

TOP SECRET



***New World Order
Mind Control Commands
and
How You Can Remove Them***

The Kinesiology Report

TOP SECRET



*The fact that you searched out this report means
that you most likely have Metaphysical Abilities and
are a Victim of Alien Abduction or Military Abduction,
and Mind Control*

Please read The Kinesiology Report

and then read

The Mars Records – Book 1

The Mars Records – Book 2

The Mars Force – Book 1

The Mars Force – Book 2

The Blue Planet Project

The Pulsar Project

TOP SECRET



***Attention: People with Metaphysical Abilities,
& Victims of Alien Abduction, Military Abduction,
Mind Control & Ritual Abuse,***

(That Could Mean YOU!)

How Kinesiology Can Help You

by Stephanie Relfe B.Sc. (Sydney)

I learned a lot of things from one of my teachers, Robert Kiyosaki, author of [*Rich Dad, Poor Dad*](#). Kiyosaki is a master at kicking people in the rear end, and getting people to realize that the cause of their problems lies within their subconscious mind and emotions. That is crucial to make major, permanent improvements in one's life.

Kiyosaki said that a friend is –

Someone who asks more of you than you ask of yourself.

So, I am going to attempt to be a friend and say some things that you will not have heard from anyone else.

Since you found this article, there is a much higher chance that you have been subjected to alien or military abduction or mind control, even though you have no conscious memories of it, than there is for other people.

If you have metaphysical abilities, there is a very high chance that you have been subjected to alien or military abduction or mind control at least once in your life. And maybe a whole lot more than that. The chances of this are even higher if you have had any experience in any military group, or have any family member in the military, especially if they are/were an officer.

Whether or not you know you have them, your abilities could include:

- Telepath – receiving (this can cause a lot of problems if you don't realize the thoughts in your head are not yours).
- Telepath – projectional.
- Empath – receiving. Picking up others feelings. (this can cause a lot of problems if you don't realize the feelings you feel are not yours).
- Sender – able to move physical objects from place to place. Very valuable.
- Telekinetic.
- Able to open wormholes.
- Clairvoyant.
- Ability to kill with your mind.
- Manifestation (very useful).
- Ability to draw things towards you.
- Advanced knowingness.
- Advanced technical / mathematical abilities.
- Ability to produce fire.
- Advanced trouble shooting abilities.
- Healer.
- Medical intuitive (can see inside others' bodies)
- Super hearing.
- Abilities to do with voice or song.

The list is as long as your imagination.

The fact that you cannot remember any incidences, or using your abilities, does not mean anything.

Let me say that again, because this is the key to this article -

The fact that you cannot remember any incidences does not mean anything.

By the way, are you starting to feel some resistance to reading the rest of this article? I wouldn't be surprised if you are. Please be aware of this as you read this article.

Simple hypnosis plus certain drugs plus advanced technology is enough to prevent all conscious recall. Plus the desire to even attempt that recall.

My husband Michael and I released our training DVD series “Perfect Health with Kinesiology and Muscle Testing – The Revolution in Natural Healthcare ” around June 2008. We did this because what worked for us, can work for you too. We really, really want abductees to know what is being done to them and to have the tools to fight back and to heal themselves.

But we have been shocked and disappointed at the low number of abductees who have obtained a copy. We are selling them, but mostly to people interested in natural health, not to abductees. And yet it is abductees who often have strange health problems, due to the stress of being adducted.

We spent four years going to a huge amount of trouble, expense, heartache and spiritual attack to make this training available. God meant this training to be made available, because many times when we needed something to create the DVD, it was given to us when we needed it. So we can only suppose that, as usual, God’s time is not the same as our time. Still, we hope that the time when all people, and especially abductees, know how to do accurate muscle testing AND kinesiology to balance problems out of the body is fast drawing near.

We have come to the realization that the level of control of people and especially abductees is far, far greater than we could ever possibly have imagined. The size, strength and effectiveness of the level of control is truly extra-ordinary. This realization came after assimilating many different observations that we have made of the years, including but not limited to –

1) I gave drafts of the DVD training series, Perfect Health with Kinesiology and Muscle Testing, to a number of friends who are serial abductees. They raved about it when they received my package. But after they got the package, they did not ‘get around’ to getting past the first disk.

