

Neuro-Sleep



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Resistance to change comes from a built in need to protect what we have learned through our life experience. If we can't live by what we have learned we get stressed about it and this stress reaction becomes associated to many if not all other areas in life.

With stress comes a change in hormones and related chemistry in your body. This soup of stress hormones stops the proper recuperation from daily challenges. This builds up until it becomes the problem.

By this time the nervous system has become highly sensitive and at the same time depleted.

The result is a reaction that cannot be expressed and yet continues to influence the nervous system, making it reactive and unable to balance all its different components.

Over time, we extend this pattern of behaviour into a habit.

Once the habit has been established the nervous system is compelled to re-enact the patterns automatically under more circumstances.

You now have Sensitive Reaction Syndrome.

Time as a weapon

One thing we attempt to do to escape the reaction activity, we distort our relationship with time.

Energetically we can change our way of using energy so that we cannot access certain memories or experiences.

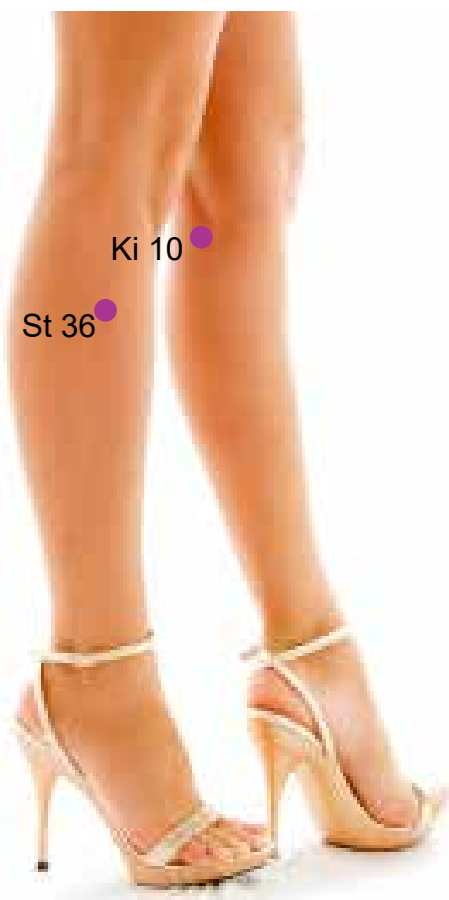
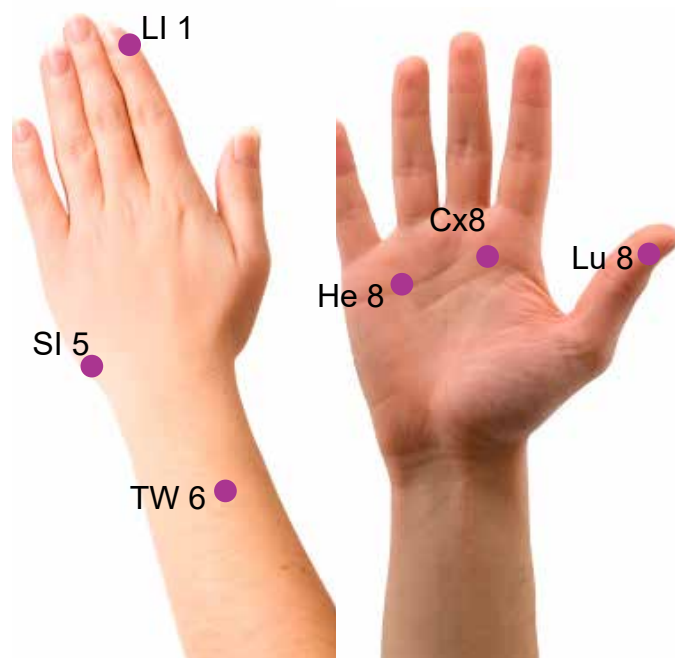
The problem is that if we do that we need to maintain the new pattern to suppress the old patterns.

