





# **Synchronize your brain hemispheres**

**and improve your life  
Neo–Kine**

**Ramon Ramos Fernandez**



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## **Presentation 2023**

If you have CHOSEN this book, I CONGRATULATE you!

You have in your hands and before your eyes, a tool for evolution and personal development SPECTACULAR.

I connected with Ramón and Neo-Kine, more than 20 years ago and even being a tool of the last century it is a tool for the new times and continues to be the backbone of my progress.

What I liked most about Neo-Kine, is that it is SELF-APPLICATION, easy to use, involves movements in the body and is very efficient. This means that you do not need previous knowledge of any kind and you do not need a therapist to accompany you and it is like an aspirin, if your head hurts and you do not take it, the question is ... why do you want to continue suffering?

Physical, emotional or mental pain has to do with acceptance, suffering has to do, with how much I am resisting, the latter you can eliminate, Neo-Kine helps you, although it has to be YOU, he and / or she who ASSUME responsibility for your life and your own HEALTH.

When I detect some kind of limitation in my belief system and even some emotion that collapses me or I find myself stressed by an experience... I do the hemispheric synchronization exercises and apply the protocol proposed by Ramón, I always connect with another view of the situation, my body relaxes, there is a relief from stress and pressure to get out of the problem, and if I let everything settle, I find a way to jump, which seemed insurmountable.

I invite you to EXPLORE yourself as a student and / or student, from polarity, to be docile with teaching and to be rebellious in your practice ... Don't believe me... PRACTICE, PRACTICE, PRACTICE and I would invite you, if you want to become aware of your progress, to take a notebook where you write down, you before applying NEO-KINE and you after doing it.

Alicia Diaz Paz  
Therapist and Social Worker

## Foreword to the 2023 edition

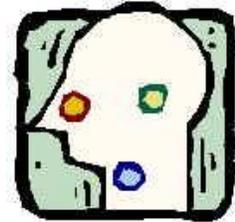
Many years ago, we wrote this text and now we update it, with some new sections and several modifications.

Since the time of its first disclosure, things have changed a lot in our society.

At that time telephone booths were still used and today there are few people in our society who do not use mobile phones. After 2020, many things that a few years ago we would have considered impossible, are now taken for every day.

Today, there are many more means and resources than there were fifteen or twenty years ago in all aspects: education, technology, health, etc. And yet, the daily challenges and problems have increased in the same proportion.

Therefore, we have seen fit to reissue and update this manual in several aspects. This is because of the important and sometimes difficult circumstances that all people face today.



Our daily life is more and more demanding.

There is a high dose of insecurity and uncertainty, along with a widespread feeling at the social level while structures that had worked successfully in the past, are now going through a deep crisis of values worldwide.

These new challenges make it increasingly necessary to update our personal strategies to face them.

The content of this text can be useful to help us to be able to give the best of ourselves in these difficult times; the purpose of supporting the development of our own capacities and faculties. It seeks to show us a simple way to reduce stress in our daily lives.

What is explained in this text is so simple that it seems silly. However, when we practice it and integrate it into our daily lives, a world of possibilities begins to open up that we previously did not recognize.

The practice of this technique and others like it, had the effect on us of transforming our lives. It was like taking off sunglasses, so we could see more clearly everything around us.

We hope that it will also serve you and allow you to understand that all people can live beyond the limits that, until now, have been the borders of our lives.

And that only depends on us, we can get it by ourselves and easily.

We send you our best wishes and I hope that this text will be useful in your life.

## Presentation of the original text

This guide aims to convey the necessary foundations so that, without the help of other people, we can correct and balance many of the emotional and mental disorders that we may suffer today, although we are not aware of it, as happens to most human beings without distinction of race, sex, nationality, cultural level or material wealth. It is a practical and simple method that we can start applying from the first part of the text.

We do not aspire, in this text, to offer in-depth information about any theory or knowledge of any field of knowledge. The aim of this manual is for us to learn how to apply this technique effectively. We intend to inform everything that will allow us to understand reasoned the operation of a method that is easy to learn and apply to correct imbalances in thoughts and emotions.

Neo-Kine is a method of correcting emotional or mental stress. It is self-applicable and therefore, when you learn to do it, you can apply it without the help of other people.

It allows to act in a general way to reduce stress in a person's life and also in specific situations.

That is, it can help both to correct a state of anxiety, worry, aggressiveness, etc. that is lived continuously, as well as to correct anxiety, fear, anguish, etc. in specific situations, such as exams, public speaking, air travel, etc.



The correction of stress is done at the mental level, with simple movements that are controlled simultaneously by the two hemispheres of the brain; However, its effects are immediately noticeable on an emotional level and, in many cases, they are noticed on a physical level.

The speed with which the imbalances of the situations that each person lives in a conflictive way can be corrected is usually surprising the first times the technique is performed.

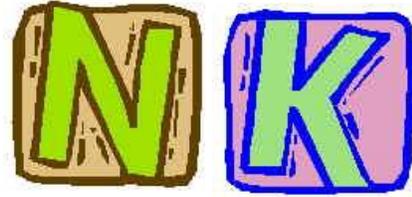
Once you learn how to use this technique, you can use it for a lifetime; Both to correct stressful situations, and to prevent their appearance before the effects of stress become manifest.

The variety of situations that are experienced in a conflictive way that can be corrected is immense. In addition, the altered emotional states associated with such situations can be corrected whether they are situations of the past (even occurred and lived years or decades ago), of the present moment and, even, of the future, preventing before they occur (for example, a job interview or an exam).

Within the Neo-Kine I course, two Balancing (Level 1 and Level 2) and three exercises (Standing Cross Circles, Sitting Cross Circles and Cross March) are taught.

With them, we will learn to reduce or eliminate mental and emotional stress from virtually any situation we may live.

Level 2 Balancing allows you to correct mental and emotional stress and, in addition, dissolve hidden causes that feed it (thoughts and attitudes that we are not aware of or that we have "forgotten", although they continue to influence our lives).



On many occasions, these causes hidden from the conscience are the cause that certain problems are never resolved; even if we try to solve them.

Neo-Kine 1 has been based on the use of information and techniques from different fields of complementary therapies (Kinesiology, Neurolinguistic Programming and Hemispheric Synchronization) that have been synthesized in a fast, simple and effective method.

## **Recommendation for reading this text**

We originally wrote this text thinking of delivering it to the students of the Neo-Kine I course, as a manual that includes all the explanations taught in the course.

This text is an adaptation of that face-to-face course manual, which was designed so that anyone can learn the technique, without receiving the course.

It has three distinct parts (First, Second and Third) and each of them includes the information offered in the 3 classes in which this course is normally taught.

The classes of the course are taught in an interval of 7 days between each of them. What is intended with this is to allow students to apply in a practical way what is explained in each class. In this way, by attending the second class, the students have had the opportunity to practice what they learned in the first.



Therefore, we recommend not reading this manual as if it were a story or a novel, but to pause at the end of each of the first two parts and practice what is explained in them.

In that week of pause between each part of this text we should practice what is recommended, performing the exercises of Cross Circles and the Balancing. In this way we assimilate much better what is explained here.

This technique is effective when we apply it in a real and practical way. If we know its fundamentals, even if we do not put them into practice, then we will not achieve results.

## **Responsibility**

This technique produces changes that can be clearly perceived. It's not a game. It is very important to follow the recommendations that are given; Especially until you have a minimum of experience in your practice (at least 2 or 3 months).

Therefore, it should be clear that when applying Neo-Kine, each person does so as a personal decision and under their entire responsibility.



# PART ONE

## Levels of manifestation.

*There is always a certain correspondence between the laws and phenomena of the various states of being and life [...]: "As above so below; as below is above."*

*The Kybalion.*

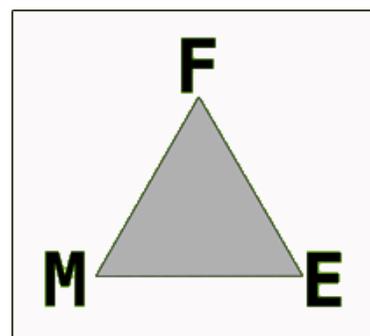
Human beings have different forms of activity, manifestation and experiences, which can be classified in many different ways.

In this manual we will use 3 levels: a level that would correspond to our physical body, our organism; another level that would correspond to our emotions and, finally, a level that would relate to thoughts and all mental activity.

In this way, we consider that human beings are constituted by their own body and, in addition, by their emotions and thoughts.

We have called each of these three aspects: Physical level (F), Emotional level (E) and Mental level (M).

These three levels of manifestation of human beings are shown to be related to each other.



Therefore, it is not possible to separate one part of the human being from the other two. In this way, when a person is sick (in his or her physical body) this situation cannot be isolated from his or her emotional state, nor from his or her mental state.

Both the states of balance (health) and the states of imbalance (disease), "influence" each other in the physical, emotional and mental of each person. That is why, when a person tells us: *"I'm feeling great... the only thing that bothers me is that I can't sleep well at night"*, it is a very questionable reality, since that imbalance in a function of the body of that person and is the reflection of other imbalances in the emotions and in the mind.

In any case, it is normal that most people only tend to perceive imbalances in their physical body, since they are not so familiar with the perception of these states in their emotions and thoughts.

Nowadays there is increasing acceptance, by Western medicine, of the existence of the relationship between emotions, thoughts and the state of health of the organism.

Starting from a principle that we consider true, we consider that:

For an imbalance (for example, a physical illness) to be present in any of the 3 levels we are considering (physical, emotional or mental), it must also be present in the other two levels.



In this way, a state of sadness and melancholy, which is an emotional imbalance, will produce an alteration in the functioning of the physical body and mental activity.

In reality, this usually happens and we will recognize it easily if we remember a time when we lived these emotional states; our body responded with difficulty to the realization of any movement and did so with little vitality; on the other hand, our mind had difficulty reasoning clearly and we were probably immersed in more or less obsessive thoughts.

The same happens when we feel a great worry; this being an imbalance that affects mental processes mainly. Our emotions are altered and we try to avoid having an emotional exchange with people with whom it is normally very easy and we like to do it (family, partner, etc.). In addition, our appetite, digestion and sleep, which are related to the physical level, are usually altered by the situation.

## Balance and imbalance

*Every habit requires all its parts to function. If any of those parts disappear, the habit is disarmed.*

*The Wheel of Time (quoting The Second Ring of Power).  
Carlos Castañeda.*

When we talk about "**balance**", we refer to a correct functioning free of alterations. This is true for the physical body, as well as for emotions and thoughts. We use the word "**imbalance**" to refer to an altered functioning.



This state of imbalance can be present at any of the levels (physical, emotional or mental) of a person.

When the physical body is "**balanced**" its functioning is correct and there is "**health**".

When it is "**unbalanced**" its functioning fails in some aspect and "**disease**" or lack of health appears.

Emotions are "**balanced**" when they are expressed naturally and when there is no excess or a significant lack of one or more of them. When emotions are not expressed because they are blocked, or when several of them are present with excessive or insufficient intensity, it can be said that there is an emotional "**imbalance**".

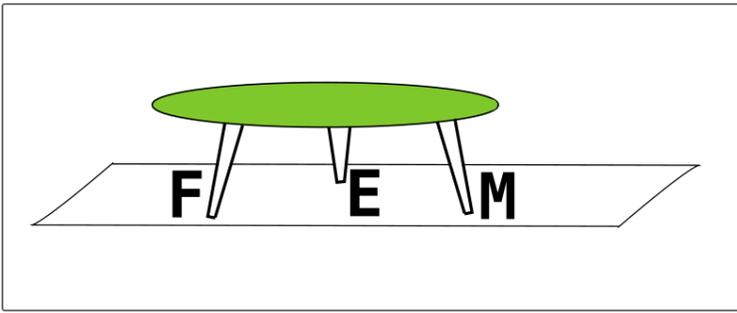
If mental processes are carried out normally, if there is ease of understanding what surrounds us in life, creative solutions are found to the challenges that arise and if there is ease to communicate and understand other people, then there is a "**balance**" on the mental level.

An "**imbalance**" at the mental level can be found in the difficulties of understanding, communication and understanding with other people, in the difficulty to reason, in worries, obsessions, in not understanding or accepting what is lived, etc.

*Imbalances* (whether physical, emotional or mental) are related to what is called stress.

The purpose of this manual is to transmit a method that will allow us to specifically correct the stress response that we have in general in our lives and the one we have in certain situations. Such correction of stress is done at the mental level.

However, given the above about the interrelationship between the physical, emotional and mental levels, if you can correct an imbalance in one of the three levels, that correction will help correct the imbalances present in the other two levels.



We can imagine that an imbalance is a table that has three legs. Each of the legs corresponds to the imbalances in the Physical (F), Emotional (E) and Mental (M) levels. The imbalance, represented by the table, is maintained because it is supported on its 3 legs.

But, if the imbalance is eliminated in any of these three levels, that leg of the table will disappear and, with it, the table (the imbalance) will fall, since it cannot be supported only on two legs. Therefore, it is normal to correct emotional imbalances in specific situations when applying this technique (which we think acts at the mental level) and it is frequent that there are faster improvements in physical imbalances related to that situation that has been corrected.

We include here the experience described by a woman who attended this course (the text in square brackets is a clarification from us):

*Another issue that I balanced was my headaches, lately they were so often that I suffered more than two a month, and they left me helpless, totally useless for more than two or three days, something serious really. Well, since I worked on it [doing a Neo-Kine Balancing] I haven't had one back, and that's two months ago.*

## Person Levels and Time of Balancing

*Healing has absolutely nothing to do with time, I was told. Both health and disease occur in an instant.*

*The Voices of the Desert. Marlo Morgan.*

When the imbalances that are suffered at the physical, emotional or mental level, are not corrected, they end up affecting other levels. Finally, all levels will be affected.

The correction of an imbalance when it is present on several levels (physical, emotional and mental), could be done starting with any of these levels. If the imbalance is corrected at one level, this correction will positively affect the other levels and will cause the correction of the imbalance or, at least, a reduction of its presence in the other levels.

Among the physical, emotional and mental levels, the physical level is the one that can be considered more "concrete", because it can be touched physically, and stable, because its changes require more time; for example, losing weight. While the mental level is the most subtle and adaptable, because it is the one that can change the most quickly.

The emotional level occupies an intermediate place in relation to the concrete-subtle and stable-changing extremes.

When a change occurs on the physical level, the stability of this level makes that change a lasting change. In turn, achieving this change takes time. For example, losing weight effectively, through dieting, requires weeks or months. Even a radical diet, such as a therapeutic fast, requires several days to show its beneficial effects.

On an emotional level, the changes are faster and, when they occur, it is enough with a few hours or even less time to feel the benefits.

The mental level, being the fastest, only needs a few minutes to cause effective changes. Neo-Kine impacts the mental level; Therefore, its effects are quite fast. The speed of change brings with it a certain difficulty in being able to consciously assimilate what is being experienced. Sometimes, people who feel the effects of this Equilibration have difficulty understanding what has happened to them. Sometimes, they even resist accepting that only by applying the Neo-Kine technique they have been able to correct their "problem" in a few minutes, when they had been suffering for weeks, months or even years.



*On one occasion, we consulted a gentleman using this technique as a therapist. We helped him correct the stress of the problem he had; The consultation ended and the gentleman left. We had a second consultation and, in a candid comment, he told us that at the end of the first consultation we had had, he had left with the feeling that we had scammed him. Since I could not understand what relationship they had between the problem for which he had visited me and the "nonsense" we had asked him to do (move his or her legs, arms and eyes, among other things).*

*However, when he relived the conflictive situation or the problem that had prompted him to visit me, he understood that everything had changed for the better and that the "nonsense" he did in the first consultation, must be related to that change.*

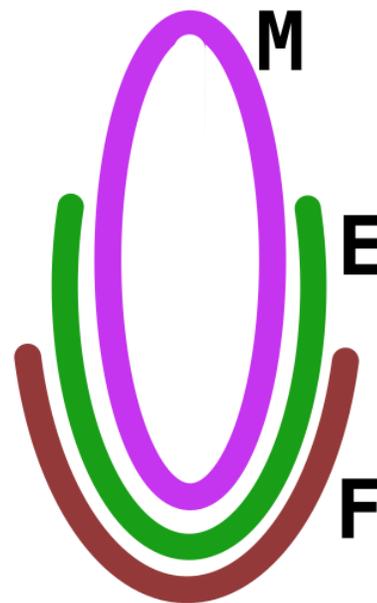
Suppose there is a person who suffers from an imbalance that is present on their physical, emotional, and mental levels.

Let's imagine the imbalance as if it were a ball that has an elongated shape and whose walls have different thickness in each of the three areas that compose it. Each zone would correspond to one of the physical (F), emotional (E) and mental (M) levels.

The area of the mental level (M) is the thinnest and, therefore, the least resistant. The area of the physical level (F) is the thickest and, also, the most resistant. The zone of the emotional level (E) has an intermediate thickness between those of the physical and mental level. Since that ball represents an imbalance for the person, the return to balance (health), would require puncturing the ball to deflate it.

We can puncture the ball in any of the three areas it has. Each of them has its own thickness and, therefore, will offer a different resistance. The area that we can puncture more easily is the thinnest (the mental level), the one that we will puncture with greater difficulty is the thickest (the physical level) and the area of intermediate thickness will offer an intermediate resistance (the emotional level).

This does not mean that a technique that acts on the mental level is more appropriate than others that act on the physical or emotional level. What this means is that, depending on what level the therapy occurs, the result will be more or less rapid. Change on a mental level is rapid, on an emotional level it is intermediate and on a physical level, it is less rapid.



*On one occasion, there was an exchange of comments about types of therapies and times to perform them, when I was explaining this information during a course. There was talk that therapeutic fasting was a therapy that acts on the physical body. Some students had experience or knowledge about it and, when we asked them what its duration should be to be effective, they commented that about 5 days.*

*Also, a student commented that some time ago she had felt emotionally bad about certain circumstances she was living and had asked some friends to go out together to go have fun that night. Upon returning, her mood had balanced and she felt good. We asked her how long she had been partying with her friends and she said about 5 hours.*

*After that, we tell you that, if Neo-Kine Level 1 Balancing is applied, the duration of the stress correction is just over 5 minutes. We take the opportunity to establish relationships between therapy times and different levels of application: in the physical body, with therapeutic fasting, 5 days; in emotions, partying, 5 hours and, with thoughts, with this technique, 5 minutes.*



Every situation and every person is different; Therefore, each case must be studied according to the characteristics it has. Some people react very well to therapies that act on a physical level, others on an emotional level and others on a mental level. Apart from that, each person has a greater natural affinity for one or another type of technique.