One lady had been begging me for MONTHS for the series. But when she got it, and sat down to watch it, she would suddenly get an urge to get up and drink a coke instead – even though she never drinks coke!

Another person was just ‘too busy’ to do it. Even though she had been waiting for YEARS for this information.

Which reminds me of another thing that Kiyosaki taught me. He knows something of the bigger games that are going on on the planet. (Or he did back in the early 1990s. Who knows who has got to him since then). He said that the name of the game on planet earth is –

BUSINESS

That is –

BUSY NESS

That is, as long as ‘they’ keep you busy, they keep you from your true purpose, which is growing and evolving spiritually, and helping others.

2) The low ratio of abductees to those ‘just’ interested in natural health who have ordered the DVD series (to date).

This makes no sense, especially since abductees usually have worse health problems than other people, and are open minded about alternative health. And it is abductees and readers of this site, and the tens of thousands of readers of "The Mars Records" who have learned from our experiences just how powerful kinesiology is – not just for healing all kinds of health and emotional problems, but also as a very powerful tool for learning when, if and how one is being abducted, and ways to overcome the effects of that.

Anyone who has an interest in subjects like abduction, mind control and metaphysical abilities, should realize that the chances are very, very, very high that they have been abducted because of THEIR metaphysical abilities, and that is WHY they are interested.

Having no memory or idea that you have even been abducted is NOT evidence that you have not been abducted.

Having conscious reasons why you should not do something like kinesiology which can do so much for you is not an answer either.

As Kiyosaki said –

YOUR REASONS ARE YOUR TREASON.

What that means is, everyone has CONSCIOUS reasons why they do and don't do anything. And why things are not better than they are. But the treasonous commands that are stopping you from improving your life are in your subconscious, where you cannot get at them normally. Kinesiology can help to get around that.

Perhaps you've seen something similar to this at a hypnosis stage show: The hypnotist will call up someone onto the stage, and tell them that when the hypnotist taps his tie, the person will stand up and open up an umbrella. The person then goes back to his chair, unaware that he has been programmed. As soon as the hypnotist taps his tie, the hypnotized person stands up and opens up his umbrella. (Audience laughs but they should really be crying because of this terrible evidence of brutal control). But the worst part is, that when the hypnotist asks them WHY they opened up the umbrella, do they say the truth? Do they say "because you programmed me to do that?". NO. They will make up something from their conscious mind that is as rational as possible, something like "I just wanted to test if it works"

3) A good while before the DVD, we went to a lot of trouble to create a dating site to help get fellow abductees together. I know that Michael and I could never have done what we have done without the support and constant watching from and communication with each other. We have managed to stay free of abductions for 6 years now – even though they keep trying different stuff on us. ABDUCTEES NEED SUPPORT. They need at least one other supportive person around who notices things and with whom they can discuss things. And also who is trained and with whom they can swap sessions of kinesiology and deliverance (and later on, clearing).

So we created a dating site where people could search for others who knew about aliens and other paranormal stuff. Hardly anyone joined, even though the price was minimal, and even when we made it free. So we closed it down. I know of at least six people who are VERY advanced in metaphysical abilities, who are not in relationships, are hardly ever IN a relationship, were given free membership, and never got around to signing up. Again, I think the program to keep people on their own so their 'owners' can get easy access to them has gone far deeper than I could possibly have guessed.

I recommend that anyone who is on their own, and thinks they may be an abductee or have metaphysical abilities, or wants to explore this, or who found www.metatech.org or www.TheMarsRecords.com, should arrange to be near someone who one can have as a friend or housemate – to help to get free, and to work on each other, until you find your soul mate.

4) There is a 'new' phobia. It's called "nomophobia". An incredible one in five people get it. It means that if they are out of range of a cell tower for their cell phone, they suffer as much stress AS IF THEY ARE GETTING DIVORCED OR MOVING HOUSE!!!! That shows that there is something highly advanced going on with cell phones. There is something in them that is addicting people to them and controlling them.

When you do finally get your "Perfect Health with Kinesiology & Muscle Testing" DVD, and test for cell phones, please do the test for emotional override. I believe now that all the muscle tests that I did that made it look as though cell phones aren't 'that' bad, were incorrect because I did not also test for emotional attachment.

