "Do we understand accurately this message from your unconscious mind"?

One of the features that makes HBLU so novel is that once you have established communication with all the levels, your deepest wisdom dictates all the goals, direction, and healing steps that we do in a session. Your deepest wisdom tells us what is interfering with you, where it is located in your body, and which intervention we should use to clear it. The only trick is to know the right questions to ask. What I, as your therapist, bring to the work is the knowledge of the structure of the damage patterns, the quickest approach to healing them completely and a menu of interventions that work efficiently at all 4 levels. Conscious, unconscious, body and soul.

### **The work is basically a two step process:**

- 1. Interview all the levels to find, name and locate the damage patterns.**
- 2. Use a technique to move negative energy and clear the damage pattern.**

There are two ways to muscle test. The easy way, which is easy, and the hard way which is fool proof. We will decide in person how you can do your testing but here's a teaser.

Let your unconscious mind and your body answer. Your conscious mind's job is to send the question into your body, watch the answer your body gives, and then think about it. In that order. Down, test, think. Easy. The reason we do it this way is because we don't want your conscious mind to answer these

questions. If we wanted your conscious answer, we would just ask your face. We are assuming if your conscious mind knew the answer, or the problem was conscious, you would have already figured out a solution and you wouldn't be in my office. Even if your conscious mind thinks it knows the answer, we guess and test. We always want to know what the other levels of your being have to say. We are taking an attitude of open ended, scientific, curiosity. Rather than holding the question in your head to think about it, no matter how interesting it may be, we just send the question down into the body to find out what the rest of you thinks. Stay consciously alert while you do this. You can close your eyes or keep them open but don't space out or go on auto pilot.

# Self muscle testing

## 1. Circle and press

- a. Make a circle with the thumb and ring finger of your non dominant hand.
- b. Insert the the thumb and index finger of the other hand into the circle from the bottom.
- c. Hold light tension on the circle.
- d. as you ask the questions press the finger inserted int he circle outward.
- e. yes=the circle stays closed and holds the pressed fingers inside.
- f. no=the circle opens.

## 2. Circle and Point

- a. Make a circle with the thumb and ring finger of your non dominant hand.
- b. Insert the the index finger of the other hand into he circle from either the top or the bottom.
- c. hold light tension in the circle.
- d. As you ask questions, pull the index finger and the circle apart.
- e. yes=the circle stays closed and holds the pressed fingers inside.
- f. no=the circle opens.

## 3. Finger rubbing

- a. Lightly touch the pads of the index finger and the thumb of one hand together.
- b. As you ask questions lightly slide the pads across each other.
- c. Yes= the pads slide smoothly with no resistance
- d. No= the pads are sticky against each other. There is resistance.

## 4. Leg testing

- a. place one ankle on top of the opposite thigh at the knee.
- b. place both hands against the back of the calf on top of the leg.
- c. As you ask the questions, press the top leg away from you

## 5. Standing tilt

- a. Stand and face north
- b. Relax your whole body, especially around your ankles.
- c. Yes= till forward (north)
- d. No= tilt backward (south)



