

## The Emotional Balance technique is an effective way to heal the soul and body

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The psychosomatic genesis of most chronic diseases sets the doctor the task of organizing a treatment process with an equally active effect on both physiological processes and the human psyche. The methods of correct, effective study of psychoemotional problems of a person and the impact on them, available to doctors of any specialty, are becoming extremely popular.

The "Emotional Balance" technique of the Dutch researcher Roy Martin meets all the necessary requirements:

- 1) is simple and available in execution for the doctor at the diagnostic stage and for the patient at the stage of treatment;
- 2) is open to creative "modeling";
- 3) makes the doctor and patient allies with the most respectful attitude to the "sick" topics of a person and only on the basis of his free will;
- 4) allows you to reveal unconscious problems and without painful experiences, through the body, makes it possible to eliminate them forever;
- 5) enables the patient to further study his own psyche and design programs for individual spiritual growth.

This technique is based on modern knowledge in the field of psychophysiology about the significance of perceived and unconscious problems in the formation of a complex of pathological processes in the human body. The doctor is assigned the role of a coordinator and partner in it, and the patient does the main work of transforming negative emotions and beliefs at his own individual pace.

Each emotion in the human body has its own individual paths of distribution and "tropism" to individual meridians, and, consequently, to the organs associated with them. For example, the emotion of anxiety damages the stomach meridian, and therefore can damage the thyroid and parathyroid glands, mammary glands, ovaries (in women), testes and seminal vesicles in men, knee joints, maxillary sinuses, etc. (see the course of the meridian). A qualified psychotherapist is able to help a person cope with one emotion, and healing occurs in many organs and tissues. Roy Martin created a series of simple exercises and affirmations that allow through the body, without interfering with the psyche (!), To free the soul from negative emotions and help the organs, where the energies of these emotions have created damage, turn on blocked processes of self-organization and self-healing.

The basis of the foundations of this technique is to find out the true intentions of the body (conscious and unconscious) regarding the restoration of health. If, thanks to the disease, a person is accustomed to receiving benefits that are significant for him (care, attention, pity, lack of responsibility for himself, for loved ones, getting rid of everyday problems, etc.), then no methods and means of therapy will give a lasting therapeutic effect. A person wants to get sick, it is beneficial for him to get sick (!) And the body will fulfill this attitude at any cost, even at the cost of life. I.e

the lack of the proper effect of therapy is often not the fault of the doctors, but the patient's misfortune. Doctors need to understand this, be able to recognize, show the presence of this problem to the patient, offer an effective way to eliminate it and find the strength to accept the free will of a person, that is, if the patient refuses to do the exercises, treat as you can, but now the insufficient effect will not give the right to the patient to blame the doctor, and it will not be stressful for the doctor himself.

Violations of vital attitudes are formed in the process of improper upbringing (the child hears warm words, feels affection and care only when he is sick), personal problems (the husband cannot leave the family while his wife is sick and cannot properly care for the children), social traditions ( communist prizes: "First think about your homeland, and then about yourself"), etc.

Roy Martin called these violations "sabotage." There are three main types of "sabotage":

- 1) the person does not want (consciously or not) to be healthy, happy, happy, etc .;
- 2) he was convinced that he is not worthy to be healthy, happy, happy, etc .;
- 3) he believes that he does not deserve to be healthy, happy, happy, etc.

The same basic test for "want, worthy, deserve" is carried out with respect to any particular, both psychological and physiological problem. For example, "I want to let go of the emotion of fear," or "I deserve to let go of my lower back pain," etc. The testing of incorrect positions, beliefs, damaging emotions is carried out by means of a kinesiological test or by means of an electropuncture diagnostics device that reproduces the vegetative resonance test.

Then the found problem is scanned in time, that is, "sabotage" arose on the basis of momentary profit (I'll get a little sick to read an interesting book), or it's already formed "program for self-destruction." It turns out, through which meridians and emotions "tropic" to them, this problem is fixed in the body.

The system of simple exercises with affirmations, processing of points allow through the body to simply, beautifully and effectively change a person's attitude to himself, to his life, to problems, to illness. A base is created on which previously ineffective methods of treatment become effective.

A group of doctors, including chiropractors, reflexotherapists, homeopaths, specialists in electropuncture methods of diagnostics and bioresonance therapy, are working using the technique "Emotional Balance" for over three years. The sabotage test is performed on all patients. A group of 52 patients was studied. All of these people were found to have "sabotage" according to basic life attitudes, that is, each of them either did not want or considered himself unworthy or undeserving to be healthy. Despite various medical diagnoses, these people were united by a common wording in their complaints: "Wherever I have been, none of the doctors can help me (neither in orthodox, nor in traditional medicine)."

They realized the importance of their own problem and began independent work - 48 people, 4 people tried to do the exercises 1-5 times, said that 15-20 minutes a day is an unacceptable luxury for them, and after 1-2 months they stopped attending other therapy sessions. The "sabotage" of those involved was eliminated within a period of 5 days to 4 months. Each of the patients of this group, not without surprise, noted that previously ineffective sessions of manual therapy, reflexology, bioresonance therapy, homeopathy have become extremely fruitful, and the positive effect is felt already during the session and lasts for weeks and months, and in 12 people more than 2, 5 years.

In nine people, in difficult periods of life, "sabotage" returned from 3 to 7 times, but independent work with individual correction made it possible to cope with it already in a much shorter time (2-4 days). 28 people, on their own initiative, asked doctors to draw up programs for working out private emotions and situational wrong beliefs, and now they creatively use this technique in the process of their spiritual growth and self-improvement.

#### Example

Patient L., 51 years old (under supervision from 47 years old). Diagnoses: grade II hypertension, type II diabetes mellitus, subcompensation, urolithiasis, cholelithiasis, grade II obesity. Complaints: weakness, dizziness, headaches, constipation, heartburn, bitterness in the mouth, recurrent lower back pain, decreased performance, a firm conviction in the helplessness of medicine and that "there is not much left for him."

Examined by the method of vegetative resonance testing, received sessions of bioresonance therapy, homeopathy, manual therapy. Within 6 months, positive results were noted, but they were inconsistent. Testing according to the "Emotional balance" method revealed that the person does not want to be healthy. Discussion of this topic with the patient made it possible to discover that all men in their family were dying 1-3 years after the age of 50, and a program for the implementation of this family "tradition" was subconsciously formed in him. Working out the individual program allowed stabilizing the BP figures by 135-80 mm in 1.5 months. rt. Art., the stabilization of blood sugar occurred after 3 months without significant restrictions in the diet (at his own request, the patient refused meat, and replaced sugar with honey and fructose). The patient is currently leading an active business life, associated with frequent business trips, which does not affect his well-being and performance, he performs five pearls gymnastics every day, lost 35 kg, became calm, balanced, optimism and a sense of humor returned. Feels and looks 10-12 years younger than calendar age.

The "Emotional Balance" method has shown in practice that only joint work with the patient can overcome the disease. It allowed me to see with my own eyes the decisive role of the psyche. Has freed from the heavy burden of "medical guilt" with insufficient treatment effect. The doctor and the patient became collaborators in working together, and the treatment process itself became creative, interesting and mutually productive.

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Gritsenko E.G., Gritsenko A.G., Gritsenko A.A. The "Emotional Balance" technique is an effective way to heal the soul and body // X

"IMEDIS ", 2004, vol. 2 -

S.222-227