People are now so addicted to their cell phones that even conspiracy researchers don't give them up. Why carry around a walking receiver for the kind of commands that are in the movie "They Live" to go into your brain, unless you have been programmed to do it?

5) We published "The Mars Records" in 2000. This was at considerable risk to our lives as certain INTEL spooks do not appreciate public knowledge of ongoing projects. I envisioned that within a few years there would be THOUSANDS of people who had not only done many hours of clearing, but who had also published their results. So we would no longer stand out. I envisioned an army of trained people who were doing all kinds of amazing things to free others, after having freed themselves, and helping others to realize the reality of this situation.

But things don't always turn out as we plan and the INTEL agents have had nothing to worry about. Hardly anyone has done any clearing, or kinesiology, or deliverance, as we did, as of July 2008. The few people I have heard of who have had clearing sessions where they remembered abductions by reptilians etc. do not want to publish their session notes, even anonymously. Admittedly, I realized that people needed the wernicke's correction, and cloacals, and a whole bunch of other stuff that is on the DVD – but that just adds to my feeling of sadness when I see that the bulk of people purchasing the DVD are natural health people, and not the abductees or possible abductees who REALLY need this stuff, and who can do SO MUCH MORE with it.

6) Apart from "Pat" of The Mars Force, hardly anyone else has made the effort to do clearing sessions on these subjects.

Please take note of another saying that I learned at a personal development seminar:

FOR THINGS TO CHANGE, FIRST I MUST CHANGE

Please put that on your fridge. The ONLY person you can change is you. You cannot change anyone else.

Now, let's see one way that you can change, so that your life can get a whole lot better.

My husband and I have created a 12 DVD training course, **Perfect Health with Kinesiology & Muscle Testing – The Revolution in Natural Health Care**. This DVD is for everyone to improve their health, well being, emotional strength and energy. However, if you have been subjected to abduction or mind control or ritual abuse, there will be some extra things you should do. The techniques for these things are taught in the DVD, but their application to paranormal subjects is not mentioned, as the DVD is meant for everyone.

Therefore, this article will attempt to cover the techniques which Michael and I have found to be of benefit to ourselves, and other people who have been subjected to abduction or mind control. I do not have much experience with people subjected to ritual abuse, but much of the following techniques would be useful for these people as well.

Before you do the techniques below, please complete all of the DVD series, Perfect Health with Kinesiology & Muscle Testing, so that you will know what I am talking about and have some experience. I also strongly recommend that you read “The Mars Records” and “The Mars Force – Pat’s Story” to see how we have used kinesiology very successfully for abduction and mind control. These 4 books are free to download from www.themarsrecords.com. Reading those books could very possibly stir up a whole lot of stuff for you to work on. Many people have told us they got super headaches and even fainted while reading these books. That indicates that there is something in that person’s memory that has a lot of stress on it. Otherwise these people would not react like this. In addition, you can learn about the spiritual warfare aspects of this at “How to prevent military and alien abduction” here.

On the other hand, there is one reason why you may NOT want to read these books at this stage. If you do read these books, you are ” front loading” yourself with new information. You may prefer to read them later on, AFTER you discover things about yourself. In that way, you then can’t say “oh, I imagined all that, because I read of similar things in those books.”

WARNING – BEFORE YOU START

Now, before we get started, there is something very, very important that I must warn you about. Please pray for protection and guidance both before, and continually while, you do kinesiology and muscle testing for abductees and mind control and ritual abuse victims. This is ESPECIALLY important if you work on members of the public. If you work on members of the public, do not be surprised if you get as many or more ‘INTEL spooks’ as clients on occasion, rather than people you can help.

This work is dangerous. You may think it is kind of cool and fun. If that is your reason, I suggest you do not work with members of the public. This is very serious. To learn how serious this is, read “Who Killed our UFO Investigators” and “Whistleblower Dies on Stage”.

ONLY do this work because Yahweh God the Creator wants you to, and will give you protection and guidance. This is not a game. You get no special T-Shirt for helping other people. You have been warned.

PRETESTS

First of all, as for all proper muscle testing and balancing, you must do the pretests. Note that David Hawkins, author of "Power versus Force" does not even mention the pretests. The pretests are ABSOLUTELY ESSENTIAL for accurate results. Neither does Hawkins explain the many things that are necessary to do for a correct muscle test. Plus he says that one should say "resist" instead of "hold", which means that it becomes a test of strength, and not an accurate muscle test. I guess that's because he is a psychologist, NOT a kinesiologist.

