

Solar magnetic storms are at an unprecedented high. They send magnetic waves that can disrupt power and communication systems. In addition, since the human emotional field is magnetic, these storms may temporarily throw our relationships into turmoil as well.



Transmuting **ANXIETY** & **FEAR**

Over the last several months, we have received calls from hundreds of people suffering from painful relationships, whether family, work, or community. In fact, this seems to be the rule rather than the exception. The symptoms are stress, hyper reactivity, depression, heart pain, and painful introspection, and, of course, having relationships go haywire in odd and painful directions. Do you know anyone going through this now?

We recently proposed a research protocol which involves applying the Infratonic 8 to what is called the hippocampus/pituitary/adrenal axis. (crown for 20 min and solar plexus for 20 min with the #1 Body signal.) To my surprise, we were flooded with enthusiastic user reports, some of which I have reproduced on page 3.

While the protocol appears to reduce stress, fear, and depression, it offers nothing to enlighten us as to the cause of this epidemic, and how to approach it from a consciousness perspective, so I include this article in which PRS (Painful Relationship Syndrome) is revealed to the world.

Richard (signature version)

Painful Relationship Syndrome

FEAR & THE ILLUSION OF SEPARATENESS

Until recently I had assumed that the high rate of disruption in relationships is normal. However, the pattern we have been observing over the past year is too huge to ignore. And since people are always inventing syndromes like PMS, CFS and Fibromyalgia, why not another one like PRS? Some have tried to explain this syndrome in terms of lingering fear from 9/11, and terrorist threats, but that stuff is years old by now, yet the syndrome continues. I offer two entertaining possibilities: First, a global energy shift as we move into a new astrological age. Second, a conscious decision to move "into the heart" that often launches a painful restructuring of one's relationships.

The "New Energies" There seems to be a consensus among the metaphysical community that all of Earth is moving into a new mode of consciousness where many of our current perceptions are no longer valid. From this perspective, we are finding that our old religious,

political and social structures just don't fit any more. A more extreme version of this perspective has us approaching a magnetic "zero point" or "pole shift" which will result in a collapse and reversal of Earth's magnetic field, (but apparently without California falling into the ocean). The timeline seems to be about 10 years, somehow related to an astrological alignment in late 2012.



Why do we say things we don't mean?

By this theory, as Earth's magnetic field approaches zero point, human emotional fields are being compressed, pushing out any beliefs we have that are incompatible with the new energies. From this perspective, the key issues forced to the surface are **Fear and the illusion of Separateness**. The new consciousness that will survive this compression is like that experienced by those who survived near death experiences, who report that, on "the other side" **all fear is replaced with joy, and instead of being isolated individuals, we are all connected.**

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By realizing our true nature as integral parts of Earth and everything around us, we automatically release the fear and lose the desire to control and compare ourselves with others. Through this process, all relationships around us begin to soften and sweeten. From this perspective the heart of Earth is awakening, and this roller coaster ride we are on is a once in a lifetime, once in a thousand lifetimes, pathway to our own hearts. Yes painful, but unforgettable. We might as well relax and enjoy it! Try telling that to someone who feels like he is being chased by tigers.

The Infratonic can definitely help by bringing our emotional issues to a head for more **rapid release and harmonization**. However, it works best if we shift our perspective away from fear and judgment, as our minds strongly shape our experience of the world around us.

An interesting side note: The most popular point to treat with the Infratonic is the center of the chest, the heart chakra, **to calm anxiety** and help falling asleep. The chest is a wonderful place for kids of all ages to treat during time-outs, and we find that young children naturally grab the Infratonic and hold it to their hearts.

A move toward the Heart:

While the Astrological Energy Shift theory may be popular to some, another perspective is that our relationship problems begin and end

with a conscious decision within each of us to shift our consciousness toward the heart as shown in the box on this page:

When people are in the middle of phase 2, 3, or 4, it is difficult to

consequence of the ongoing comparison and judgment is an injection of adrenaline which causes a **fight-or-flight response** within us. This is entirely unnecessary in our modern world and is a remnant of ancient

genetic programming that, according to the New Energy theorists is being brought to the surface of humanity for release over the next decade. Thousands and millions of years ago, our ancestors lived in fear of wild animals (and probably wild tribesmen). Whenever we faced these animals we faced the prospect of a painful death, our adrenals would fire, **hyperstimulating our sympathetic nervous system**. This was appropriate then because we either had to run very fast or summon up tremendous courage and strength to slay the attacking tiger.

In today's world, there are no hungry tigers on the prowl, and no real reason for us to experience the fight or flight response. AIDS, anthrax, and the IRS offer absolutely no immediate threat, yet when we hear these words, we respond with another unnecessary shot of adrenaline.