Techniques that act on the physical and emotional levels are necessary and useful. Sometimes it is essential to apply them to correct certain imbalances. In relation to the Neo-Kine technique, since its purpose is to correct the stress response and that its application requires little time, you can use it as a complement to other forms of Equilibration or therapy that we are receiving in relation to any imbalance or disease that we are suffering. That is, we can use it to support and enhance the healing and therapeutic effect we receive from other forms of therapy (Western medicine, acupuncture, homeopathy, massage, muscle rehabilitation, diet, etc.).

However, we insist that the above refers to the fact that this method should be considered as a support for other therapies, and that it is not a substitute.



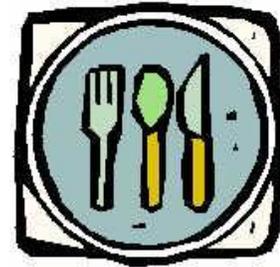
## Imbalances and areas of expertise

States of equilibrium and states of disequilibrium cannot always be considered in a general way. For example, It is possible for the same person to live their work situation in a fairly balanced way and, at the same time, have many difficulties in their relationship with their parents.

Each area of life (friends, work, parents, partner, children, philosophy and religious beliefs, studies, hobbies, etc.) is experienced by each person differently. For example, for some, work is a great satisfaction, while for others it is an obligation that is experienced as a very unpleasant situation. The same goes for other areas of experience in life (friends, children, partner, etc.) and each person will live them in a different way.

There is always a state of personal balance that can be considered as an average; However, this cannot be taken as valid in all areas of life experience.

Imbalances can affect each person differently: some will affect more their physical level, others the emotional and others the mental. Perhaps, in a given situation, the person may have problems sleeping or an excessive appetite (physical level), while on other occasions what he or she feels is a state of anger or sadness (emotional level) and, finally, in some cases, what he or she lives is a great difficulty to be able to think clearly and cannot move a problem away from his or her thinking (mental level).



In each case and in each situation, each person will have a different experience. In some cases, the experiences are lived naturally; In others, their experiences are altered or unbalanced, and can affect both their physical body, their emotions or their mind. As time goes by, and these experiences are naturally assimilated, that person will live the same experience differently.

## Hemispheric Synchronization.

*Singing and beating drums are also an important part of teaching, as they balance the activity of both cerebral hemispheres; In this way we immediately perceive the idea that is transmitted to us.*

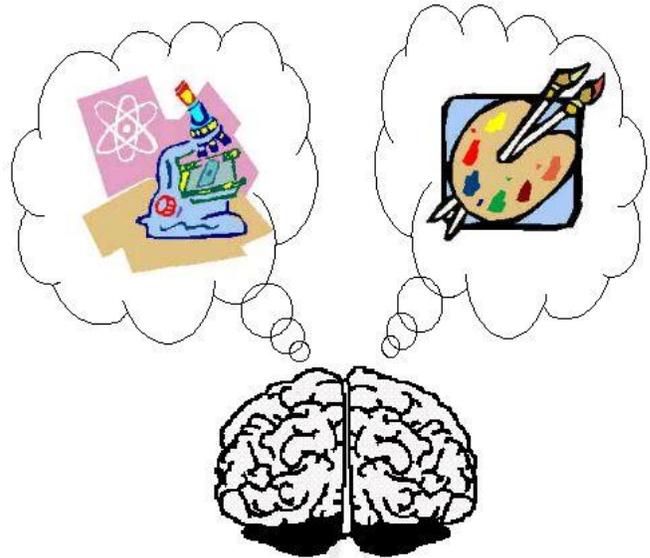
*Quetzal Magazine (February-2002). Dhyanny Ywahoo.*

*[...] when the two [cerebral hemispheres] come together, in the process that is called hemispheric synchronization and that is beautiful because, in addition, it can be seen even with changes in electroencephalographic waves; When that happens, the person begins to see everything in a different light, sees options where before he or she only saw impossibilities, sees paths where before they only saw walls, unlocks himself where before [...] the person was blocked [...]*

*Mario Alonso Puig*

*¿Es posible resetear la mente? (youtube.es).*

The brain is made up of two halves, the right hemisphere and the left hemisphere. Both parts are practically separated except by a bridge of communication between them that is called the *Corpus Callosum*. Each of the two halves is associated with a number of brain functions and a certain way of thinking. For example, the right hemisphere relates to a global way of thinking, while the left hemisphere is associated with detailed thinking.



When a person does activities that mainly use one of the two cerebral hemispheres, an imbalance is created that favors the appearance of stress.

Balance is found in performing activities that use both cerebral hemispheres.

In a person, the greater their balance in the activity of their two cerebral hemispheres, the greater Hemispheric Synchronization they will have and the greater resistance to stress.

## Hemispheric Synchronization and Stress.

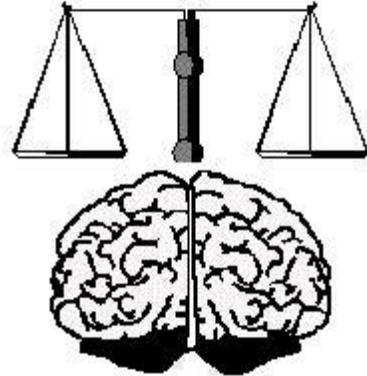
There is a basic principle to justify the exercises that are performed with the Neo-Kine technique:

**When the activity of the two cerebral hemispheres is "leveled", the stress disappears.**

Although it is difficult to justify it, the results based on the experiences we have lived and observed in other people have shown us.

According to this principle, when a person is subjected to a stressful situation, if he or she performs an activity or an exercise that activates both cerebral hemispheres at the same time (such as controlling the movement of the limbs), then the stress is reduced or disappears.

These exercises are called Hemispheric Synchronization exercises and are what cause the two cerebral hemispheres to act simultaneously.



## Choosing the destination of stress correction

Each person suffers, in their daily lives, many different situations that they live with stress.

It is very important to have the ability to choose which situation we want to eliminate stress.

Seen another way; Suppose stress is fire and we are going to put out that fire with water.

There are many places where there is fire and we have water. But we need some system to direct water to places where there is fire. We will need a hose and pressure to push the water towards the fire sources.

The ability to direct the water in the direction we want, we will obtain using the *Stress Test* (later, in this text, we will explain how to do it).

With the *Stress Test* we can choose which situation we are going to reduce or eliminate stress.



Continuing with the previous example, if we use the *Stress Test*, it is as if we had a hose with pressure to be able to choose where to direct the water jet and to be able to put out the fire in the different places; one by one.

## Activate, mark and eliminate stress

*(...) The brain areas that are put into operation with purely interior verbal exercises are the same as those that are activated by these externalized exercises.*

*(...) Only with the inner representation of a movement are the motor regions activated, (...) the inner and outer languages are treated in the same brain regions.*

*Does Thought Exist Without Language?  
Dominique Laplane. Mundo científico. January 2000.*

*When a memory is evoked, a temporary window opens in which it is possible to alter it.*

*Actualizar los miedos para que desaparezcan.  
El Mundo. (10/12/2009).*

*Our work suggests that during the life of a memory there are windows of time in which it becomes susceptible to being permanently changed.*

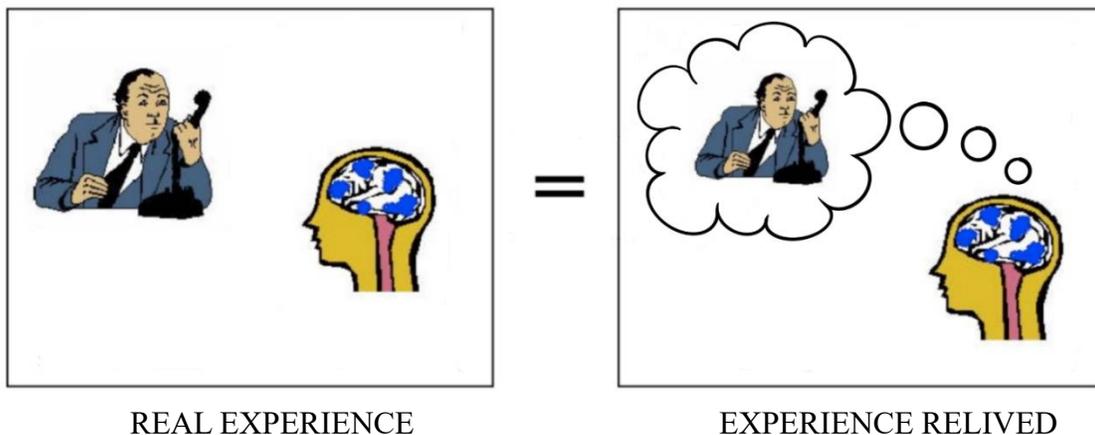
*Daniela Schiller. Actualizar los miedos para que desaparezcan.  
El Mundo. (10/12/2009).*

By doing a hemispheric synchronization exercise, the stress that the person is experiencing at that moment is reduced and its effect acts globally.

Although there may be a situation in which we want to reduce the stress of a situation, a memory or a specific experience and we do not want to do it globally.

In this case, we need some method to be able to "direct" the effect of the hemispheric synchronization exercise towards the stress we feel when living in that specific situation. The way to do it is:

1. *Relive* that situation.
2. Take the *Stress Test* (which will be explained later in this text).



This is effective because when we relive an experience, the same brain areas are activated as when we lived it.

*Reliving, a situation that is lived with stress*, means that the person must try to reproduce imaginarily everything he or she feels in the moments in which he or she really lives the situation that causes stress.

If faced with a real situation, we feel a tremor or a pressure in the belly, we should try to feel the same sensation when we relive the real situation. And if, for example, it happens to us in front of a specific person, we must imagine that we are in front of that person.

By *reliving* this situation, all the "memory" of stress associated with that situation is "activated"; with which, it is as if the person is really living that situation. The brain considers the situation (if properly relived) to be real and reacts as if the person were living it at the time.

In addition, other parts of the body also react as if the situation were real, for example, tensing the jaw muscles, feeling pressure in the stomach area, noticing a cold sweat, increasing the rate of heart beats, etc. Each person reacts differently depending on what the situation is revived.

At that time, if the person performs the *Stress Test*, it leaves a "mark" on all the "zones" that at that moment have stress.

That "mark" will last a while; it would be something like drawing a sign on a wall with a paint whose color fades over time.

Therefore, if the person then does a *hemispheric synchronization* exercise, **the integrative effect of that exercise is directed to all the "zones" with stress that are "marked"**. And the effect they produce is to reduce or eliminate stress.

This reduces or eliminates the stress of a situation, even if the person is not really living that situation.



## Sitting cross circles

To perform hemispheric synchronization, we use the Sitting Cross Circles exercises. In this section we will learn how to perform the exercise of Sitting Cross Circles.

Cross one leg over the other so that the calf can move easily. We use the left leg. (The order of starting with the left or right leg does not matter, we explain it this way to unify the text with the images).



Any of these leg positions shown in the images above are suitable for performing the exercise.



It is also possible to do the exercise while lying in the position of lying on a bed, a sofa or any horizontal surface (a mat, a stretcher, a sofa, etc.).

It is very suitable for people who, for health reasons, are in bed.

We cross the center of the body with the arm opposite the leg from which the foot moves. As in the images, we use the right arm, whose hand should be on the left side of our body.

The left foot and right hand should move in clockwise circles (as we see in the photographs).

At the same time, we accompany these exercises with a movement of the eyes in the same clockwise direction. This will increase the effect of the exercise.

A complete circle with the eyes is done in an approximate time of 15 seconds. However, movement with the hand and foot is faster; depending on the pace that each person wants to execute.

The ideal when making the movement is to accompany it with a slow and deep breathing.

Once the movement is finished with one arm and one leg, we perform them with the opposite arm and leg.

In total, the exercise should last approximately 5 minutes.

In exercise it is important that the arm and leg cross the central axis of the body and make the movement on the opposite side.



We check if the thigh and arm cross, to ensure that we move an opposite hand and foot.



We make a circular movement with the movement of the hand (wrist joint) and foot (ankle joint).

## Hand and foot movement

When performing the movement of the hand and foot, we try to move them synchronized, in such a way that they go at the same speed and in a similar position.

We make the movement without making force, only the necessary to mark the direction of the movement, both with the hand and with the foot.

And, as for the speed of movement, it is not necessary to make the movement quickly. Speed is less important than making the movement by marking the circle well.

In the hand, the important movement is that of the wrist joint. If we move our fingers, we make sure that we also mainly move the wrist joint.

## Eye movement

Eye movement increases the effect of Hemispheric Synchronization when doing the Cross Circles exercise.

It should be done when doing the Cross Circles exercise sitting or standing. The eyes will move at a slower speed than the arms and legs have.

To give an example, we counted the movements of a person who performed the Cross Circles exercise, performed 25 complete circles with the hand and foot while only performing 1 complete circular movement with the eyes.

This is not a fixed rule, since each person has his or her own rhythm and, while some people can make 18 circular movements with the foot and hand for each full circle of eye movement, other people will need 27 and all these rhythms are correct.

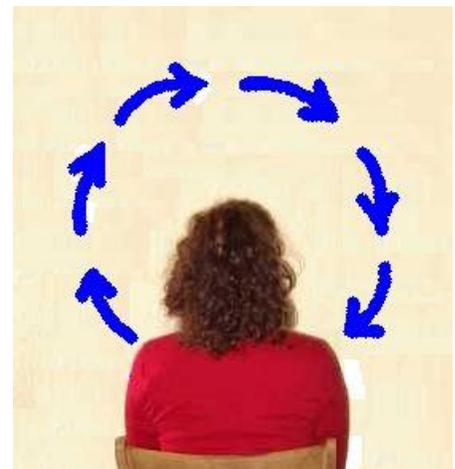
The key thing to always remember is that the eyes should make far fewer circles than the foot and hand.

The eyes will move so that the gaze circles clockwise.

We try to form as wide a circle as possible and comfortable. We should not do it forcefully, we should only take the look as far as it is comfortable for us.

The approximate time needed to describe a complete circle with your eyes is about 15 seconds.

Normally, people who start practicing eye movement learn to do it quickly and in a few sessions they do it easily. It is rare that they do the move well in the first attempts; It is practice that allows them to perfect movement.



Sometimes, some people have had small problems that are solved in a simple way as we expose below:

If the eyes do not describe clear circles because, when moving, the gaze moves in leaps, everything that is observed in the path of the movement of the eyes, must be focused and seen clearly. That is, it is not only about "passing" the look on the things that are observed leaving a blurred image. The aim is to see clearly everything that is in the path we make when we move our eyes. Having to focus forces us to reduce the speed with which the eyes move and, generally, this is enough to solve the problem.

Sometimes the eyes make "jumps" at certain points and pass over areas that are not covered with the gaze. Many times this occurs at a specific point of the circular movement of the gaze and does not occur in the rest of the path followed with the eyes. In addition, the situation is repeated at every turn of the eyes in the same place of the circular movement.



The solution to this problem would be the same as in the previous situation, although paying attention to making the movement especially slow when passing through the parts of the visual path where these "jumps" take place.

Once these difficulties have been resolved, the way we consider most appropriate to observe the path that follows the gaze (once we have practice doing the exercise) is to observe the visual route globally, without paying attention to the details.

## Effects of practicing Cross Circles

Practicing this exercise regularly helps to increase Hemispheric Synchronization, and, therefore, to prevent the onset of stress.

If we are altered for any reason; by doing the exercise, we will see that our emotional and mental state will improve.

Likewise, when we feel that we live circumstances that overwhelm us and that we are about to pass our emotional or mental "resistance limit"; surely that will be the right time for us to pause and make Cross Circles to regain our balance.

The practice of Cross Circles will help us overcome any difficult moments.



## Cross March



Cross-March is a Hemispheric Synchronization exercise that is very easy to perform.

Although there are many ways to do it, basically the basis of the exercise is that an arm and a leg that are opposite are moved at the same time. That is, if we move the left arm, we will move, at the same time, the right leg and if we move the right arm, we will also move the left leg.

An easy way to do this would be to touch the opposite leg with your hand when making the movement.

It can be very useful to explain to someone a Hemispheric Synchronization exercise that hardly requires some learning time.

We can do it by adding the eye movement as explained to perform Cross Circles.

And, in case of doing it with eye movements, we must bear in mind that we could lose balance in body posture. Therefore, it is better that we do it by resting the hips on a wall, at a table or sitting to have a secure support and avoid losing balance in body posture.



# The Stress Test

The Stress Test is based on checking the strength of some leg muscles.

Normally this check is done while a situation is being relived or after making an affirmation.

If a person relives a situation and takes the Stress Test, then:

- If that person has no stress, the strength of the leg muscles remains stable.
- If that person has stress, the strength of the leg muscles decreases. That weakness can be clearly noticed at times. At other times, what is perceived is a tremor that can be very light.

## What is it for?

The stress test is used to check if there is stress in relation to a phrase, a stimulus or a relived situation. Detect stress if the person is aware that they have it. And it also detects stress, even if the person does not know that he or she lives the situation with stress.



In practice, it is like a "truth machine" (a polygraph), but simpler and easier to "use".

In addition to allowing you to recognize if there is stress in a phrase or situation, the Stress Test has the virtue of leaving a "mark" on everything that reflects stress. That "mark" will be active for a few minutes and then disappear.

**Those "marks," while active, cause the effect of performing a hemispheric synchronization exercise to be directed toward what is "marked" and thus help direct the effect of reducing or eliminating stress.**

If there is nothing "marked" when doing a hemispheric synchronization exercise, the effect of eliminating stress acts in a general way in the person.

It can also happen that there is something "marked", although the person is not aware of it. The comment that follows describes a situation in which this occurred.

*During one course, a woman became angry when she heard a comment from another person, just before starting a Balancing. [Balancing is a process that is done to remove stress from a situation, and we will explain it later]*

*When the situation normalized, we did the Balancing and, at the end of it, we asked the attendees about their experiences.*

*The woman who had become angry commented in surprise that her back pain had disappeared. She explained that when she got angry, her back hurt. She also commented that what she had wanted to correct with Balancing was not that pain, but something else.*

*The explanation we gave her was that, although she had not chosen the pain in the back to balance it, that pain was present and, therefore, by doing the Stress Test during Equilibration, that pain had also been "marked".*

*Therefore, by doing the hemispheric synchronization exercise, the stress related to that pain had been eliminated and the physical symptoms improved as well.*



## The Stress Test and the Non-Conscious Mind

*(...) analyze the problem in all its aspects and possibilities, including that we unconsciously do not want its solution (which happens more often than we can imagine), (...)*

*The Great Book of Dreams, Emilio Salas.*

The Stress Test is a technique through which we can obtain information from our non-conscious mind.

To do this, it is enough that we make a statement and then perform the Stress Test:

- **If the response of the muscles of our legs is normal**, that indicates that our thoughts, of the conscious part and of the non-conscious part of our mind, agree with that statement.
- **If the strength of our leg muscles weakens**, it indicates that our thoughts, the conscious part or the non-conscious part of our mind, disagree with that statement.