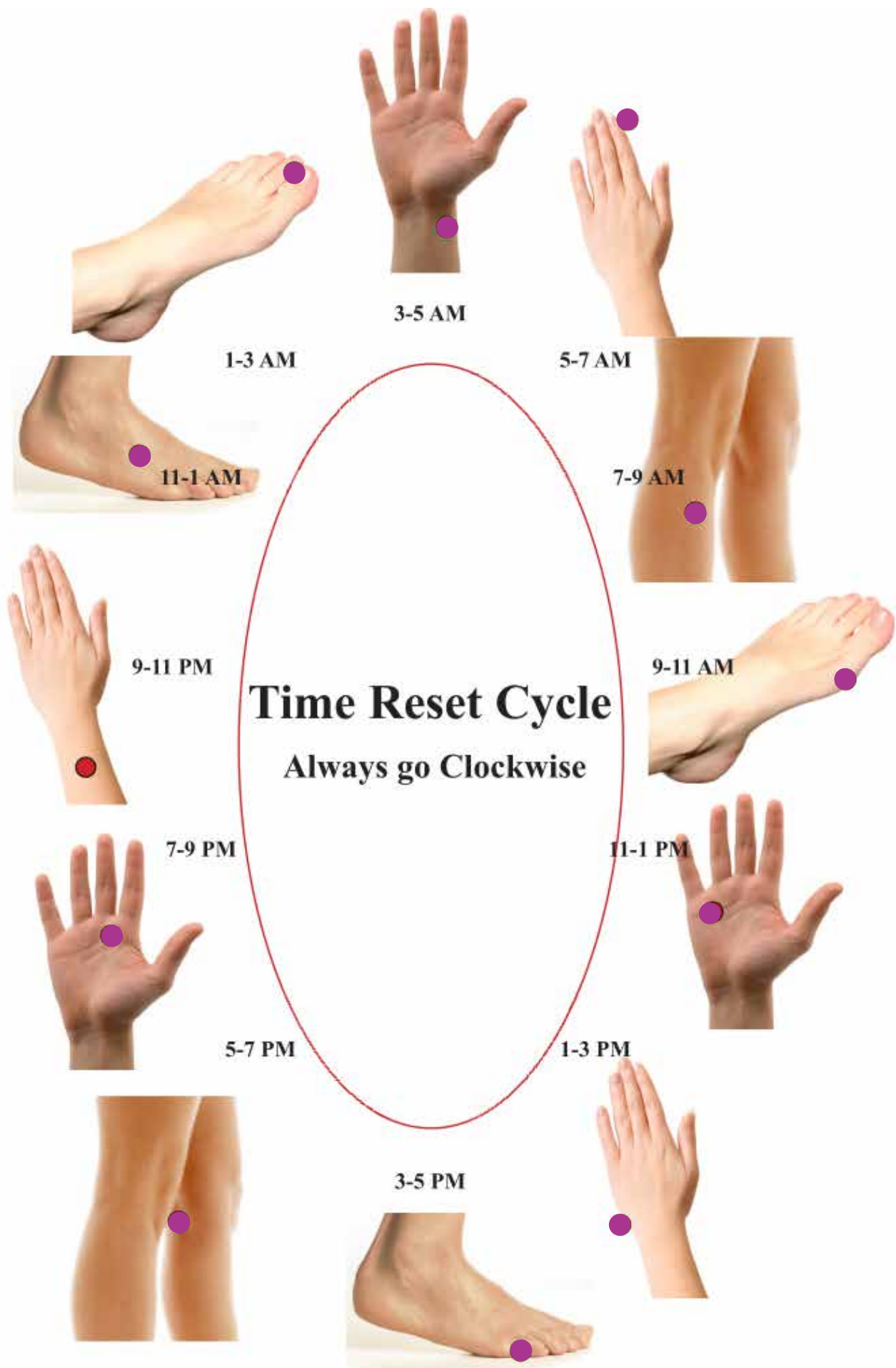
This means our energy systems become compromised and function at a much lower capacity.

Until that compensation is changed the energy patterns will continue to dysfunction.

A great way to reset the 'Time' component of avoiding stress is to use the Horary Points in the Acupuncture system.

		Horary Points
Lung	3-5 AM	Lung 8
Large Int	5-7 AM	L. Intestine 1
Stomach	7-9 AM	Stomach 36
Spleen	9-11AM	Spleen 3
Heart	11-1 PM	Heart 8
Small Int	1-3PM	S. Intestine 5
Bladder	3-5 PM	Bladder 66
Kidney	5-7 PM	Kidney 10
Circ Sex	7-9 PM	Circ Sex 8
Tri Warm	9-11 PM	Triple Warmer 6
G Bladder	11-1 AM	Gall Bladder 41
Liver	1-3 AM	Liver 1





The Time Reset Process

The time energy system can be reset by Tapping certain acupuncture points but only in a certain order.

In the previous page the Time Reset Points illustrate the position of the points to be tapped. The major feature of this energy system is that it will reorganize the energy flow from the local time.

In other words these points need to be started at the Current Time and follow through all the other points and then finish with the points for the Current Time.

For example, if you were resetting the Time Energy Cycle at 4 PM you would start with the points that relate to 4 PM. (Bladder 66). Tap points on both sides of the body.

Jet Lag

This can be reset before and after the trip. After travelling through multiple time zones the energy system can't catch up with the change very quickly and may take up to 14 days to reset.

If you were landing at 10 PM in your country of origin you start tapping the points for the points relating to 10 PM. (Triple Warmer 6).

Continue tapping the sequence of points following the natural time cycle until you finish by tapping the original points. (triple Warmer 6)

Shift Work

The smaller time frame shifts from day to night cycles can also be reset, although they need to be reset more often.

If your work starts at say 12 PM then you start by tapping the point related to that time, (Gall Bladder 41).

Continue to tap through all the points in order, until you finish by tapping the original point again.

This may need to be repeated again the next evening until the sleep cycle moves back to a regular sequence.

When there is a change of shift times, repeat the above process to when you wake in the morning, eg, 7 AM.

Disorientation from Lack of Sleep

Sometimes when a person has been awake for more than 24 hours, their time clock can become out of balance and need to be reset.

To reset the Time Energy Cycle under this circumstance is to start with the point related to the time you want to wake at and follow the procedure as above.

This may work for any influence that disturbs your sleep patterns

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