In addition, when we encounter people who cut in front of us on the freeway, find fault with us, or threaten our belief systems, we often respond with an adrenaline rush, stress, and a readiness to fight. Our hyper-sensitive adrenals fire over

Painful Shift to the Heart

1. The Shift: *When we make a conscious decision to move further into the heart, through meditation, soul searching, or spontaneous experience of joyful circumstances, we gain a new "knowing", a new perspective about the way things should be. We realize that our lives have been just a miserable shadow of what they could be.*

2. The Mirror: *As we look at the world through our new "eyes of the heart" we see that others are not meeting our new standards. As we point this out to them, they, often angrily, show us that we are not meeting our new standards either. This naturally disrupts our relationships and requires more soul searching. Even if we stay completely quiet, we still draw people who somehow manage to prove to us that we are not living up to our new standards. This is the most painful stage because it hurts in our hearts. (Apply the mind signal to the chest)*

3. The Purging: *With*

time, we learn to live our new heart-centered values, which brings on the most difficult part of the process. Those who have been around us for years and have been either abusing or taking advantage of us are, of course, continuing to do so. After politely informing them of their transgressions and having them ignore us and kick us in the teeth, we become more forceful, and their claws come out. We gradually realize that, while there is nothing "wrong" with these people, we cannot express our hearts freely as long as they are in our lives. Through great travail we finally extricate them from our lives.

4. The Tempering and Testing: *New people with smiling faces and hidden claws, are repeatedly drawn to our light and try to abuse and extract from us with the same techniques used by those we just got rid of. Gradually we learn to recognize them earlier and earlier, as we cultivate the ability to say "NO". (Learning to set boundaries in Earth school can be very uncomfortable.)*

5. The Reward: *Once we learn to allow relationships only with those who hold values of mutual respect consistent with ours, our lives fill with love and joy and become*

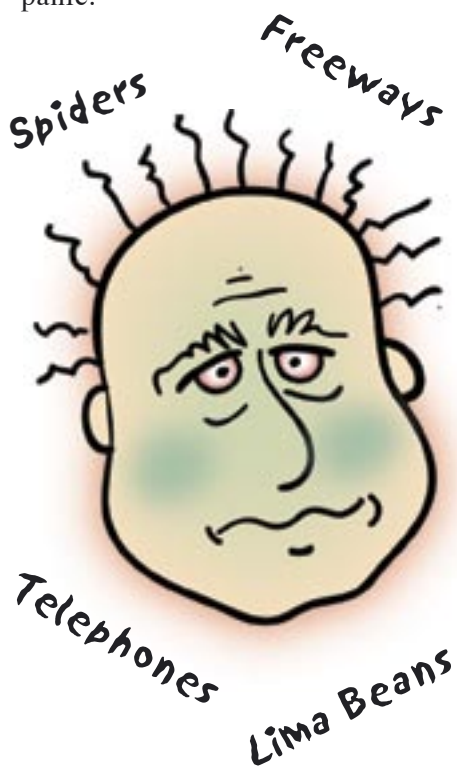
appreciate this growth opportunity. In fact, the stress and anxiety this process creates can be exhausting.

STRESS, ANXIETY and DEPRESSION: The Mirror is the hardest to deal with. One surprising



trivial issues and we respond aggressively or irrationally.

With chronic adrenal firing, the hippocampus in the brain, which would normally moderate the excess sympathetic nervous system excitation, gets burned out, and we are left with a hair trigger, which starts as chronic stress and progresses to **chronic anxiety**. We wind up exhausted, with chronic depression punctuated with shots of adrenal panic.



Our hypersensitive adrenals fire over trivial matters, leaving us exhausted.

With this in mind, we recently proposed the experimental Hippocampus/Adrenal protocol, which involves applying the Body signal of the Infratonic first for 20 minutes to the top of the head pointing down to the hippocampus in the center of the brain, then for 20 minutes to the solar plexus to relax the adrenals. **A few of the dozens of Infratonic User reports of calming this ancient genetic fight or flight response are included here:**

Anxiety/Mood User Reports

STRESS: 52-year-old male (1) high stress manager job (2) had a shoulder injury which resulted in chronic pain issue. Both issues have created anxiety and depression. Using Infratonic 4.3. Used on top of head for 20 minutes and on solar plexus for 20 minutes each day since 10/01/04 – 6 weeks total. 1 x per day in pm before bed – usually. Held wand on the location. I have been in a much better mood overall. I am not getting stressed out at work; we had an audit at work and I breezed thru it – no anxiety problem. I notice that I don't get mad/angry at other drivers on the road. This is a big improvement for me. I have been able to deal with my pain a whole lot better. I have noticed that I have been sleeping better – especially since using the machine – before I had more problems sleeping due to pain. Eddie LeBlanc #45710

PANIC: I have been suffering from anxiety, depression and panic feelings for over 35 years. I get emotional, scared and get ready to run all of the time. My heart pumps out of my chest and I start to sweat. My adrenalin is rushing through my body like crazy. I have been to many psychologist and psychiatrists and nothing has worked for the last 25 years. I have taken drugs also throughout the years. I used the #1 signal for 20 minutes on top of my head, then on my solar plexus, once or twice a day for 7 weeks. I am not as sad all of the time. I feel more self-confident since the protocols. I can stand up for myself more than ever. I feel stronger in my body. I do not suffer as much anxiety feelings as I use to. I can do more things in life without feeling anxious. I haven't had a full-blown panic attack since the protocol. Catherine See #44502

ANXIETY: Heart problems beginning Mid May 2004. 5 days in hospital – extreme fatigue, anxiety, sensitivity to stimuli, developed fears & depression. Applied to top of head & solar plexus using signal #1 for 15 – 20 minutes once per day / 6 – 7 days per week starting 9/11/04 for 6 weeks.