On many occasions, we make a statement that we consider clearly true and, the response we get through the Stress Test, when the muscles of the legs weaken, indicates that there is a part of our mind that does not agree with that statement.

For some people it is difficult to recognize that this is possible.

A very characteristic case is that of people who have been suffering from a disease for many years. It is possible that, in the face of the affirmation " I am recovering from my illness ", the response you get indicates that a part of your mind does not agree with that purpose.



We believe that this is much more frequent than it seems in sick people, although those people are not aware of it.

*On one occasion, a woman we knew and knew couldn't get pregnant attended a conference about Neo-Kine and volunteered for a demonstration we were going to do on how to do a Neo-Kine Balancing.*

*As we had talked before about her difficulty in getting pregnant (she had already made several attempts with artificial fertilization without success), we asked her to relive how she felt that situation and we did the Equilibration.*

*We detected the presence of non-conscious thoughts that claimed that "I didn't want to get pregnant" and that I "couldn't get pregnant" and were corrected by doing Balancing.*

*Sometime later, she told us that, the next attempt at artificial fertilization, she became pregnant.*

We recommend practicing the set of techniques that are transmitted here, even if they seem little "useful" or "effective". After having had the experience, we will be able to comment on them in a way more adjusted to their real effects.



## Attitude to the Stress Test

Limb movements can be conscious or reflexive.

The conscious are guided by the will of the person. Reflexes, such as withdrawing the hand when feeling severe pain, are not controlled by the person's will.

When performing the Stress Test, what is intended is that the strength or weakness of the thigh muscles is not controlled by the will.

If we choose and influence the answers our muscles will give, what we are getting is the answer we expect or desire. That answer will not clarify anything about knowing what happens in our non-conscious mind, since that answer is adjusted to our conscious thoughts.

Ideally, we should do it as observers of the results, without implying that the response is strong or weak.

In this way we will obtain answers that will indicate what happens in our non-conscious mind. Possibly, we will take more than one surprise with the results.



We must emphasize that, when we perform the Stress Test, **the important thing is the process of "marking" what produces stress in our mind.**

This is important because, by "marking" those thoughts, memories, affirmations, etc., we leave them in a "vulnerable" situation and we can correct them by doing Hemispheric Synchronization exercises later.

And finally, we must clarify that, if the process of the Equilibrations explained in this text is followed, the process will work normally. Even when we are not able to recognize if the Stress Test tells us that there is stress or that there is no stress in each situation.

The process of "marking" what causes us stress (when performing the Stress Test) is a natural response of our body and, if it is done normally, it will work well.

The process of "marking" what causes us stress does not depend on our opinions, our expectations or our ability to recognize the result of the Stress Test.

## How to perform the Stress Test

To perform the Stress Test we must adopt the position indicated in the photo on the right:

Sitting: Try to sit on the edge of the chair or armchair, supporting only the hips, so that our thighs can move more freely.



Legs: Place your feet parallel, approximately the width of your hips, flat on the floor and with your heels slightly forward in relation to your knees.



Hands: Place your palms close to your thighs. The tips of the index, middle and ring finger of each hand touch the protrusion that forms the end of the thigh bone (the femur).

In the Stress Test, we check the resistance of the thighs to finger pressure.

To do this, we press for one or two seconds. We must increase and decrease the pressure gradually, we avoid doing it quickly or abruptly. We make a resistance with the muscles of the thighs maintaining their intensity, that is, that does not increase or decrease the force.

We keep the knees at the same distance and, by resisting the pressure of the fingers of the hands, we do not make a movement that separates them. Only if the thigh muscles are weak will the knees move slightly closer or have a slight tremor. We take into account that the muscles of the legs are much stronger than those of the arms. Therefore, we make a medium or strong pressure with the fingers of the hands.

## Preparing to Take the Stress Test

The steps described below should be performed each time we start doing the Stress Test. In the event that we do the Stress Test several times in a row, it is only necessary to do these steps at the beginning:

1. We adopt the position: seated, with the legs placed and with the hands on the thighs. We look at something neutral (like the wall, the floor, etc.), trying not to think about something specific, and we do the Stress Test. We feel the natural resistance of the thighs.
2. We think of a statement that is false and then perform the Stress Test. A false statement could be:
  - "It's night" (if it's really day).
  - "Today is Monday" (if it's really another day of the week).
  - "I'm standing" (we're actually sitting).
3. Then we think of a statement, which is true, and immediately afterwards we do the Stress Test. A true statement could be:
  - "It's daytime" (if it's really daytime).
  - "Today is Thursday" (if it really is Thursday).
  - "I'm sitting" (and we're really sitting).



Under normal conditions, the muscles will give a natural response when the statement is true (i.e. they maintain their strength and do not move the knees).

However, they will give in, get slightly weaker, or show a slight tremor in the knees, when the statement is not true (producing us with a stress response).

If we cannot clearly perceive whether the thighs are giving way or holding firm, we should not be worried, since the effect of Equilibration is maintained. The two Balancing (Level 1 and Level 2) of this course are effective, even if they are done by someone who does not recognize the difference in the response given by the muscles.

After doing the *Stress Test Preparation*, we are in a better position to perceive when there is stress, by doing the *Stress Test*.

# The Balancing

A Balancing is a process that aims to eliminate the stress of a situation that we live with some type of alteration (anxiety, fear, anger, displeasure, aggressiveness, sadness, etc.).

In it a series of steps are carried out, performing certain activities.

Those activities include doing the Stress Test to the situation that is being balanced and doing a hemispheric synchronization exercise, although some other things are also done.

The phases that we carry out in a Balancing are:

1. We do our personal preparation.
2. We mark the stress of the situation that we are going to balance. With the Stress Test.
3. We correct stress. Doing a hemispheric synchronization exercise.
4. We check if there is stress in the situation that we have balanced. With the Stress Test.



Personal preparation consists of:

- We drink a glass of water. This is not essential, although we recommend it. Many people are normally underhydrated and that lack of water in their body makes them less resistant to stress. Popularly, when a person has experienced a traumatic or very stressful situation, as an immediate remedy a glass of water is usually offered to the affected person.
- In the event that we are upset for some reason (worry, nervousness, tiredness, etc.), we do a hemispheric synchronization exercise (such as Cross March or Cross Circles). We do this before starting the Equilibration, so that we have a good level of hemispheric synchronization.

Both to mark the stress (point 2) and to check if there is stress (point 4), we must start by doing the Preparation for the Stress Test, then we relive the situation that we are going to balance and, at that time, we do the Stress Test.

Point 2 is intended to mark the stress that manifests itself when reliving the situation.

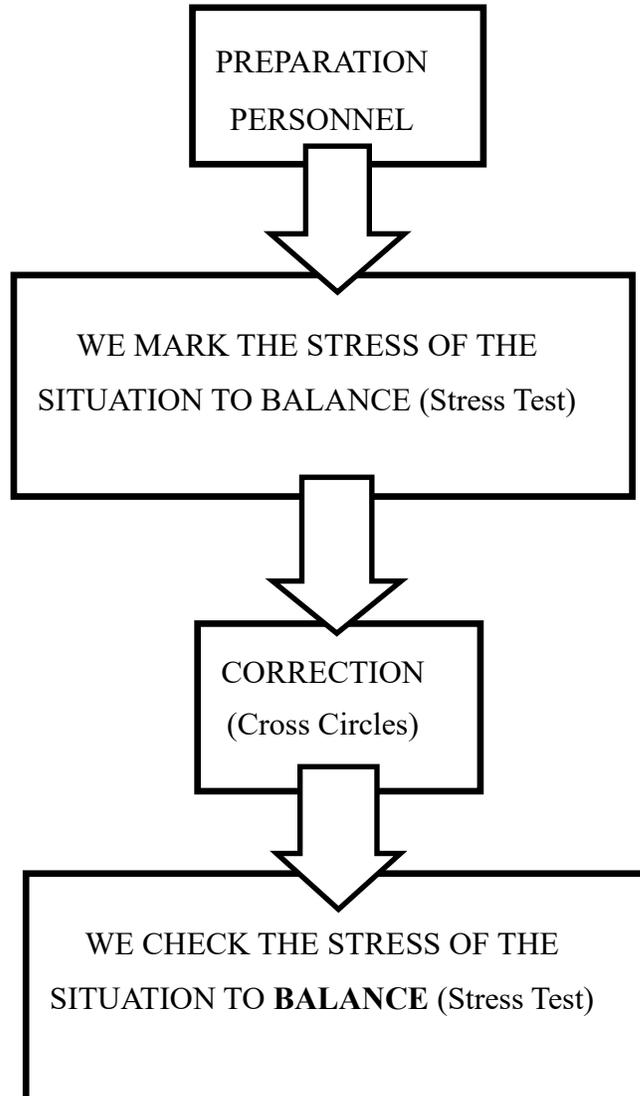
In point 4, what is sought is:

1. **Consciously:** we check if we still have stress when we relive the situation.

2. **Not consciously**: we make our body recognize that the stress of the situation has been reduced or has disappeared.

The above text mainly explains Level 1 Equilibration, although that explanation is valid for Level 2 Equilibrations.

## Schematic of a Level 1 Balancing.



## Balancing (Level 1):

1 - Take a glass of water.



2 - If we consider it necessary (due to fatigue, nervousness or other alteration), we do the Cross March or Cross Circles exercise.

3 - We prepare to perform the Stress Test.

We relive the situation and do the Stress Test.



4 - We do the Cross Circles exercise.

5 - We prepare to perform the Stress Test.

We relive the situation and do the Stress Test.



## Why limit the practice of Balancing?

*In this nocturnal period (...) it is when (...) the endogenous defensive energies carry out a reparative action of all the daytime wear.*

*Acupuntura. Fundamentos de Bioenergética.  
A. Carlos Nogueira Pérez.*

*While we sleep, the brain takes the opportunity to put the whole system in order: it updates the information retained, establishes links between various memories and discards unnecessary data.*

*El Guardián de los Recuerdos. Magazine (21-Jul-2002).*

The reason for putting a limit on the number of Equilibrations is that every time a Balancing is made, internal changes occur in the person, which affect his or her thoughts and, indirectly, his or her emotions and his or her physical body. The person will need mental, emotional, and physical readjustments to adapt to these changes. Those readjustments take time to complete.



During that time, no more Equilibrations should be made, since they would produce new changes, when the previous ones have not yet been assimilated.

When the readjustments are taking place, we are in a state of fatigue, anxiety or tension more or less manifest that will disappear when those changes are assimilated.

To assimilate the changes, it is best to sleep. Therefore, a good time to do a Balancing is a while before going to sleep at night, or before nap.

As we will not be able to anticipate the magnitude of the change that a Equilibration will produce for us, we must be cautious. Therefore, let's try to do the Balancing when we don't have any major commitments later.

Generally, the changes caused by a Balancing go unnoticed. On some occasions, they are slightly noticeable and, a few times, they are quite intense.

Each person usually has some symptoms that are usually repeated after doing a Balancing and, normally, they are somewhat different from one person to another. However, all people have in common the experience that, after sleeping, the symptoms are markedly reduced or disappear.

The symptom that virtually all people have is that of feeling the need to sleep.

The following experience was transmitted to us by a student who took the Neo-Kine II course:

*At the end of performing the first Equilibration I felt quite tired mentally and eager to sleep.*

*The next day, I spent the morning with a dull head and had difficulty concentrating on intellectual*

*work, and I felt unwilling and quite indolent.*

*I rested after lunch taking a nap, which I hadn't done for months.*

It is important that we keep in mind that:

- The inner readjustment that occurs after balancing can last a few hours or several days and it can be difficult to recognize if it has been completed.
- Of the 2 Balancing of this course, Level 2 Balancing makes "deeper" changes and, when we do them, we will need more time to adapt to its changes.
- Sleep is important. And we may need to sleep more hours over several days and not just a few hours the night after doing a Balancing.
- We suggest that you respect the frequency recommended in the course to practice the Balancing.



## THE RETURN TO BALANCE

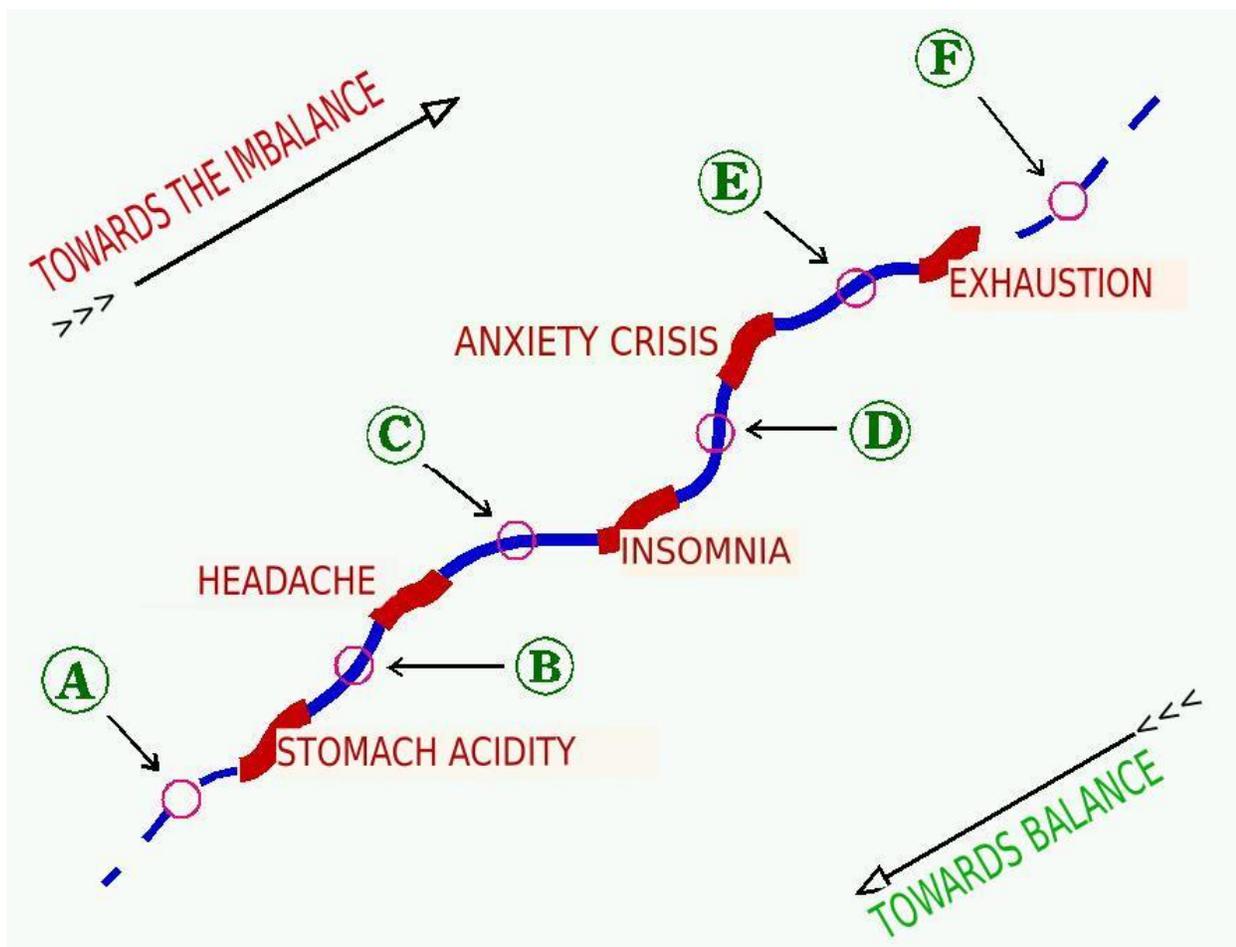
*Before you heal someone, ask them if they are willing to give up those things that are making them sick.*

*Hippocrates.*

When we mention the word "*Balance*", in this part of the text, we consider it with the same meaning as that of the word "*Health*", giving *Health* an integral meaning: health of the physical body, health of emotions and health of the mind.

Let's imagine that the state of health that a person has can be located as a point that is located on a line.

That line has, at one end, the complete *Equilibrium* (*Health*) and, at the other extreme, there is the complete *Imbalance* (the lack of *Health*).



A person's health is always at a specific point on that imaginary line and is never at the extremes. Although, depending on lifestyle, diet, the activity, etc. of that person, can be more or less close to one of these two extremes.

The graph represents what we have discussed in the previous paragraph. Considering that the dashed parts at the ends of the line indicate that the ends of the line continue, even if they do not appear in the graph.

The parts of the line that have a greater width symbolize symptoms of poor health (such as insomnia or exhaustion). And, when the person's health status "travels" those areas, the person suffers those symptoms.

The parts of the line that are thinner symbolize that the person has no symptoms of lack of health. Therefore, when the person's state of health "travels" those areas, the person feels good.

Now, let's imagine that there is a person whose state of health is "situated" at point A.

This person begins to live in an unbalanced way, because he or she works many more hours than usual, sleeps fewer hours than usual, the quality of his or her diet has worsened as a result of eating at work and does so with "fast food", has started smoking and it is usual to end the workday drinking alcoholic beverages.

For a while, his or her new lifestyle habits do not cause him problems, although his or her situation in the health line of the graph moves towards *Imbalance*, until he enters the "Heartburn" zone.

For a few days he or she feels this discomfort and decides to take a product that eliminates the symptoms of "heartburn". The person believes that he or she has already recovered his or her health, since the discomfort has disappeared. However, the product he or she consumed was intended solely to eliminate the symptoms of the "heartburn" he or she suffered, not to cure the causes.

Therefore, without the person being aware of it, his or her movement in this line of health continues to be directed towards *Imbalance* and, from being initially at point A, he or she has now become at point B.

As the symptoms have disappeared, the person thinks that he or she is already "healthy" and continues with his or her new habits of life until, after a few weeks, he or she begins to suffer from Headache.

The process is repeated, takes a product that eliminates the symptoms, then the person believes that he or she is already "cured" and continues with his or her habits of life.

It is now in the zone of point C and its point on the line of health keeps moving in the direction that leads towards Imbalance.

After various circumstances, the person goes through points D, E and F. Upon reaching point F, the person becomes aware that their health is deteriorating and decides to transform their lifestyle habits, trying to work less, rest more, eat a balanced diet, not smoke, avoid alcohol, practice physical exercise regularly, etc.



In this way, the "movement" that was previously directed towards *Imbalance* is reversed and now it is directed towards *Balance*, health.

Starting from point F, in the movement towards Balance, it must pass through points E, D, C, B, A and continue to "approach" towards *Balance*, health.

In this tour, the person will find all the symptoms that he or she previously suffered, but in reverse order (Exhaustion, Anxiety Crisis, Insomnia, Headache, Heartburn), and in a more intense way, although they will last less time.