By 4th week anxiety & sensitivity greatly diminished, minimal adrenaline surges.

By 5th week depression & fears reduced, stamina improved. In 6th week had an episode of anxiety triggered by indigestion which caused palpitations & atrial fibrillation but was short-lived and rest of week was very good. Now able to get out without experiencing previous extreme sensitivity to stimuli (driving, visiting, for longer periods of time). Sleeping easier & more soundly, only minor adrenaline surges. Fewer naps & mealtimes per day, making plans for work, happy – no depression. Nancy S Thomas #05179

MOOD SWINGS: 21 years ago I was diagnosed as paranoid schizophrenia – I've been on Prolixin 15 years & Vit B complex 9 years. The busy thoughts went away, but not anxieties or depression (moderate) Infrasonic 8 for 6 weeks nearly everyday on top of head for hippocampus and pituitary, 20 minutes as directed & then solar plexus region. My chronic anxieties faded and as did my depression – the hippocampus and pituitary treatments on top of head produced a very calming effect. I would score this improvement as 98% - such a relief. Sally Merten #45315

DEPRESSION: Mary – 60 years old & long history of headache, neck, mid back & low back pain, severe neck pain & chronic nature in muscle spasms, getting worse, causing depression. Prior to case: medication. Therapy over 2 weeks, 3 x week 15min/hr to top head, fore head & solar plexus. Also used moist head neck in quiet room supine after chiropractic care / adjustments to C1, 2,5, T56, L5, & T51. Patient stated dramatic reduction of spasm / pain, especially depressed mood. Vastly improved sleep quality, awaking more rested. Mental clarity improved. Depression vastly reduced to nil. Patient feels relaxed, calm and energized. "I feel stronger every day" Note: The patient asks for CHI Therapy now every office visit. Dr. Andrew C. Kirk #02759

The CHI Infratonic 8 Workshop

Join us for an intriguing exploration into the nature of human energy fields and consciousness where we will explore not only the latest Infratonic protocols, but also quantify your individual vital field so you can be both observer and participant in some of the latest human vitality research.

To the right is our anticipated schedule. Our workshops may vary depending on the research, and special opportunities

We look forward to seeing you there!!!!

Our Mission:

We are dedicated to educating western health care providers about the importance of human vital energy in health and patient recovery. We believe an understanding of the energetic nature of healing will reduce side effects and medical costs.

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Work Shop Seminar AGENDA:

Saturday, February 26, 2005

7:30-8:30 Registration and pre-test:

(Aura Video System, Kirlian Photography, etc.)

8:30 Intro: Chaos in a Self-Regulating Energy System

9:00 Transfer of Vitality from Caregivers

10:00 User Group Meeting

11:00 Experiments in the Plethoria Dome

(Magnetic Star or Infrasound Theater)

12:00-1:00 Lunch

1:00 Inflammation in the joints, brain, and globally.

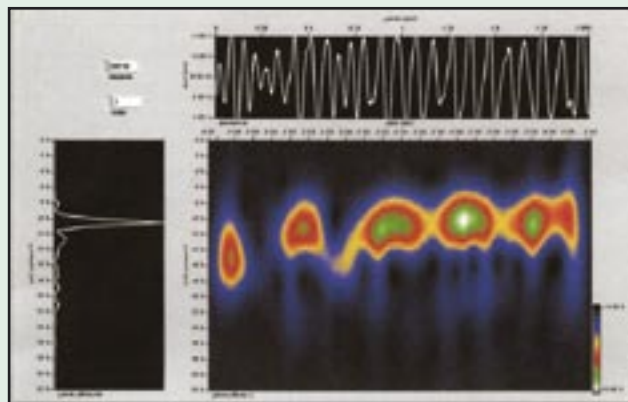
1:30 Clearing Methods

2:00 Cognitive Processing Protocols

(Panic, Fear, Rage, Global Pain)

3:00 Aura Video Experiments

4:00 Hospital Recovery and Orthopedic Protocols



Cost: \$125 in advance. Regretably, due to odd parking restrictions, attendance is strictly limited so those who show up at the door without advance payment will be turned away. Full refund with cancellation 72 or more hours before start of workshop. No refund on short notice cancellation, but fee can be applied to subsequent workshop.

Check our website for additional workshop dates and details: www.chi.us



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