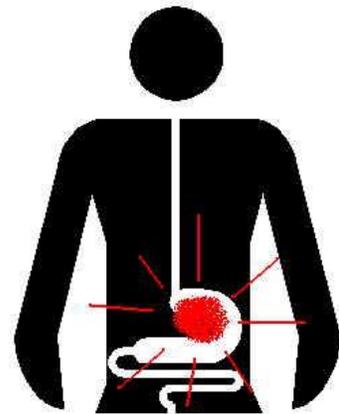
Returning to feeling symptoms that you had previously suffered is very important, because the appearance of those symptoms, which seem like things from the "past", reflects a true healing process. That is, the symptoms are not being hidden (healing only apparent), but the causes that originated those symptoms are really being corrected.

We include this explanation in the text of this course because we may begin to feel discomfort or imbalances (they can be physical, emotional or mental), when practicing the exercises and the Neo-Kine Balancing. If it happens to us, we recommend trying to remember if in the past we suffered that situation or those symptoms that now cause us discomfort.

If so, let's look at how long those symptoms last. Possibly their duration will be reduced to hours or days and then disappear as unexpectedly as they appeared.

This text is an experience transmitted to us by a student. The text in square brackets is our clarification.

*As symptoms worth noting, I remember when you said (...), because a few days later I got an acidity [of stomach] as I had done years ago, without more one morning I felt a strong acidity that lasted two hours, and that did not improve despite taking two (...) [antacid tablets]. Then I remembered that at a certain point in my past it was a symptom that bothered me for a long time.*



## Best practices at the end of Part One

<b>Cross Circles</b>	<b>Balancing</b>
	
<p>We do it 1 time a day.</p> <p>And it would be convenient to rest at least 1 day a week. That is so to avoid fatigue from routine.</p>	<p>We recommend doing 1 Balancing per week, maximum.</p> <p>We can do the Balancing less frequently (for example, 1 Balancing every 2 weeks or 2 Balancing every 3 weeks).</p>

## We write down the Balancing we have made

It is interesting that we keep track of the Balancing we have made.



With the passage of time, we may perform dozens or hundreds of Balancing and we may be interested in consulting when we did a Balancing, for example, to check if the effects are maintained or if we continue to live that situation with stress.

To do this, it is enough to have a notebook or loose sheets where we will write down the situation or *Goal* that is balanced and the date on which we do it. In addition, we can include comments about the effects we have felt, how we have experienced the situation, etc.

A sheet model is included on the next page to record the data for each Equilibration. We can print it to record our Balancing.

## Sheet to annotate Balancing we have made

Sheet n°: .....

<b>Balanced Situation or Goal - Comments</b>	<b>Date</b>



## PART TWO

### Standing cross circles.

This exercise is a variant of the Sitting Cross Circles exercise.

It is done while standing and the joints that move are the hips and shoulders. It consists of moving an arm and a leg from opposite sides: left arm and right leg or right arm and left leg.

It differs from Sitting Cross Circles in that the posture does not remain fixed throughout the exercise, but the leg and arm that are moving must be placed in different positions. There are three positions to mark the circles with each of the moving limbs: on its side (left or right), in the center and on the opposite side.

When performing the exercise, we recommend looking for a point of support with the arm that we are not moving. In this way it will be much more comfortable. Also, it can be easier if we rest our hips on the wall, on a table or on the back of a chair or armchair. This way we will avoid unloading all the weight of our body on the same foot for a few minutes.

Before we begin, let's imagine that, on the ground, right between our feet, there is a line that leaves aside the left half of our body and the right half on the other.

We visualize this line because, in the different phases of the exercise, the leg and arm that move will make the movement on both sides of the line or on the line.

When doing the exercise, we do not make strong or sudden movements. It is also not recommended that we raise the leg or arm a lot.

The important thing is to make the circular movement, both with the arm and with the leg. The joints we need to move are the hip and shoulder. We try to move our leg and arm with the same speed, so that the movement is synchronized and "unified".



## How to do it

We lean on the right leg and left arm, when performing the exercise. The movement will be done with the left leg and with the right arm. Starting in this order is not important and can be done the other way around, if we prefer.

### PART 1:

#### First phase:

With the right arm and fingers pointing to the ground, we make circles making the movement clockwise (photo on the right). The movement is performed with the shoulder joint. We also make circles (they do not have to be wide) in the same direction, with the left leg. The movement is performed with the hip joint.



#### Second phase:

The same arm and leg continue to make the circular movement in the clockwise direction, but in front (photo on the left). In each circle that describes the arm and leg, half of the movement is on the right side of the body and the other half on the left side, taking into account the position of the imaginary line discussed above.

#### Third phase:

The same arm and leg keep making the circular motion in the same direction. Both the arm and the leg make the movement on the opposite side of the body, as shown in the photo on the right. The movements described by the two limbs, in this new position, remain circular.



Fourth phase:

In this phase the same movements are made as in the second phase.

Fifth phase:

In this phase the movements of the first phase are repeated.

PART 2:

We perform again the five phases of the exercise moving the arm and leg opposite to those used in the 1st part of the exercise, that is, the left arm and the right leg.



The exercise requires keeping the weight on one foot for about two and a half minutes. Therefore, it can be very forced, especially for people with delicate ankles or with too much weight to support with one leg for so long.

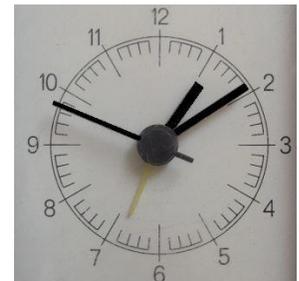
To facilitate the practice of movements, we recommend resting the hips on the wall, or that we rest the buttocks on the back of an armchair, a chair or the edge of a table.

In this way, we will greatly reduce the weight that our support leg must support and it will be easier for us to do this exercise.

Duration:

The duration of the full exercise is approximately 5 minutes. Time that we will take as a reference, since the exercise can last more or less and work perfectly.

For the exercise to last about 5 minutes, each phase should last about half a minute. We adjust the duration of the eye movements so that they allow us to perform the exercise in that time.



One possibility is that, in each phase, we make only one full turn with our eyes. In this way we will not have to be attentive to count the number of turns that we must make with our eyes, with our arm or leg.

# Self-deception

## The conscious and non-conscious part of the mind

*The human being is the only animal that deceives itself.*

*Heard on the radio. Unknown Author.*

*The house was an altar with ten thousand acolytes, large, small, helpful, attentive, in choir.  
But the gods had disappeared and the rites remained foolish and useless.*

*Martian Chronicles. Ray Bradbury.*

*(...) It is the energy that is not seen, but that exists (...)*

*Ursula Cosmic.*

*La entrada de Saturno en Piscis. (youtube.es).*

When someone thinks, reflects, remembers, imagines, etc., he or she has the idea that all the mental processes he or she performs are supervised by his or her consciousness; the same happens when he or she acts, for example, when moving, speaking, relating to other people, etc.

However, for an observer, it is possible to perceive that on many occasions people think they do one thing and, in reality, they do another.

We understand this if we accept the possibility that a part of our mind works without us being aware of it.

In other words, there are mental processes that we perform without us being aware of them and without being able to influence them with our will.



That part of the mind that is not under the control of our consciousness we will call "*non-conscious mind*". Many of the actions (mental, physical, social, etc.) in our daily lives occur in, or are influenced by, the *non-conscious mind*. However, we do not consciously perceive that this happens.

In this "hidden" part of the mind are stored many thoughts, memories, attitudes, desires, rules of conduct, etc. Many of them favor our natural development as people and our expression in life. You could say that they "help us live better."

Although there are other thoughts, desires, etc. that hinder, limit, hinder, block, etc., our expression in certain situations of our life. Here it could be said that they "hinder the possibility of living better".

These thoughts, attitudes, etc., which interfere with the natural expression of our life, are usually hidden and well concealed so that we are not able to recognize their existence. They are the "self-deceptions".

Self-deceptions are the result of learning or attitudes developed in a past stage of our lives that, at present, lack meaning and usefulness or that, simply, cause us problems and difficulties.

They can be considered thoughts, attitudes, etc., that are "out of place" because the person lives totally different circumstances for having changed their way of acting and their beliefs about life.

*One student told us that, as a child and adolescent, he avoided exams by pretending to be sick. As an adult, he took an exam to get a job in which there was a very demanding section of physical tests.*

*Three days before the exam, he had a fever that had no apparent cause and that he associated with what he did as a child shortly before the tests he wanted to avoid.*



Self-deceptions usually act in seemingly "justified", "logical" and "reasonable" ways.

## Characteristics of Self-Deceptions

*Prejudices dominate us by exerting, through the unconscious way, a direct influence on our behavior.*

*Prejuicios. Arnd Florack and Martin Scarabis.  
Mente y cerebro, issue 8, 2004.*

Self-deceptions has some peculiarities that should be known. Here are some that we consider important:

- 1/ They are "situated" in the non-conscious mind, and, therefore, the person is unaware of their existence.
- 2/ We can say that they are unbalanced thoughts, since if they are activated with the Stress Test and a Hemispheric Synchronization exercise is performed, their effect is reduced or they disappear.
- 3/ Their activity causes stress and limits the experiences that the person can live and assimilate.
- 4/ The influence they exert on us remains even after years; that is, they do not heal "over time".
- 5/ They always act in an apparently "justified" way. Although, if we are attentive, we can recognize that sometimes they make small "mistakes" that leave them in evidence.
- 6/ We will be able to correct them when they become evident.
- 7/ A weak point they have is that they always act the same.

*A gentleman attending this course was lying on his bed or on a sofa. He had the afternoon free, so he thought about taking advantage of it by doing some activity. In the end he decided to do a Balancing. However, at that moment, he thought "I won't be able to do it, because I don't have time (I'm too busy)."*

*Self-deception was evident because he always tried to sabotage any attempt to do an activity like a Balancing. And, because he "always does the same thing," he was not able to "recognize" that it was not the time to act that way, because remembering that "there was no time" was not applicable on that occasion.*

*Thus, this gentleman could become aware that this self-deception existed in his non-conscious mind.*



- 8/ They do not recognize the difference between what is lived in a real way and what is imaginary, as a verbal affirmation (which can be a "trap" to provoke them to act and, by acting, they are left in a vulnerable situation).

Although self-deceptions are not consciously recognized, there are times when, for whatever circumstances, they become conscious unexpectedly and for a short time. It is as if, suddenly, a crack opens in the "wall" that separates the conscious and non-conscious part of the mind, and it is possible to recognize some thoughts that are normally inaccessible to consciousness.

If this happens to us, we may be surprised because those non-conscious thoughts may be different or very different from the conscious thoughts we have about any subject or matter.

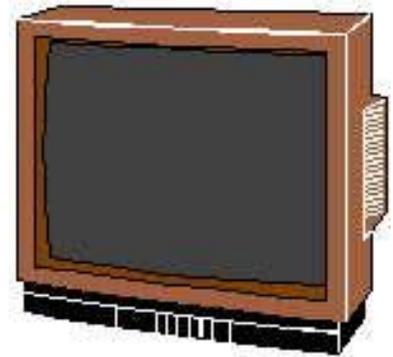
It is convenient to write them on paper so that this thought does not fall again into oblivion or ignorance of its existence. It is already known that the "paper" (provided it is not lost), has a prodigious memory.

Those non-conscious thoughts can be balanced. We will learn more about how to do this in the "Goals" section of this manual.

*A gentleman, a Neo-Kine practitioner, who had had problems in his relationships and was separated, watched a movie on television in which a woman treated a man badly. Unexpectedly, the thought came to his mind, "I wish I had a woman who mistreated me."*

*He was initially surprised, since he did not recognize this attitude as his own.*

*He took notes about this thought and then balanced it using a Level 2 Equilibration with Goal.*



## Self-deceptions and personal change

*Prejudices (...) The best thing would be to eradicate those mental models. Not an easy task, because they have the peculiarity of obstinately opposing any change.*

*Prejuicios.  
Arnd Florack y Martin Scarabis.  
Mente y cerebro, issue 8, 2004.*

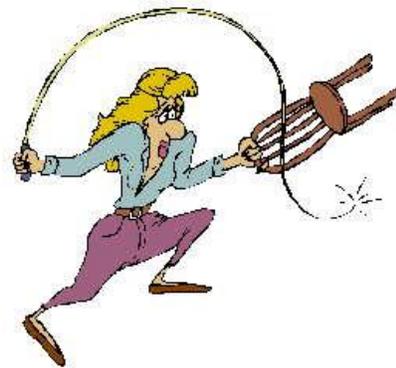
Any change that leads to greater maturity to a person, brings with it the transformation of thoughts, attitudes, etc. and the disappearance of certain patterns of behavior and the ideas associated with them.

Therefore, during this process of change, many thoughts that can be considered as self-deceptions would be "recycled" or "eliminated", in the sense that they will no longer influence the way of thinking of that person.

Thoughts can be imagined as cartoon characters who, as beings, try to survive at all costs. For them, the important thing is their survival and, the fact that their existence causes disorders or problems is something they consider secondary.

Therefore, they will try to continue to exist at all costs and will resist any change in their nature.

Any attempt to modify the situation in which the person lives to improve it, will be sabotaged by these thoughts (in his or her "struggle" to maintain his or her "integrity" and "survive").



An example of this is the number of impediments, obstacles and difficulties that Neo-Kine practitioners usually have to do Cross Circles (5 minutes) or Balancing (8 to 10 minutes). The reasons for not doing them are usually being very busy and not having time and being very tired. These resistances are not logical, since they usually devote much more time to other activities, in which they feel encouraged and energetic, for example, watching television.

The cause of this difficulty is usually associated with those non-conscious resistances that occur before any maturation change in the person. And that happens with any process that favors change and personal maturation.

*A student who attended the second class of this course, in which this was explained, commented that she had attended that day because she was going to the course accompanied by two other people and it was she who took them in her car, since she felt very tired and, if it had depended on herself, she would not have attended class that day.*

*At the same time, she recognized that this fatigue had no explainable or justifiable cause and that it was surely motivated by her own resistance.*

*In fact, at the time she made the comment, she recognized that the "tiredness" had disappeared.*

---- \* ----

*A practitioner of this technique, who was an acupuncturist, told:*

*Years ago; I treated a woman who suffered from very severe headaches, which left her in such a deranged state that she usually required two days in bed to recover.*

*After several treatment sessions, she came to see me one day with a migraine that she had not been able to neutralize with the medication she used. That meant that she, surely for the next two days she would have the aches and pains of a migraine.*



*After the session, to her great surprise, her migraine symptoms had disappeared. I was very happy, since this indicated that the help she offered had been effective and, mentally, I outlined a plan to continue assisting her in future sessions.*

*However, that woman never returned to my office and, although at that time I did not understand why she abandoned a treatment that had worked well for her, now I see clearly that her own Self-deceptions were the cause of her never contacting me once again when she discovered that she could be cured.*

## Level 2 Balancing

### Self-deceptions

Level 2 Balancing is an enhancement of Level 1 Balancing that adds the location and elimination of the self-deceptions. To do this, we read a series of affirmations that check if there is any self-deception related to the affirmations in our mind.

An example of a statement is "I want to balance this situation." If there are thoughts, both in the conscious mind and in the non-conscious mind, that disagree with that statement, there will be a response in the muscles that will indicate the existence of stress. With this, when doing the Stress Test, these thoughts will be "marked".



In this way, a list of affirmations is pronounced and, after reading each affirmation, we do the Stress Test. In this way, those thoughts that disagree with these statements are "marked".

The affirmations that are included are designed to always be beneficial. Therefore, any thought that disagrees with these statements will be a harmful thought for the person.

The list of statements seeks to locate the self-deceptions that may be more frequent or important in order to correct them.

You can add or remove statements from that list. In fact, that's what we've been doing for a long time. The list we now have has had many changes, in the attempt to improve it.

Each statement includes a part that says, "this situation or Goal." This is because, in the third part of this manual, we explain what the "Goals" are and how useful they are to correct stress in different areas of our lives.

## What Crossed Circles exercise will we use in the Balancing?

When we are doing a Balancing, in the section in which we must perform the Crossed Circles exercise, we can choose if we are going to do it as standing Crossed Circles or as sitting Crossed Circles.

The guide does not indicate which of the 2 exercises to use, so that each person can choose according to their wishes and preferences.

Any of the 2 exercises is valid and effective.

Our recommendation is to alternate the 2 exercises, so that in some Balances we do it in the sitting position and in other Balances we do it in the standing position.

We think this is better than always doing it in the same position.

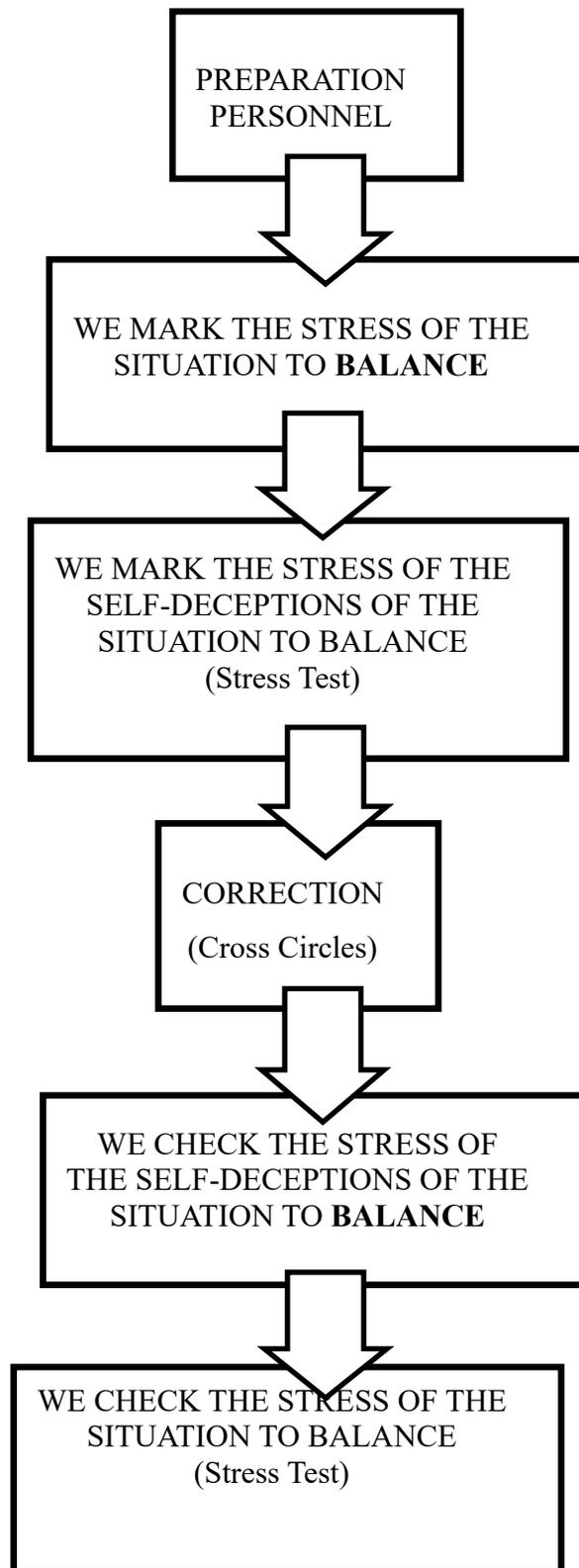


## Identity

When a person is faced with a situation and acts on the beliefs, opinions, desires, etc., of other people, that person is manifesting an identity problem.

One of the statements ("I live this situation or Goal free from external influences") is aimed at "*marking*" or exposing any non-conscious thought that "opposes" that statement, so that it can be corrected later.

**Schematic of a Level 2 Balancing.**



## Level 2 Balancing

**1 - Take a glass of water.**

**2 - [If we deem it necessary]** We do Cross Circles or Cross March.

*We prepare for the Stress Test.*

**3 - We relive the situation or pronounce the Goal and do the Stress Test.**

**4 - We read each of the following statements and do the Stress Test (on each statement):**

I want, can and am able to balance this situation or Goal.

I accept, deserve and wish to balance this situation or Goal.

I need and believe it is possible to balance this situation or Goal.

I am responsible for what this situation or Goal produces for me.

I know how to balance this situation or Goal.

My circumstances and my time help me balance this situation or Goal.

I balance this situation or Goal free from guilt learned or created by me.

I balance this situation or Goal free of emotional disturbances.

I live this situation or Goal free from outside influences.

My heritage helps me balance this situation or Goal.

My education helps me balance this situation or Goal.

The experiences I have lived help me to balance this situation or Goal.

The image and perception of myself in this situation or Goal are balanced.

Failing to balance this situation or Goal also benefits me.



**5 - We make cross circles.**

**6 - We prepare for the Stress Test.**

**7 - We read the statements (those of point 4) and do the Stress Test (in each one).**

**8 - We relive the situation or pronounce the Goal and do the Stress Test.**



## **If we do not recognize the result of the Stress Test**

If we do not recognize the result of the Stress Test, we should know that Level I and Level 2 Balancing are still equally effective.

If we do not recognize the result when performing the Stress Test; when we learn to perform the Balancing with Goals, in the 3rd part of this course, we can do a Balancing with Goal using the goal: "I recognize the answer of the Stress Test clearly". That can help us recognize the response that our muscles return to us.

## Situations to balance

To choose a topic or a situation to balance, the important thing is that this situation causes us stress.

Although we consider that it is "impossible to fix" or live naturally that issue or that situation, because it is something that is very conflictive to live or, although we think it is normal to live that situation with stress.

In general, everything in our daily life that we dislike, reject or prefer to avoid, are situations that can be balanced.

The imbalances or conflicts that can be balanced are innumerable. Normally the topics selected to balance are situations that are lived with an emotionally or mentally altered state.

If we have any difficulty locating situations that can be balanced, here we include a list that, possibly, allows us to recognize a situation that we are living and that we can "balance" or inspire us some appropriate idea for our life:

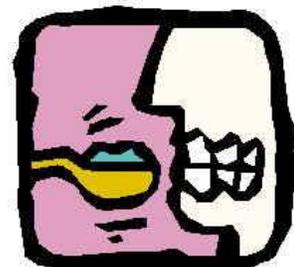
Talking or interacting with someone with whom we have a hard time:

- For his or her authority towards us
- For feeling discomfort in front of that person
- For believing ourselves at a disadvantage to that person
- For feeling anger, jealousy, fear, disgust, etc. towards that person



Doing an activity we don't like or don't want to do:

- Wash dishes
- Study
- Get up early
- Public speaking
- Perform certain tasks at work
- Waiting for someone who is late
- Accepting a mistake we have made
- Consuming a food that we dislike
- Driving in a traffic jam
- Make or receive a certain type of caresses from our partner
- Go to the doctor or dentist
- Travel by plane



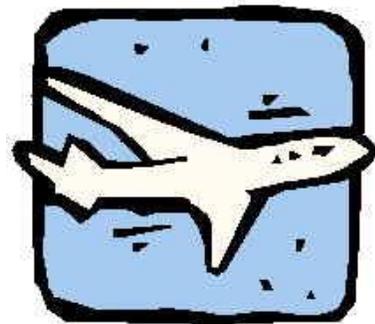
Correct the stress associated with a PAST RECOLLECTION:

- The memory of an accident
- The memory of a mistake in relationships with other people
- Some type of aggression suffered from other people:
  - Physical blows (from colleagues, strangers, relatives, etc.)
  - Verbal aggression (insults, disqualifications, etc.)
  - Sexual assault
- Some traumatic or painful situation for some reason
- The memory of grief for a loved one who passed away



Eliminate stress from our attitude towards a FUTURE SITUATION (which has not yet been experienced)::

- An exam
- Carry out a public activity being the center of attention
- A test of:
  - Driver's license
  - A job interview
  - A sports competition
- Take a plane trip.
- An important interview with:
  - Someone who will make a very important decision for us
  - Someone to whom we will make a declaration of love, an important request, etc.



## Recognize situations that can be balanced

The above is a simple list of some situations that may appear in our lives in which the stress response can be corrected. However, any other situation that is not included in this list can also be balanced.

Some simple ways to know what can be "improved" in our lives are to know how to recognize in ourselves if:

- When we live that situation, we feel altered in some way.
- When we live that situation, we feel uncomfortable.
- We try to avoid the situation.
- We think about that situation very often.
- If we imagine ourselves acting in that situation differently than we normally do in real life.

We must remember that it is enough to be able to imagine or relive that situation or the memory we have of it, and thus we can correct the stress response we have associated with that experience.

We can even balance situations in which we suffer physical discomfort or pain. This is applicable to circumstances as diverse as digestive problems, muscle tension in some part of the body, headaches, muscle weakness in some part of your body, etc. And to chronic health problems, such as fibromyalgia.

The above does not assure us that the Balancing we do will correct our, for example, heartburn in a "miraculous" way. However, we can make the stress that is related to that acidity, that headache or any other discomfort disappear. And that will always "bring us closer" to health.

And it will have a positive impact on the restoration of health, albeit indirectly. Remember that the mood, attitude and even beliefs of people can determine many things in the recovery of a disease.



It may seem strange that what is mentioned in the previous paragraphs is real or effective. However, as always, we suggest that we do it 2 or 3 times with different situations, so that we can check from our own experience if it is really useful for us.

## Possible effects when making Balancing

By doing a Balancing, it produces an inner change in the way of thinking of a person. That change directly or indirectly affects the mind, emotions, and body. In addition, it brings with it the need to make an internal adjustment to adapt the mind, emotions and body to the new situation.

Such an adjustment may be something that goes unnoticed or may be clearly noticeable.

The intensity with which this adaptation is felt cannot be anticipated. Although the symptoms of this adjustment are more or less intense, they are usually short-lived over time.

And there is something important to note: **when the symptoms pass, the person feels better than before doing the Balancing.**

In fact, when someone who attends a course or patient complains of these symptoms, we try to make him or her see that what he or she has felt is the process of "expelling" something he or she had inside, even if he or she was not aware of it.

For example, a person who, after doing a Balancing, feels an intense sadness. In that case, the person "had" within him or her that emotional state, although he or she was not aware of it and, after doing the Balancing, the symptoms are the indication that he or she has totally or partially eliminated it. In addition, if the person is asked if he or she remembers having lived a similar state long ago (although usually less intensely), the answer is usually yes.

Generally, when people establish that relationship and understand the cause of the process they are experiencing, they realize that it is something natural and that it has a beneficial effect.

Here are some effects we've felt or heard from students and patients when they've used Neo-Kine.

Remember that it is normal to feel only a greater need for rest and that it is rare for these symptoms to appear. It is very rare for a single person to have many of these symptoms at once:

- On a physical level: Pain, discomfort, fatigue, ...
- At the emotional level: Altered emotional states more or less intense (anger, anguish, fear, etc.).

*A woman who attended this course, after the first class and for two or three days, felt a deep sadness. When she told us and we asked her if in a more or less recent past she had felt a similar state, she told us that it could be related to the death of her father, which occurred some time ago, and in which she did not allow herself to express the intense sadness she felt.*



*A gentleman told us that, after the first class of this course, lying in bed, he had felt a rage and anger that he would never have thought he could be carrying "within himself".*

- At the mental level: Difficulty reasoning, poor lucidity, mistakes,

*A student of this course told us that, after doing it and at the time she practiced it, she was constantly clueless. For example, she always lost the keys she used.*



- It is also normal for the person to remember what they dream most often. Sometimes, these dreams give clues that allow us to understand situations that are lived in everyday life.

*A patient who had a lot of trouble sleeping because of his allergy told us that, after receiving a Balancing oriented towards that situation, he had had a dream that had been very interesting for him to understand aspects of his life. In the dream, he would open his front door and the elevator door and tell his father to leave his house. His parents had separated during his childhood or adolescence and he had lived that process quite intensely.*

*One patient commented that, after doing a Balancing, she had begun to remember all the dreams she had. Previously she never remembered what she dreamed.*

- An increased need for sleep and rest is usually very frequent.
- There are also often forgotten memories of situations lived in a more or less remote past.
- Understand and explain what is experienced in situations that were previously interpreted in another way.



*A man who received the Neo-Kine I course, explained to us that for him it was frequent to get angry with his partners.*

*However, after making a Balancing of that situation, he understood that what he really felt was jealousy, that he "disguised" unconsciously in a bad mood.*

- Yawning more often than usual.

## Best practices at the end of Part Two

<b>Cross Circles</b>	<b>Balancing</b>
	
<p>We do them 1 time a day.</p> <p>We alternate the exercises, so that we practice both sitting and standing.</p> <p>It would be advisable to rest at least 1 day a week. That is so to avoid fatigue from routine.</p>	<p>We recommend doing 1 Balancing per week, maximum.</p> <p>We can do the Balancing less frequently (for example, 1 Balancing every 2 weeks or 2 Balancing every 3 weeks)..</p>

# THIRD PART

## The Goals



When we move the fingers of one hand and when we imagine that we are moving the fingers of that hand, the same brain activity occurs.

That happens in brain activity that we are aware of and we assume that it also happens in brain activity that we are not aware of.

In a way, by imagining movement, we are "deceiving" our brain, which is not able to recognize the difference between the true movement of the fingers and the act of imagining that such movement is performed.

Taking advantage of this "curiosity" of our brain, we can use a trick that will allow us to benefit from that "confusion" of our brain.

We can introduce information with a bit of "trap" to our brain.

To do this, we use affirmations that express what we want to achieve when we do a Balancing. That affirmation is the little "trap" that we intend to make to our brain and we will call it *GOAL*.

If we want to pass an important exam we could use a Goal like this: "I pass the next language exam". If we want to express ourselves normally to many people, we could use a Goal like this: "I speak and express myself naturally to a hundred people."

Now, what do we get by doing that "trap"? Well, what we achieve is that our brain reacts to that statement as if we were really living what that statement says.



And we believe that this reaction of the brain also occurs in those parts of the brain whose activity we are not aware of.

It is precisely this activity of the non-conscious part of the mind that is intended to be triggered by this little "trap".

The reason for doing so is explained because those non-conscious resistances that we have about living what the Goal says, "start" or "react" to that affirmation (which our brain considers a real experience) and, in doing so, trigger a stress response in the organism.

This happens because there is a contradiction between what that statement, the Goal, says and what some ideas, thoughts, beliefs, etc. that we have in our non-conscious mind hold.

The Goals help us to make the Balancing more precise, offering us the possibility of correcting certain types of problems that are not related to concrete situations in our lives.

These problems are more related to the existence of self-deception, than to the existence of conscious stress in a situation we live.

Using the Goals allows us to increase our ability to eliminate the presence of stress in our lives.

A possible example would be a person who is overweight and has failed various types of treatment to balance their weight.

In this situation, possibly the person has some kind of self-deception that induces him to block any realization of an effective therapy for his obesity ...

And with what we have learned so far, if we use Level 2 Balancing (without Goals), it is difficult to imagine a situation in which the person is at a balanced weight.

However, using Level 2 Balancing with Goal offers us a possibility to correct it.

The Goal we could use would be:

"I have a weight commensurate with my physical condition"

Let's see now how a Goal should be written.

## Balancing a Goal

*Since the external and internal worlds are reflected in each other, the process of clarity can proceed from either.*

*Feng-Shui. William Spear.*

Balancing a Goal we can balance something we want to do, live, feel, perceive, etc., even if right now we cannot do it.

Some examples of this can be speaking and writing a language, calmly taking an exam, expressing our opinion to our work superior, disagreeing when giving an opinion on a topic with someone very dear, practicing a sport, performing a task or a job that we always leave for later, etc.

To do so, it is enough that we write a sentence that reflects what we want to achieve; that is, what is the Goal we want to achieve.

That Goal must have some conditions when we write it:

- We will write in the present tense what the Goal indicates, as if right now we were living, realizing, thinking, feeling, etc. For example, if we want to speak in public: "I speak in public calmly and naturally." If what we want is to practice basketball, the Goal could be: "I play basketball every week".
- We must write unconditionally. That is, we will avoid expressions such as "I would like...", "If it were possible...", "I try...". The Goal must reflect that what we wish to achieve is already accomplished.
- We worded the sentence as an affirmation.



If what we want is to lose weight, then the Goal should indicate that we have a balanced weight, instead of denying obesity; for example: "I have a weight appropriate to my constitution."

If what we want is not to feel anxiety in a job interview, the Goal should mention that we feel calm; for example: "I participate in the interview with security, confidence and express myself clearly."

If what we are looking for is to quit smoking, perhaps these Goals can help us: "I have finished smoking", "I have overcome the habit of smoking", "I have freed myself from smoking", "I have quit smoking", etc.

- The Goal must affect only us. We can choose whether we want to make a personal change, although we cannot change other people.



For example, instead of saying, "My superior stops making critical comments about my work" (which requires a change in someone else), a more appropriate Goal would say, "I accept my superior's comments about my work naturally." In this way, only we have to make a "change" and not another "outsider" person.

However, in relation to what has been said in the previous paragraphs, sometimes inexplicable things happen; It is as if, as we change internally, there is also a change of adaptation on the outside. As one woman who received the course and wrote to us about her experiences:

*The first Balancing I did was in relation to a co-worker, with whom I was always stressed, and although I wanted to move on from her [ignore her] in many moments I did not succeed.*

*The Balancing was Level 1, I did it on the first day of the Neo-Kine course and what was my surprise when on Monday I arrived at my work and this colleague, who until recently twisted her head when I passed, comes to my office and started talking as if we were old friends, my attitude was with a smiling face and listening to what I said, but thinking I cannot believe it, I have not done anything to change the situation ... That is, I did not look for her, nor did I become nice, I just stayed in my place and she was the one who changed her attitude. From then on I will not tell you that we are inseparable, but I am no longer stressed by her attitude.*

- Some Goals should include how often they are performed. That is, how often they are done.



For example, if we intend to go out on the field regularly, then we should mention it in the Goal.

Just saying "I go out into the field" may not be appropriate; since doing it only once in 6 months DOES meet the Goal; although it does NOT satisfy the desires we have. Although we can use the Goal "I go out in the field 1 or 2 times a month"), which DOES fulfill the Goal and YES fulfills our desires.

The process to follow to do a Level 2 Balancing with Goal is included on the next page and is the same as the one we use to do Level 2 Balancing (without Goal).

## Level 2 Balancing

**1 - Take a glass of water.**

**2 - [If we deem it necessary]** We do Cross Circles or Cross March.

*We prepare for the Stress Test.*

**3 - We relive the situation or pronounce the Goal and do the Stress Test.**

**4 - We read each of the following statements and do the Stress Test (on each statement):**

I want, can and am able to balance this situation or Goal.

I accept, deserve and wish to balance this situation or Goal.

I need and believe it is possible to balance this situation or Goal.

I am responsible for what this situation or Goal produces for me.

I know how to balance this situation or Goal.

My circumstances and my time help me balance this situation or Goal.

I balance this situation or Goal free from guilt learned or created by me.

I balance this situation or Goal free of emotional disturbances.

I live this situation or Goal free from outside influences.

My heritage helps me balance this situation or Goal.

My education helps me balance this situation or Goal.

The experiences I have lived help me to balance this situation or Goal.

The image and perception of myself in this situation or Goal is balanced.

Failing to balance this situation or Goal also benefits me.



**5 - We make cross circles.**

**6 - We prepare for the Stress Test.**

**7 - We read the statements (those of point 4) and do the Stress Test (in each one).**

**8 - We relive the situation or pronounce the Goal and do the Stress Test.**



## Suggested Goals

This chapter includes a list of Goals that could help us locate "zones" with stress in our lives.

We believe these Goals are valid for anyone. Although, since we do not all believe in the same thing, we may consider that some of them are inadequate. If so, we don't use them.

The way to use these Goals is simple. We select those that we consider most appropriate. We pronounce an affirmation from those we have selected and do the Stress Test.

If we perceive stress in the response, that indicates that we should do a Balancing using that statement as a Goal to balance. If we don't notice stress in the response, we repeat the process with another affirmation.

List of Goals to balance:

I love myself.  
I accept myself.  
I trust myself.  
I feel security in me.  
I am at peace with myself.  
I'm happy.  
I love life.

I trust life.  
I am in good health.  
In the face of life, I show myself as I am.  
I deserve to be happy.  
I solve my problems.  
I accept what I live.  
I understand what I live.

I love what I live.  
I feel the joy of living.  
I love my father.  
I have integrated in a balanced way in my life what I received from my father.  
I love my mother.  
I have integrated in a balanced way in my life what I received from my mother.  
I accept those around me.

I understand those around me.  
I accept the people around me.  
I love women.  
I love men.  
I transform the beliefs that limit my life.  
I live my feelings naturally.  
I think and communicate naturally.

I perceive my sensations naturally.



I am free from guilt transmitted by other people.

I am free from guilt created by me.

I am free from regrets.

I'm worry-free.

I have the time I need.

I am humble.

I am patient.

I act peacefully.

I am an honest person.

I am free from rancor.

I am free of resentment.

I am free from envy.

I am free from jealousy.

I am free from greed.

I am free from arrogance.

I am free of pride.

I am free from wounded pride.

I am free of fears.

I am free from uncertainty.



# The Belief System

*The adult is baked clay, the child is ductile clay, it is moldable.*

*Aquí, Amerrikua II. Domingo Days Porta.*

*No image or sound reaches our head pure. Any signal picked up by the senses is instantly evaluated by the brain, even when it is the first time we receive it and it is meaningless. (...) The brain emotionally qualifies the perception as soon as it is made before the person is aware of the information.*

*El cerebro decide nuestros gustos*

*Tu Salud. October 1995*

The Belief System is the set of all the beliefs that we have, and that influence us in an important way in our way of seeing and living life.

Family and school education helps to strengthen the beliefs that each culture or society transmits, although each individual interprets that education differently.

In addition, there are many differences in the beliefs that each person has, since other factors come into play, such as the personality of each individual, the experiences that each individual has throughout his or her life and the way he or she perceives those experiences.



The older a person is, the more resistance they will usually have to any change in their beliefs.

Each culture maintains its belief patterns. Although these belief patterns may not be shared by other cultures or societies. For example, in China it is normal to eat dog, for Muslims the consumption of pork is prohibited, while for Hindus what is not allowed is the consumption of beef.

All these rules or dietary customs are strange to us in our culture (Spain, Europe), since our society does not share those beliefs. And our customs are foreign to people who belong to the aforementioned cultures.

The beliefs that a person holds can both harm and benefit him, because the Belief System, in itself, is neither "good" nor "bad". In fact, it is normal for many of that person's beliefs to benefit him and many others to harm him.

People usually unite according to the affinity of their beliefs, both in terms of political opinion, religious belief, profession, sports practice, hobbies, etc.

Within these groups that are formed there is an environment that encourages the communication and exchange of those beliefs.

Thus, the members of a group of amateurs of astronomy or model airplanes, are grouped in clubs and associations in which the realization and promotion of these activities is the main objective.

Members of an ABCD political group carry out activities among themselves, try to spread their political ideas, talk about how to improve it, etc.



Our belief system is very receptive to those ideas, opinions, actions, etc. that are in tune with our way of approaching reality.

And, on the other hand, our belief system is very critical of ideas, opinions, actions, etc. that are different from its way of approaching reality.

For example, if we have affinity (in terms of political ideals) with the government of our country, we will tend to see as "good" and "justified" the decisions that government makes. However, if our political opinions are different from those of the government, we will have a clearly critical attitude and opinion towards the decisions made by that government..

As a result of the above, groups of people are formed in which, the people who belong to those groups, maintain a series of beliefs. This can happen in a hiking club, in a political party, in a religious group, in a social club, etc.

## Peculiarities of the Belief System

*The main constraint of thinking is the ego's defenses, responsible for most of the practical errors of thinking.*

*6 Sombreros para Pensar. Edward de Bono.*

*We all consider our own opinions correct and free from prejudice.*

*Arnd Florack and Martin Scarabis.  
Prejudices. Mind and Brain, issue 8, 2004.*

*I don't think I can change my beliefs just like that [...].*

*The good place. Season 2 Episode 10. Minute 15.*

It is important for this course to know the influence that the Belief System exerts on each person. As we already mentioned, a person usually has beliefs that harm him and beliefs that benefit him. Those that benefit him should be kept and those that harm him should be modified so that they stop causing problems.

However, here are more "peculiarities" that we believe important of the Belief System:

- The Belief System always seems correct and adequate to the person who has it and, therefore, the person will hardly recognize that their beliefs have aspects that harm them.
- The Belief System "defends" itself.

That is, a person will normally try to keep his or her belief system unchanged.

Each person considers that their beliefs are the most appropriate and convenient and that they do not need any change, modification or adjustment. This will be so, although objectively there is evidence that indicates that the beliefs of that person are not adequate in some aspect, such as lack of health due to maintaining inadequate lifestyle habits (sedentary lifestyle, unbalanced diet, excessive consumption of alcohol or tobacco, etc.).

Therefore, even if a person has a belief that objectively harms him, that person will believe that it is not so and will try to maintain that belief; possibly justifying it in some way.

*Years ago, an old man who used to visit our house and who had been forbidden to consume alcoholic beverages (for health reasons), explained to us that he had been forbidden to drink*

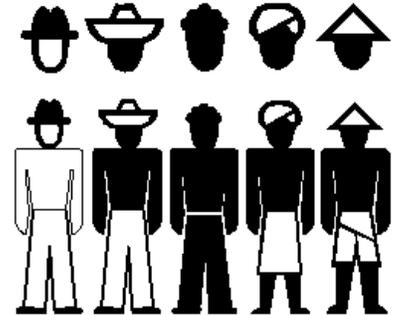


*alcohol, but that he had been allowed to drink whisky. He told us all this while preparing a whiskey that he drank next.*

That explanation he gave us was clearly a justification that did not conform to reality. In other words, it was a belief that harmed him, even though he tried to maintain it.

- The defense that the Belief System makes of itself is usually obstinate, often stubborn and rarely attends to reasons.

Therefore, it is rare for people with different political or religious beliefs to exchange their opinions and beliefs about these issues naturally.



It is common that, rather than dialogue, they argue trying to make it clear, each of the parties, that they believe in what is "truly" is "better" and "right".

## The Belief System as a limit

*It is easier to disintegrate an atom than a prejudice.*

*Albert Einstein.*

*The brain is designed as a "recognition machine." It is designed to set guidelines, use them, and condemn anything that doesn't "fit" these guidelines.*

*6 Sombreros para pensar. Edward de Bono.*

*If you close the door to all errors, you will leave out the truth.*

*Rabindranath Tagore.*

In practice, the Belief System forms a kind of boundary (like a barrier or a wall) that prevents a person from having interest, desire or curiosity to live any of the experiences that are located on the other side of that limit.

In turn, that limit leaves within it experiences that, because they are within that limit, seem "normal" to that person and, therefore, will live those experiences naturally.

In other words, everything that the person experiences "inside" that boundary is considered "normal," "adequate," and "acceptable" to that person and what is "outside" that boundary does not meet those conditions and is therefore considered "abnormal," "inadequate," and "unacceptable."

That boundary is "constructed" by beliefs and therefore by thoughts only.

When the person's beliefs change, then the boundary will modify its "layout" and adapt to that person's new way of thinking, including within that boundary some experiences that were previously outside.

It may seem that this barrier is easy to modify since it is made of thoughts. Although, reality tells us that the opposite happens, because the Belief System "tries" to remain as it is, without being modified.

The changes in him are not easy, since the person himself resists that this happens, even when that resistance to change harms him.



On many occasions, the Belief System resists changing, even when there are evidences that its beliefs do not conform to reality.

*A gentleman who received the Neo-Kine I course and had a rather critical point of view about this technique. One day he told us about an experience he had had.*

*He worked as a cashier for a company where he had about 15 colleagues doing the same job.*

*His work demanded very high attention, since they handled significant amounts of money and, if he made a mistake and lacked money, it was he who had to pay out of his own pocket the amount of the error.*

*The moment of greatest anxiety for all cashiers was to close at the end of the day since it was the occasion when possible errors would be discovered.*

*He did a Balancing to correct the stress he felt when closing each day. From that moment she noticed that he no longer got nervous when he performed this activity at the end of the day. However, he noticed that his companions were still quite anxious at that time.*

*For us, the most curious thing about this experience that he told us was that, despite what he had told us, he did not believe that the technique really worked. We assume that his Belief System did not allow it.*

Another way to imagine the Belief System is to see it as glasses that have a certain color. Depending on that color, the crystals will filter the colors of the images of what we see.

Thus, if the color of the glasses is green, it will allow you to see the green color very well, but it will darken and turn off the brightness of everything that has red color. If the crystals were red, it would happen the other way around.



And, as the popular saying goes (in Spain or in Spanish): "Nothing is true or a lie, everything depends on the color of the glass with which you look."

In the same way, the Belief System "filters" the information of the reality that the person lives.

In other words, it makes an emotional classification of everything that the person perceives of the world, even if the person is not aware of it.

As we mentioned before, anyone will be very permissive with everything that the political party with which they have the greatest affinity does and, on the contrary, will be very critical of everything that the rival political party does.

We have observed this in another field of life; that of health. We have had contact with some of the techniques that are included as "alternative therapies" to the official medicine that is applied in Spain. These include acupuncture, kinesiology, flower essences, foot reflexotherapy, etc.

We have known cases of people suffering from diseases that could have a relatively easy cure or, at least, would have a clear improvement with certain therapies; although those sick people did not benefit from that treatment because those people "did not believe" in those alternative therapies and, therefore, refused to receive treatment with such therapies.

In this way, their Belief System prevented these people from improving their health, since they considered that they necessarily had to recover health by the "path" that they considered appropriate, although they did not always succeed.

This is one of the "negative" aspects of the Belief System; Since, in his eagerness to keep his beliefs unchanged, the person refuses to know ideas, live experiences, relate to people, etc., thus losing opportunities to have experiences that could be beneficial.



## The Belief System and Personal Maturity

*Protects life...*

*The fifth element.  
Luc Besson and Robert Mark Kamen.*

As we have already mentioned, the Belief System can be represented as a wall that surrounds a piece of land. And the ground inside the wall represents the experiences that the person normally lives.



By saying "normally", we mean that the person lives these experiences without alterations of any kind, that is, without stress. It is something that the person does without giving importance, because it is something "natural" for that person.

In the outer area of the wall are all those experiences that the person lives with some degree of stress and alteration. And those experiences in the outer area, the closer they are to the wall, the less stress they will produce for the person. The farther apart they are, the more stress they will cause the person.

The wall, which is the Belief System, is formed solely by thoughts.

These thoughts mark a person's attitude towards the world and determine preferences in politics, religion, friendship, hobbies, etc.

Therefore, if those thoughts change, the wall that forms the Belief System will be modified, allowing to contain more or less ground within it.

How important is the amount of land inside the wall?

Earlier we explained that the terrain inside the wall symbolized the experiences that the person was able to live without stress. In other words, they are the experiences that the person has managed to assimilate naturally and that, therefore, can live free of physical, emotional or mental alterations.

We believe that, from the point of view of personal development, the maturity of a person could be "measured" according to the number and variety of experiences that person lives without stress.

The more mature a person is, the more experiences they will be able to live without stress. For this reason, a person who seeks to mature will try to increase the number of experiences that he or she is capable of living without stress and will try to assimilate and live naturally many situations that cause disorders of some kind in his or her life.

We must clarify that when we talk about experiences, we refer to experiences that enrich and help that person mature, and we do not refer to those experiences that endanger their integrity (activities that put their life or health at risk, for example).

As the stress of various situations is eliminated, the Belief System is accommodating to the new situation

and is including within it (the "wall") all those experiences (the "grounds") that the person now lives without stress. In this way, the maturity of the person increases little by little.

When the Belief System is very rigid and accepts few changes, in practice it is as if the person is locked in a prison and has little possibility of having movements, living with little freedom.

In that case, it is one's own opinions and ideas that limit free expression and manifestation. And that happens when beliefs are taken towards extreme tendencies, which is very common in people with radical thoughts in religion, politics, etc., whatever orientation they are.



Another measure of a person's maturity is given by his or her flexibility in the face of the events he lives. Therefore, the lack of personal maturity is often reflected in the rigidity and strict adherence to certain rules or guidelines of conduct.

By applying the rules of coming home in the afternoon or evening to children and adolescents, it is possible to relate greater flexibility to greater maturity and understanding.

When the child begins to be left alone in the street, playing with his or her friends, it is clarified that he or she must return home before night and that he or she must play only in a certain street, next to his or her house. However, when he or she grows up and becomes a teenager, the area in which he or she can be with his or her friends expands to a group of streets near his or her house and, instead of returning at dusk, he or she can do so later, albeit at a certain time.

Some time later, when he or she has greater autonomy, the adolescent can go to other areas of the city or population much further away, provided that he or she notifies his or her parents where he or she will go, with whom he or she will go and clarifying the approximate time in which he or she will return.

A few years later, he or she no longer notifies his or her parents where he or she is going and returns at the time he or she sees fit.

This is an example that the rules of life evolve and that evolution is related to the maturity of the person.

Although the Belief System of each person is different, we believe that the greatest value to which the Belief System can aspire is to maintain life; since protecting life is above any type of beliefs.

Rigidity in beliefs can cause that, in extreme situations, some people are able to accept death rather than modify their belief system.

An example of this is that of a plane crash in the Andes Mountain range, which happened several decades ago, led to a situation in which a group of surviving passengers ate the remains of people who died in the accident in order to survive.

However, among the surviving passengers, at least one person voluntarily refused to eat the remains of deceased people and starved to death.

Another case of flexibility in the Belief System in the face of life circumstances, which caught our attention many years ago, I met reading an anecdote of a spiritual Master. He spread the practice of a vegetarian diet and not consuming alcohol as habits of life. However, he was asked about what he would do if he were faced with the dilemma of having to consume meat and drink alcohol in order to save his life in a situation of extreme need. His answer was that: in that situation, he would eat meat and drink alcoholic beverages.

By the way, do we know what we should do if we were in a desert, without water or with little water and our life is in danger?. The normal thing, to save water and increase the chances of survival, is to drink what you urinate. Suppose we find ourselves in that situation, would we do it?, What would be more important for us, to have a greater chance of surviving by drinking urine or to continue with our beliefs and customs about what should be drunk or not?

The above examples attempt to reflect on the validity of certain rules and when they must be respected and when it may be important not to respect them.

We would like to make a clarification in relation to the type of experiences that the person begins to live without stress. If a person wants to mature consciously and intends to make an effort to achieve it, he or she must bear in mind that these experiences must be varied. Specialization will not help us increase our maturity.



For example, a person who is fond of sports, physical culture, etc. will not increase his or her maturity by increasing his or her training and living without stress many experiences related mainly to physical effort. To mature, you must also live without stress many experiences of other characteristics, such as personal relationships with the couple, family, colleagues and friends, study and knowledge, taking care of their health and diet, work effort, increasing their knowledge on a subject, helping people who need it, etc.

In general, specialization in the experiences that are lived does not lead to greater personal maturity. It is the variety of assimilated experiences (i.e. lived without stress) that leads a person to increase their personal maturity.

## When does the Belief System change?

*Warriors know that when an ordinary person's inventory fails, either the person expands his or her inventory or the world of self-image collapses. (...). Inventory is the mind.*

*The Wheel of Time (quoting Silent Knowledge).  
Carlos Castañeda.*

The Belief System changes when the beliefs that compose it change and with it also change, in a manifest way, hobbies, interests and, sometimes, personal relationships (friendships, etc.).

We mentioned earlier that people tend to bond based on their affinity in the Belief System. Therefore, when a person has an important change in his or her Belief System, it is often accompanied by a change in the social groups to which he or she belongs, he or she will lose interest in many things that were previously very attractive and, at the same time, he or she will begin to like to live things that were previously indifferent to him or her.

The following question is one we sometimes ask students in this course in the third class, during the explanation of the Belief System:

"During the time you have been practicing Balancing and Cross Circles have we lived, done, thought, felt, etc. something that we previously thought we could not do, live, do, think, feel, etc.?"

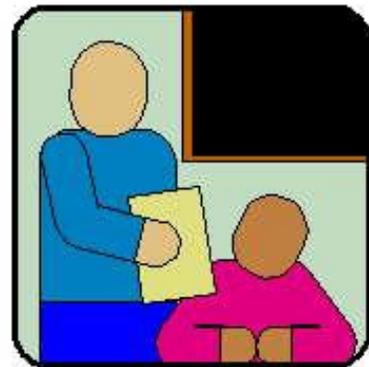
If the answer is affirmative, we have had a change in our Belief System, which will be of greater or lesser importance depending on our circumstances.

If the answer is negative, it may be that nothing has changed or that some change has occurred that we have not consciously recognized.

These are some experiences that were transmitted to us by students who took this course:

*A gentleman, who teaches courses in his professional life, gives an explanation to a group of his students who considered good connoisseurs of the subject he explained to them and feels self-conscious on the first day he teaches them.*

*After finishing the first class and before teaching the next class the next day, he did a Balancing of that situation. In the second class he explains with a tranquility and ease that surprises him. In addition, he mixes with the students walking among them while he makes the explanation, which he would hardly have done a few days ago, under "normal" conditions.*



*A student was not able to jump headfirst into the pool and associated it with the fact that she had suffered a very nasty joke in a pool years ago.*

*She did a balancing about it between the first and third class of the course and then managed to jump headfirst into the pool.*



The modification of the Belief System must be done little by little. If these modifications occur abruptly, the person will experience it as something traumatic or very traumatic.

When performing Balancing, small changes in the Belief System occur. If we do them regularly, it favors a change in our Belief System that will help us to manifest, express ourselves and live, in a fuller and more satisfactory way for us.

# A reflection

## Change and maturity

*I must continually change, in order to remain myself.*

*Teilhard of Cardin.*

We assume that the ability to live various situations naturally (that is, without feeling stress) is associated with the degree of maturity of a person. Thus, the greater the number of different situations that a person can naturally experience, the greater his or her maturity.

Maturity usually increases as the person naturally experiences new experiences. In adolescence the person has greater maturity than in childhood, in youth he or she has greater maturity than in adolescence, etc.

Every time it is possible to eliminate the stress of an everyday situation, a memory, etc., the level of maturity of the person increases. Therefore, when Balancing are made with Neo-Kine, the process of personal maturation is supported.

However, this is not something unique to Neo-Kine; any other technique or practice that produces similar effects will also help mature the person performing that practice.

Now, applying Neo-Kine or another technique with similar effects, can we live completely stress-free in our lives? We believe that this is not possible.

As stress is eliminated in a person's life, that person increases his or her maturity, that is, he will be increasingly able to face varied situations without feeling stress.

Although, when the maturity of the person increases, the difficulty of the circumstances that person lives also increases. This may seem somewhat disappointing, but it is enough to look a little at the maturational development of any person and we can see that this increase in the difficulty of the circumstances they live is a constant that is repeated continuously.

For example, a child who wants to have the autonomy, security, critical vision of what surrounds him, etc. that he or she observes in adolescents and that child hopes to become an adolescent, to be like them.



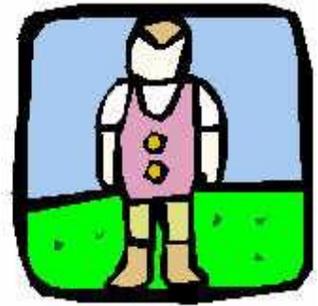
When reaching adolescence, that child will have those desired skills, although he or she will also have to face the problems of adolescence, which are usually more complex than those experienced as a child.

The important idea is that, in the process of personal maturation, you constantly have to face circumstances that are lived with stress that are at the level of personal maturity that each person has.

Therefore, the greater or lesser the maturity of the person, so will be the "difficulty" of the circumstances that that person lives.

If so, why not put aside any purpose of personal maturation and settle for living situations of less "difficulty"?

We believe that the reason is simple, stagnation in life is painful (in one way or another). Whenever we want to feel in "harmony" and in a state of "happiness", we will notice that circumstances lead us to live a change and adaptation that occur continuously.



Harmony and personal happiness are more related to change and renewal than to passivity and stagnation.

At any time in life, a person who intends to make an effort to activate his or her maturation process can consciously accelerate his or her maturation development. How can we do this?

To achieve this, we must take into account an important "rule": **the conditions that occur when a person is happy are very similar to those that occur when a person is living a process of personal maturation.** They are so similar that it could be said that there is a close relationship between living a process of personal maturation and being happy.

The conditions we suggest to be happy are discussed in the next section of this text.

But before continuing the reading; we can do a test.

What if we remember a very happy stage in our life? (That stage should be at least a few days or perhaps a few weeks or months).

Have we already done it? Well, now we should remember what we did in that stage that brings us such good memories... and then continue reading this text; to see if what is indicated in the following pages is really related to our memories.

## The happiest moments

*You decided not to rely on chance to find the clover and preferred to create the circumstances for it to come to you (...) You decided to be the cause of your Good Luck.*

*Good luck.*

*Alex Rovira Celma, Fernando Trias de Bes.*

It is possible that we have accompanied another person on a road trip to a destination and that, on that little trip, we were the companion of the person who was driving.

As we did not drive, we did not pay attention to the route to be followed and only remembered small parts of the route. For example, a building with a very nice façade, a tree that stood out for its large size, a crossroads controlled by traffic lights, etc.



Perhaps it has happened to us that, for some reason, later we had to repeat that route that we previously did as companions, but now as drivers of the vehicle and without having the guide of another person to indicate the route to follow.

In these circumstances, it is normal to try to link the memories that remained when we made the tour as companions. That way we can go doing rehearsals until we complete the path that leads us to the destination we are looking for.

A similar process was carried out some time ago trying to discover what were the "steps" or the conditions that made us feel the feeling of happiness.

In the past, on several occasions, we had felt happy, although we did not know what was the cause or causes that produced that feeling of happiness.

Therefore, we try to do a small "investigation", based mainly on introspection and reviewing the events and circumstances that occurred before we had that feeling of happiness.

In doing so, we realized that there were a number of personal circumstances and attitudes that were normally repeated when we had a feeling of feeling happy.

Little by little, we made a list of the personal circumstances we had when we felt a state of happiness.

That list was initially shorter than the one included here and, over time, it has been completed with the experiences and suggestions of other people.

We hope this list is useful and relates to our experiences.

This is the list of circumstances that are usually present in the moments of greatest happiness:

- Many things are done; There is a lot of activity.
- The activities carried out are different and varied.
- We act with passion in everything we do.
- You live in the "Here and Now". The past and the future exist, but it feels more important to live in the present.
- We act in a relaxed way.
- Difficult circumstances are not avoided but faced and usually resolved. No things are left to be done.
- The relationship with other people becomes easy and direct; even for those who normally have difficulty doing so.
- • We try to help other people. We seek to make others happy.
- The simplest things are a source of joy and satisfaction. It can be drinking water or eating a piece of bread, such as a smile of a person on the street, observing a landscape or contemplating a flower.
- In a way, we act with the joy and spontaneity of a child.
- The urge to eat decreases. With little food you feel satiety. It is as if we are close to being able to "live off the air".
- We realize that, something that had been habitual in our life for quite some time, can be improved or replaced. For example, the order or cleanliness in our room or in our workplace, the operation of an appliance or object that has small deficiencies, the style of clothes we wear, etc.



If in our daily lives we act trying to do what is discussed in the previous list, we will facilitate the feeling of that state of happiness in our lives.

In addition, we can do a Balancing of the Goal: "I am happy"; in this way we will correct some self-deceptions that distance us from living that Goal in our personal reality.

## Simplify the reading of statements

In Level 2 Balancing and Level 2 Balancing with Goal:

While the process to be carried out in Level 1 Balancing is quite fast; in Level 2 Balancing it takes more time, since you have to read each of the affirmations and do the stress test on each affirmation.

The process is effective, although you have to spend more time and it can feel boring.

Since our non-conscious mind retains information from the affirmations we make and since these affirmations are always the same, we can simplify the process by referencing all of them with a single affirmation.

To do this, instead of reading each affirmation and then doing the stress test, what we will do is summarize all the affirmations in a single affirmation. For example:

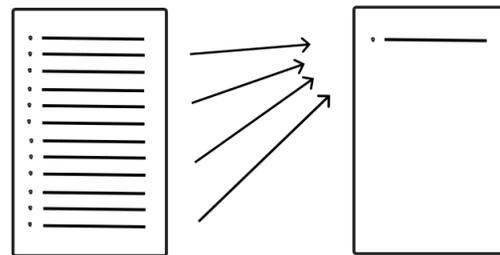
**" All the affirmations of the Balancing."**

And then we do the stress test.

This is equivalent to reading each of the statements and doing the stress test below.

We can do it once we have done about 9 Level 2 Balancing.

Actually, after having done 1 Level 2 Balancing, it is more than enough to make that affirmation that groups all other affirmations work.



However, our own beliefs might consider that such a reduction in affirmations would cause the forgetting of several of those affirmations, and that would produce a stress response when using that affirmation that represents all the others.

According to our beliefs, it will surely seem more reasonable to consider that our non-conscious mind will remember it well after doing enough Balancing reading each of the affirmations.

And, finally, add that the simplification that is made using that phrase that represents all statements, brings with it an advantage and a disadvantage.

- The advantage is the speed, since the time needed to do the Balancing is reduced, with which, the duration of the Level 2 Balancing comes to be almost equal to that of a Level 1 Balancing. And this speed will encourage us to use it more frequently.
- The disadvantage is that we lose detailed information of each affirmation, since we cannot know in which affirmation there is a stress response. Being able to associate the content of an affirmation with a stress response, sometimes, allows us to understand what the cause is of feeling stress in that situation.

On the next page, we include a guide to doing a Level 2 Balancing using the statement that summarizes the list of statements:

## Level 2 balancing with summary statements

1. **We had a glass of water.**



2. *[If we deem it necessary]* We do Cross Circles or Cross March.

3. *We prepare for the Stress Test.*

4. **We relive the situation or pronounce the Goal and do the Stress Test.**



5. **We read this statement and do the Stress Test:**

*All the affirmations of the Balancing.*

6. **We make cross circles.**



7. *We prepare for the Stress Test.*

8. **We read this statement and do the Stress Test:**

*All the affirmations of Balancing.*



9. **We relive the situation or pronounce the Goal and do the Stress Test.**

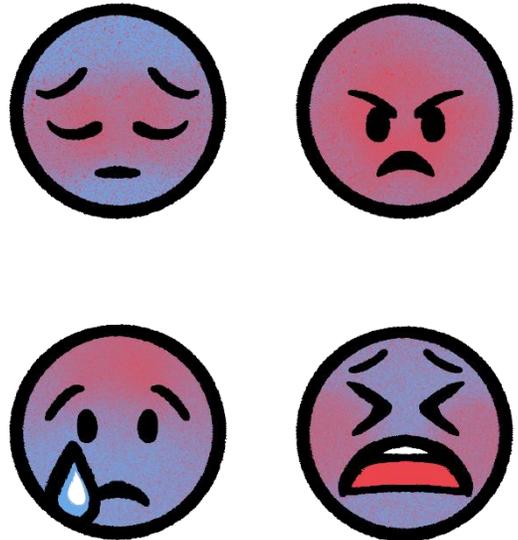
## What to do in very difficult times?

If we are living a very difficult time emotionally or mentally; we can use the benefits of **the practice of Cross Circles** so that the impact of those moments on us is less.

At those times, **practicing more regularly** will help us feel better able to cope with the circumstances we are experiencing.

For example, if we are living **difficult personal circumstances**, we could do the Cross Circles exercises 2 times a day, leaving one or two days a week to take a rest break.

If we were living **extremely difficult personal circumstances**, we could practice the Cross Circles exercises 3 times a day; with a break of 1 or 2 days a week, to rest.



A question that comes to our mind is: Which of *the 2 types of exercises should we perform?* The answer is that it is convenient to perform the exercise in the 2 ways we know.

The ideal is to alternate the performance of the exercise; So, on one occasion we do it standing and, on the next occasion we will do it while sitting.

## Best practices at the end of Part Three

<b>Cross Circles</b>	<b>Balancing</b>
	
<p>We do these exercises as often as is comfortable for us.</p> <p>We suggest doing an exercise 1 time a day. And rest at least 1 day a week..</p> <p>We recommend, for special circumstances, that each person try to find a frequency of practice that fits their needs.</p> <p>We alternate the exercises, so that we practice both in the sitting and standing position.</p>	<p>We recommend doing 1 Balancing per week, maximum.</p> <p>We can do the Balancing less frequently (for example, 1 Balancing every 2 weeks or 2 Balancing every 3 weeks).</p> <p>.</p>

## Farewell

Now that we have finished reading this text, we want to comment that everything that is explained in it will always be useful to us.

Even if the years go by, if we persevere in performing the exercises of Cross Circles and Balancing, we will continue to benefit from them.

The effectiveness of these techniques has no expiration and they will serve us as long as we practice them.



## Shared experiences

When we just updated this manual, we found (on the computer's hard drive) a folder with many text files belonging to different contents that we collected and grouped years ago.

Many of those files contained experiences that different people had brought us after practicing Crossing Circles and Balancing.

We read a few of them, and then we understood that this small collection of information was important.

These stories are something like a practical application, in the daily life of these people, of the theoretical content of this manual.

We have made small modifications to the original texts, some written by the people who shared their experiences, to make them easier to read, understand and translate.

We have selected those experiences that seemed clearer and more interesting to us.

Several of the stories included, we wrote specifically for this text because, although we heard about them many years ago and have talked about them on many occasions, we had never turned them into a written text. They are the last three.

However, there are many more stories that were transmitted to us orally and, although they surprised us, we did not transcribe a text and, with the passage of time, we forget them.

It seemed to us that these interesting experiences should be included as a section in the text of this manual..., and we added them.

For us it was as if, after almost completing a very tasty meal, we unexpectedly found a dessert with a very pleasant flavor.

That is the feeling that we were left with when adding this section to the text; when shortly before we thought that the text was already complete.

Our most sincere thanks and respect to the people who shared their experiences with us. Both the experiences that are included in this section of the text, as well as those that have been discussed throughout this manual.

## **Fortunately, she didn't follow our recommendations...**

[The following text includes an experience that L., who is a woman who took the first Neo- Kine course and later told us about this experience, transmitted to us]:

*One day, L. had an argument with her son, who is young, though tall for his age. At the time of the discussion, she felt a tremor and a perception that surprised him.*

*A moment later, alone in her room, she did a Balancing on the state she had felt in when arguing with her son.*

*When performing the Balancing, the memory came to her that she felt a similar state in certain situations that occurred with her previous husband (they had been separated for years).*

*Therefore, she did another Balancing, this time in relation to the situations she had experienced with him.*

*At the end of the Balancing related to her previous husband, a new memory came to her related to situations she had experienced with her father, which were similar to those she had experienced with her son and with her husband.*

*She performed a third Balancing in which she balanced the stress of the memory she had of her experiences with her father.*

*The next day, or a few days later, she received a call from her former husband proposing to resolve some issues that had been pending for years.*

[Teacher comment]

We believe that L. had an exceptional opportunity to resolve, partially or totally, a personal conflict that had dragged on since childhood.

Fortunately, faced with an exceptional situation, she also knew how to act in an exceptional way and did those 3 Balancing in the same day, taking "on the fly" the opportunity that life had put within her reach at that moment.

Although in "normal" situations it would be excessive to carry out that number of Balances in a single day and we advise against it; We are very happy that L. knew how to forget about the "rules" and "suggestions" in that very special situation that she lived through and acted the way she did.

## **Go to the gym and the pool.**

[Original text provided by a student who received the course. This student was not completely fluent in Spanish, as her mother tongue was another.

We have corrected small errors in the original text to make it easier to read.].

*Next, I send you my little story regarding my experiences with the NEO-KINE:*

*As a theme for Balance I chose "go to the gym regularly". I had never understood why I put off going to the gym since I really enjoy going, and afterward I feel like a phenomenon in body and mind. So why didn't I? otherwise I made excuses: there is no time, my knee hurts, my back hurts, tomorrow I will go, ..... etc. Well, after doing the Balancing, it suddenly came to my mind that as a child, between 6 and 8 years old, the other kids in the neighborhood made fun of me because I couldn't do some gym exercises that we practiced on the lawn of the houses where we lived. I felt so ashamed and hurt inside at that moment that I never did gymnastics with the other kids anymore. As an adult, she had given little, if ever thought to that incident.*

*So, the day after the first Balancing, I repeated the Balancing, this time imagining the situation as a girl years ago.*

*The day after I had no problem going to the gym. The inner barrier had completely disappeared and now I only feel joy in going to the gym.*

*The next day I planned to go to the pool, but how great was my surprise to see that I still felt the same as before with the gym. I felt very uncomfortable just thinking about going to the pool. Until I remembered that to clean up the situations, I have to clean up each scene [situation] by itself. In my case: going to the gym, going to the pool, going to the beach. So, I did it.*

## **Tobacco and me.**

*A woman who practiced Neo-Kine techniques shared this experience with us:*

*My relationship with tobacco is like a love story, somewhat stormy, with many twists and turns.*

*[...] I decided to quit the habit, I got it for three years; I didn't smoke a single cigarette, but I picked up the habit after I breastfed my daughter. Then I stopped again for a year and took it up again, until a month ago, when I decided to use the tools at my disposal, [...] I did a Balance with the Goal: "QUIT SMOKING".*

*Not surprisingly, from that moment to this, I only smoke 7 to 9 cigarettes a week and before half a day I was smoking a box (20 cigarettes) a day. The funniest thing is that that cigarette or two that I smoke a day doesn't cause me stress or guilt for having smoked it, I just accept it and enjoy it.*

## **A Balance with Goal.**

[Experience of a Neo- Kine practitioner who used a statement from Louise L. Hay (to act on the causes of hemorrhoids), combining it with a Level 2 Balance with Meta and other possibilities outside of this course].

*I do a Level 2 Balance with Meta, [...].*

*The goal I use is:*

*I RELEASE EVERYTHING THAT IS NOT LOVE IN ME ( IN RELATION TO MY PAST) [Healing statement by Louise L. Hay in relation to hemorrhoids, which appears in one of her books].*

*I feel very aggressive towards my wife. That manifests itself in tensions and in that I have an unfriendly or understanding attitude.*

*I think that, after the Balancing, I have released anger, resentment and aggressiveness in relation to things that had happened in the past and that I had "stored" inside of me.*

*After a while, the relationship with my wife normalizes.*

[In relation to the statement obtained from a book by Louise L. Hay; We have verified it in the book "You can heal your life" and the statement was different. It may be that, in another book by that author, use the previous statement.

Either way, that's the statement he used, even if it has a different origin].

## Experiences of a student of the Neo-Kine course .

Kine course and later participated in another course]

*[...] I balanced a whole package of chain reactions that were unleashed within me every time I thought about my ex-husband and the circumstances around us. A fairly strong subject and that I did not dare to ventilate [to face] before.*

*The effects were immediate, both in revealing dreams, and in the way I faced the past, with a different point of view, and what cost me the most was recognizing that, despite all the bad moments in the past, there were good and very good Maybe, after this, now I can think about the past without any stress.*

*[...] I balanced the issue of my femininity, and in the same package came the pterygium in my left eye, my yang postures [dominant, masculine postures, etc.] on many occasions and my behavior or relationship with men. This great package took me a long time to work on and become aware of, I still believe that things are coming to me. But the results, as always, are not long in coming, they are many and varied. But as always if I change, my environment changes and in this case once again I see that the people around me see me differently. My eye has improved so much that what was a safe surgical intervention is no longer necessary, it is improving every day. And my way of moving is more yin [more sensitive and feminine], but above all the acceptance I have now among men amazes me again, it's as if I was transparent before and now everyone realizes how beautiful I am.*

*[...] I have done a Balancing but it is still early to be able to say its effects, I worked all my fears with the subject of men and my relationships with them, the barriers that we raise when we do not want them to hurt us, when we fear failing again in a relationship, etc... All this is changing me physically, my stomach and my dreams are suffering alterations, but it is a good omen.*

*I hope my experiences are helpful to you [...], they are turning out to be amazingly helpful to me.*

## **She only did Crossed Circles.**

[Here we try to reproduce the words of a woman who recounted her experiences sometime after having received the Neo- Kine course ]:

*When asked how it had gone in relation to the Balances and the practice of the Crossed Circles exercises, she commented that she had not done any Balances or that she had done very few, although she had been very regular practicing the Crossed Circles.*

*She said that one day she realized that she was beginning to recognize that she herself had certain "things" (she did not specify what those "things" were, although she made a face of talking about something that caused her strong rejection), that she would never have believed to have.*

*We didn't think it was the right time to expand the information about those "things" and then we didn't talk about it again. So, we only had the impression that she had recognized certain aspects of her personality that, to a certain extent, horrified her; and that she would never have thought she had.*

And, from what she commented, she had achieved it with the regular practice of Crossed Circles.

## **She didn't like doing the Crossed Circles exercise standing up.**

*In a course, during the last class, a lady commented that she did not like to do the Crossed Circles exercise standing up; whereas, when she did it in the sitting position, she performed it wonderfully.*

*We were a little surprised by that affinity and rejection so defined before each of the ways of doing the exercise; so we considered the possibility that there was a bad memory of that lady that went back to childhood or adolescence.*

*As the exercise in a standing position is performed using the hand of the arm that is not performing the movement, we think that perhaps this lady practiced ballet as a child and that, for some reason, she kept a bad memory of that activity.*

*We asked her if she had practiced ballet as a child and she answered us in the negative. We thought of a possible similar activity (in terms of requiring support) and considered that it might be rhythmic gymnastics.*

*We also asked her and she replied that she had practiced it.*

*We then asked her if it was something she liked when she was a child and she replied that she didn't.*

We believe that this was why she did not like to perform the Crossed Circles exercise standing up. It reminded her of those gymnastics she practiced as a child against her will.

## **Doing something slow.**

Initially, the Neo-Kine technique was not used in a self-applicable way but was taught as a therapy technique to be able to apply it to other people.

*A woman who received the course, as it was taught at that time and who was a classmate of ours from the Kinesiology courses that we received as a student, told us that she had done a Balancing to a teacher who gave us kinesiology courses.*

*The situation that was chosen to balance stress was performing a task that required about 40 minutes to complete; which was an excessive amount of time. The task was cleaning the lenses she used.*

*After performing the Balancing our teacher took much less time to complete the same task.*

Because this happened quite some time ago, and although we can't be completely sure about it, what we do remember is that she had reduced time to about half the time she initially needed for cleaning.

## **We didn't explain it well the first time.**

*A student who had received the Neo-Kine course, in which she had barely managed to understand what had been explained, called us by phone shortly before the start date of a new course that we were going to do.*

*He told us that she was hesitant about taking the course again and that she felt she should repeat it.*

*We told him that we thought it was a good idea and we encouraged him to do it.*

*She participated in the course for the second time and, at the end of the course, she told us that in that second course that she had attended we had explained clearly and that, in the first course she had attended, we had not explained well and therefore, she had not been able to understand him properly.*

*We explained to him that the way in which we had explained it was practically identical and that the contents explained in both courses had been the same.*

*We asked her if she had periodically performed the Crossed Circles exercises during the time between the two courses she had received and she told us that this was the case.*

*We then commented to her that, in our opinion, what had happened was that by doing the regular Crossed Circles exercises, she had facilitated a better understanding of what was explained.*

We believe that possibly she increased the hemispheric synchronization in her brain and, if she also performed Balancing, she should "clean up" the self-deceptions that made it difficult for her to assimilate what was explained.

We think that one of these two reasons, or both at the same time, produced the fact that she could have a better learning of what was explained.

## **A separation without communication between each party.**

A woman who had received the course told us the following experience:

*She had been separated or divorced from her husband in circumstances of little agreement between the two parties.*

*Her former husband took something he knew she valued. It was about all the annotations and notes that she had about a subject that she studied.*

*The situation had been blocked between both parties, since they did not communicate and they did not reach any agreement with the common things that both had to share or the issues pending to be resolved, such as the return of her notebooks to her.*

*She chose that situation to correct her stress and performed a Balancing on it.*

*The next day or a few days later, when she returned home, she found (hanging from the handle of the door of her house) a bag with all the notes that her previous husband had taken from her and that he returned to her in that way.*

*We also remember that she told us that, after the return of her notes, communication between the two had restarted and that, in relation to the car that they both owned, they were reaching an agreement on how they were going to organize to sell it or give it another use.*

## **It was not good for her to be healthy.**

*A young woman who was studying music had to take an exam in which she was going to use an instrument like the violin.*

*However, she had a muscle strain in her forearm and was unable to practice for the exam.*

*We attended her in consultation and, after a small conversation about the situation and the circumstances she had, we helped her to do a guided Balancing by us.*

*She had no experience practicing Balances or Crossed Circles exercises.*

*When we Stress Tested her on the self-delusion affirmations, she gave a weak-muscle response in an affirmation that made us think she had a thought that meant she was getting a benefit from having the muscle contracture in her arm.*

*When we finished doing the Stress Tests in the first part of the Balancing and before doing the Crossed Circles exercise, we paused and had a brief conversation.*

*We asked her if in the past she had obtained any benefit from having this muscular contracture.*

*She answered us in the negative and was very surprised that I asked her that question; since it was clear that this muscular contraction caused her an important damage.*

*However, a few seconds later, she had a change in her expression and told us that, in the past, on an occasion when she had to accompany other people to perform a musical performance and did not want to do so, she excused herself from participating arguing that she could not go to that representation, because she had a contracture in her arm. In this way, she avoided attending that commitment that she wanted to avoid.*

*After she had become aware of that possible cause of the existence of that non-conscious thought, we completed the Balancing process.*

*We never saw each other again after that consultation and, sometime later, the person who had introduced us told us that she had been able to practice normally for the exam after taking the Balancing.*

## **He could not enter an elevator, nor travel by plane**

*A man had difficulty being in small close quarters, was getting married a few weeks later, and planned to fly on his honeymoon trip.*

*The manager of the travel agency, who knew us, recommended that he come see us, since, due to the difficulty he was having, it was unlikely that he would be able to travel on a plane.*

*This gentleman told us that, in the past, he had had a problem in which he had been locked in an elevator and, since then, he had panicked at the possibility of this happening again.*

*In his daily life, he avoided using elevators and it was common for him to always take the stairs, even when he went to a higher floor of a building.*

*We assisted you and helped you carry out a Balance on that situation.*

*After that consultation, he continued with his life normally, with the difference that he began to use the elevators.*

*Coincidentally, a few days later, he suffered another unexpected circumstance in an elevator in which he got stuck; although he was able to use the elevator again to go down to the ground floor of the building, he later told us.*

*After this last mishap, he returned to the office for the second time, because he wanted to feel more secure in the proximity of his plane trip and we helped him do a second Balancing .*

We never met again after making this second consultation.

Sometime later, we chatted with the person in charge of the travel agency and asked her if she knew how the man had fared on his honeymoon trip.

She told us that he made the plane trip without problems and that he felt quite comfortable. While his wife was more worried and nervous than him.

## Appendices:

### An investigation in a Teaching Center



During the academic year 1998-99, we conducted research in an educational center to try to demonstrate the possible benefits that students would obtain by practicing the Cross Circles exercises.

It was carried out in the Teaching Center Bethencourt y Molina, which included both the level of Primary Education, as well as the levels of Compulsory Secondary Education. This center is located in the municipality of Santa Cruz de Tenerife (Tenerife, Spain).

It was intended to make a study as serious as possible. For this, the data obtained were analyzed by a statistician.

Here we summarize what we consider most important of the research:

- The purpose of the research was to test whether the performance of the Cross Circles exercises produced an increase in the academic performance of the students and a positive change in their attitude and behavior.
- The research was conducted at 2 different academic levels. 6th of Primary (students of 11 years) and 3rd of ESO (students of 14 years).
- At each academic level (in 6th year of Primary and in 3rd year of ESO), there was a classroom whose students formed the experimental group (who performed the exercises) and another classroom whose students formed the control group (who did not do the exercises).

The experimental group of 6th grade of Primary, was considered the most conflictive and the one with the least academic performance of the 2 groups of 6th grade. The same happened with the experimental group of 3rd year of ESO.

- The difference that the students had was verified in the academic results and in the evaluation of the attitude emitted by each teacher, in the 1st and 2nd evaluation (the complete course has 3 evaluations and lasts from September to June). We wanted to find out if there was a significant difference between these results of the experimental group and those of the control group. This process was carried out both in 6th year of Primary (with 4 subjects) and in 3rd year of ESO (with 5 subjects).
- The students were doing the exercises during the 2nd evaluation; that is, from the beginning of classes in January, after the Christmas holidays, until the beginning of the Easter holidays.

- During that time; Every day, the students of each experimental group (in 6th and 3rd) did the exercise.

In total they did it 29 times in 6th year of Primary and 30 times in 3rd year of ESO. Sitting Cross Circles alternated with Standing Cross Circles.

- The results were different. In 3rd year of ESO there were no significant changes that indicated that, by doing these exercises, academic performance improved or a positive change of attitude was provoked in the students.
- However, at least in terms of academic performance, the research obtained a good result in the 6th grade group. It was not possible to verify whether there was a change in relation to the attitude and behavior of 6th grade students due to circumstances unrelated to this research.

This good result in the 6th grade group, in academic performance, was found in 2 of the 4 subjects (Mathematics and Language) whose academic results were statistically analyzed (each subject separately, with the t method of Mean Difference for Independent Samples). The result indicated that there was a statistically significant change and that the experimental group outperformed the control group in those 2 subjects.



When a statistical analysis was done in 6th grade (with the Multivariate Analysis of Variance) that included the data of the 4 subjects together (Mathematics, Language, Knowledge of the Environment and English), the results indicated a change that was statistically significant in a clear way (above what would have been minimally necessary); also stating that the experimental group outperformed the control group.

- With regard to the attitude of 6th grade students, there are no measurable data; But certain comments made us think that there was a change in attitude, although it was not possible to demonstrate it with data.

For example, a comment made by a student of Teaching who did practices in the classroom of the experimental group of 6th grade.

She was warned by the teacher about a student whose behavior used to be very conflictive.

Initially she did not understand why she had been warned, because the behavior of that child was normal (she began to do the teaching practices in the 2nd evaluation, when the students were already doing the exercises of the Cross Circles exercises). When the students finished practicing of the Cross Circles exercises (that is, when the 3rd evaluation began), she could see that the child did begin to behave in a conflictive way.

This made us think that the practice of the Cross Circles exercise produced a "normalizing" effect in the child during the time in which he performed the exercise (2nd evaluation) and that, on the contrary, his behavior was conflictive during the remaining time, both in the 1st and 3rd evaluation.

Another example: a part of the written comment made by the tutor of the 6th grade experimental group at the end of the course: "(...) It was, in my opinion, very beneficial because the boys were calmer, more relaxed and their performance increased considerably."



## A study conducted with people suffering from fibromyalgia

In 2007, between October and December and for 10 weeks, we conducted a study with a group of 15 people suffering from fibromyalgia and were supported with 2 alternative therapies.

This study was conducted in the city of Santa Cruz de Tenerife, in the Canary Islands, Spain and involved a group of people who belonged to the Association of Fibromyalgia and Chronic Fatigue of Tenerife. (AFITEN).

One of the two alternative therapies that were used was to take flower and mineral essences.

The other therapy used was the regular practice of Neo Kine. Including the regular performance of seated Cross Circles and the practice of Level 2 Balancing. These Balancing were carried out in weekly meetings.

The people who participated in the study had never practiced Neo Kine before.

Every week a meeting was held in which doubts were clarified, the necessary explanations were given and a Level 2 Balancing was practiced.

The results showed an increase in the number of nights people were able to sleep each week and an overall decrease in symptoms suffered by people who participated in the study.



The following graph represents the results of the Symptom Questionnaire that was used in this study at the beginning and at the end of it.

The results shown are the average of the values of all the people who participated in the study.

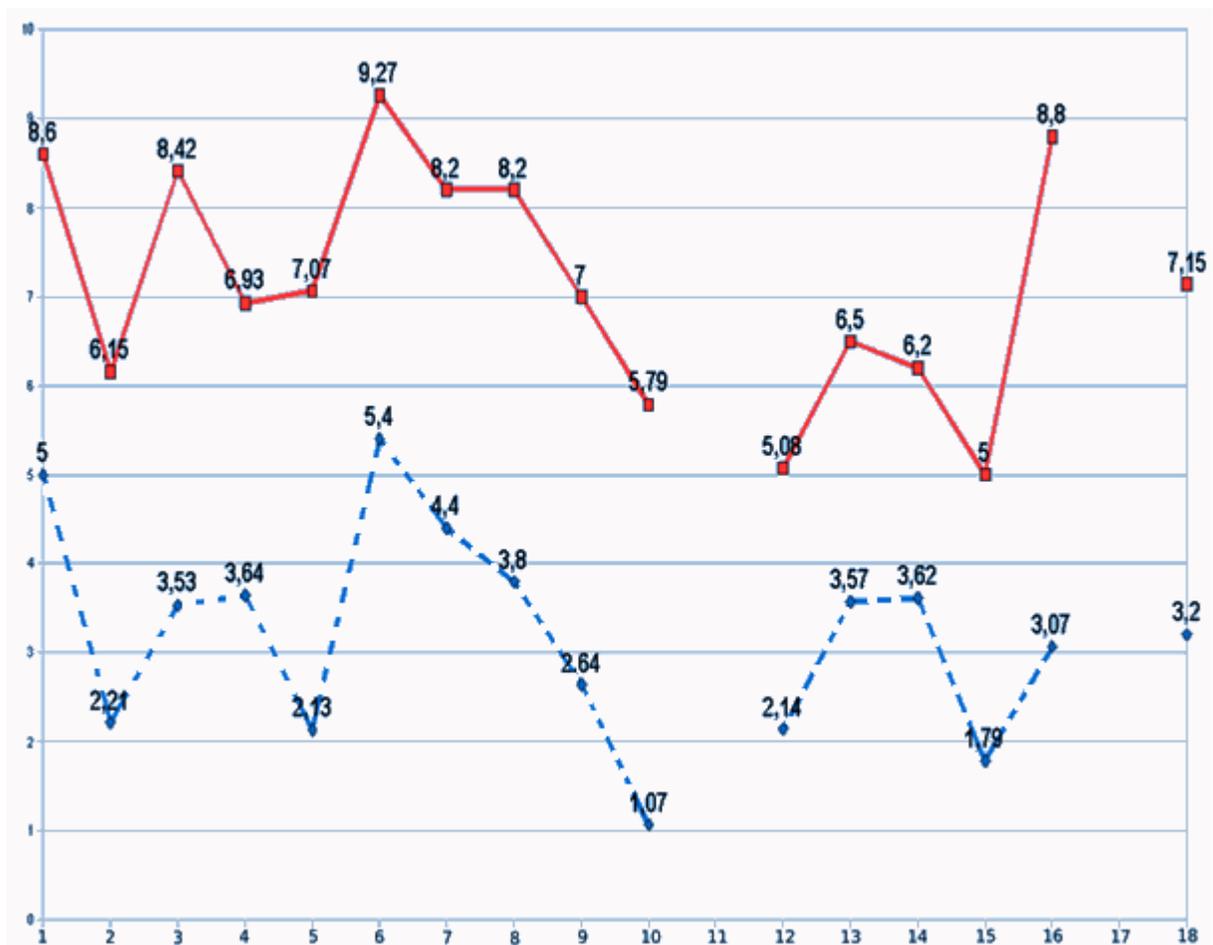
In the graph, a higher value indicates more intense symptoms, which causes greater discomfort and greater health problems to the person.

The symptoms that were obtained in the questionnaire that people filled out **at the beginning of the study** (in the continuous line) are represented, compared to the results that were given in the questionnaire that people filled out **at the end of the study** (in the discontinuous line).

Graph with the results of the symptom questionnaire:

Values AT BEGINNING of the study: CONTINUOUS LINE.

Values AT END of the study: in DISCONTINUOUS LINE.



At each symptom, the higher the value, the worse is the effect on the well-being and health of the person.

Order of symptoms represented in the graph:

1. Pain in the neck, shoulder, and spine
2. Muscle spasms
3. Stiffness, especially when getting up in the morning
4. Feeling of swelling in hands and feet
5. Tingling that mainly affects the hands

6. Weariness
7. Poor quality sleep
8. Anxiety
9. Depression
10. Headaches
11. (Empty column)
12. Irritable bowel
13. Dry mouth
14. Circulation disorders in hands and feet...
15. Restless legs
16. Waking up more tired than at bedtime
17. (Empty column)
18. Average value of the previous values.

Full information on the conduct and results of this study (in Spanish) is available on the Neo Kine website.

The link to that information is: [www.neo-kine.com/fm](http://www.neo-kine.com/fm)

And this is the QR code that allows direct access to the website with the information:



# Glossary

## CROSS-CIRCLE EXERCISES

They are exercises that are performed by simultaneously moving opposite limbs and eyes. They have the effect of enhancing Hemispheric Synchronization, the "integrated" activity of the cerebral hemispheres and, with it, reducing stress.



## BALANCING

A Balancing is a process, consisting of several steps and actions, that allows to eliminate or reduce the Stress Response to a specific situation. In this course we will learn to perform two types: Level 1 Balancing and Level 2 Balancing.

## STRESS (STRESS RESPONSE)

The Stress Response is a process that occurs when something is experienced (an experience, a memory, a personal relationship, etc.).

A classic definition that applies to Stress is: "A non-specific response of the organism to a given stimulus".

Another possible explanation of what the Stress Response is: "The state in which a person finds himself when he or she lives more experiences than he or she can assimilate".

This Stress Response affects the physical body, emotions and the mind.

## HEMISPHERIC SYNCHRONIZATION (or HEMISPHERIC INTEGRATION)

It is the simultaneous activity of the two cerebral hemispheres in a "coordinated" way. When this simultaneous activity is present, the Stress Response is reduced or disappears.

Performing activities with opposite arms and legs at the same time, favors this state. For example, when swimming, walking, dancing, playing the guitar, etc.

Performing activities with the arm and leg on the same side of the body makes it difficult to achieve this state. For example, playing tennis, table tennis, handwriting, etc.

## NON-CONSCIOUS MIND

It is the part of the mind that performs the processes that go unnoticed by the person. It also stores memories that are not accessible to the person by their will.

Many of these mental processes are "neutral" or beneficial to the person, although other processes may be inadequate for the desires or purposes of that person, creating situations that he or she lives in a conflictive way.

Thoughts considered "inappropriate" at the social level, such as prejudice, are usually in that "zone" of the mind. For example, racist, violent, supremacist, radical ideas, etc. These thoughts and attitudes are often consciously rejected by the person.

## STRESS TEST

It allows to know, through the response of the muscles, if a person has a Stress Response to "something" (a real or imagined situation, a memory, a phrase, etc.).

The Stress Test allows:

- Detect the presence of stress in the face of "something" (a real or imagined situation, a memory, a phrase, etc.).
- Direct, towards what the Stress Test is done, the effect of the exercises that favor Hemispheric Synchronization.

The practice of the Stress Test allows, indirectly, to locate the presence of some thoughts in the non-conscious mind.

## BELIEF SYSTEM

It is the set of beliefs, opinions, tastes and interests that a person has about the world around him. It defines the rules of conduct and values by which that person will be governed to organize and live his or her life.

It can have many important differences depending on the culture in which that person lives. Since each culture promotes its own values and beliefs.

## SITUATION

A situation is something that the person is living, has lived or will live.

For example, talking on the phone with another person, preparing food, speaking in public, driving in a traffic jam, taking your children to school, cooking, using a computer, walking down the street, etc.

Any situation can be experienced naturally or with a Stress Response.



## **Sources of Information and Acknowledgments**

Much of the information that served as the basis for the preparation of this manual was learned through the Kinesiology schools Touch For Health and Three in One Concepts.

Many loose data collected in this manual were received from people with whom we talked, from whom we received courses or from people with whom we have had personal dealings.

We have tried to accompany, the citations included, with the name of the authors.

In the personal experiences included, we have maintained the anonymity of the people who told us about them or who provided them to us in writing.

Our gratitude to all those people for the great help that, in many ways, they have given us to be able to elaborate this manual and to all those people who directly or indirectly helped us to make it.

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## Author's details

Ramón Ramos F. has a degree in Psychology.

He trained in Kinesiology at Touch For Health and Three in One Concepts.

After practicing Kinesiology for a while, he developed a method that aspired to be simple, easy to learn and oriented to the correction of psychological problems.

To do this, he used concepts, data and techniques of traditional and alternative therapeutic techniques, especially Kinesiology.

This method was adapted to be self-applicable.

That's Neo-Kine.

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Author of this course: Ramón Ramos F.

Email: [neokine@gmail.com](mailto:neokine@gmail.com)

Cover design

& style correction: Ada Ramos Martín

Prologue to the 2023 edition:

Alicia Díaz Paz

Website: <http://www.neo-kine.com>