If the person you are working on has been abducted, this can take longer than normal. Maybe even a lot longer than normal. They may be VERY blocked. As you learned in the DVD, if this is the case, do Emotional Stress Release. If the person is open to the possibility of abductions and mind control, while you do ESR, give a command to the person such as, -

"Have a look around and see if you were ever subjected to abduction or mind control."

The person may or may not see anything. But in any case, the brain will still process the information. If you get them to do this while you do ESR for a while, you may get them to unblock.

UNWANTED VISITORS

Now if the person is an abductee or mind control victim, especially if this is their first session, it is in my experience that quite likely by now the two of you are not alone in the room. You may even smell or feel their presence by now. It is quite possible that right now you have in the room, or interfering from a distance, some beings such as reptilians or grays., or a human remote viewer. When they are right in the room, I do not know if they are out of body, or doing some weird energy thing so they are physically present. I just know that I have experienced this with a number of clients.

It can be quite annoying to have a client come for some kind of normal problem and then find that at the very first session, the person is being blocked or switched because of the presence of a third party. I once worked on a woman in Dallas. From memory, things went as normal at the beginning of the session, but within about five minutes, nothing was working. Once you get very experienced at muscle testing, and know that you can get truthful answers (because your answers have led to improvements in people, or to them telling you things that agreed with the answers you were getting), you can on occasion do a silent, almost invisible muscle test. If you are holding their arm up, you can just ask the body TELEPATHICALLY, for example, as I probably did in that case in Dallas –

"Indicator change if this session is being interfered with".

If you get an I/C (Indicator Change) then ask "Indicator change if the interference is from beings –

"With bodies".

"Without bodies"

"Both"

Then continue questioning. However, since you are doing this telepathically, you need to be super fast and very gentle. The person may not even know that you are doing anything. In any case, the whole experience of kinesiology is so strange to most people, that they won't wonder at this.

In the case in Dallas, I got that we had two reptilians in the room. Now, this does NOT happen with most of my clients. Maybe one in 20 or less. My problem was – as is often the case – how to deal with this.. Generally I ask the person something like, -

“What’s the weirdest thing you have ever read about on the internet, that just might be true?”, or -

“I’m going to ask you a very strange question”. (So they aren’t so shocked when you ask them ...) –
“Do you believe that UFOs exist?”

If they give a flat out vehement “No”, then I drop the subject like a hot potato and see how I can help the person as best I can. If the person is not open and willing to learn more, then pushing too fast can do more harm than good.

I think with the woman in Dallas I may not have asked her this question. I think I may have just said something like –

“I’m getting that we have some kind of spiritual interference in the room. Would you be willing to pray with me to remove it?”

She looked kind of wondering, but nodded. We each did a silent prayer, which removed the reptilians. I then went on with the session. Unfortunately, I learned later after I left Dallas, that she later got pregnant to her newly wed husband, but then had a miscarriage at 4 months. I am quite sure that the reptilians took that baby. I will never know whether or not I should have told her more, but one cannot help anyone if the person runs from the room thinking that you are crazy. And one can’t give too much information to anyone at one time.

MORE ON PRETESTS

For the rest of this article, I will assume that you are working with a willing client who is open to what is possible.

If the person is still blocked after you have done as much as you can, drugs may be involved. In that case, it can help to muscle test for –

“Indicator change if there are any drugs that this body needs to balance out” and test the number (zero, one, two etc.)

The trouble is, if they are blocked, how are you going test them? One way is that when you are very good and practiced at correct muscle testing, you can sometimes get some kind of answer, even when they are blocked. When you do this, your test is super, super light. They may not even move their arm, but you will still ‘get’ the answer you are looking for (the truth). You are using the body to access your own knowingness. As always, you still keep an open mind to the answer and ask yourself “Is there a lock?”.

If you ‘get’ that there are drugs involved, to get an unlocking muscle so that you can balance out the drugs, you may need to simply use INTENTION to get them to put the drugs into circuit, so that you can balance them out.

'INTEL SPOOKS' AS CLIENTS – AND OTHER PRECAUTIONS

Testing a client telepathically can also be useful if you have ANY thought that they could be an intel spook. In fact, this is a good idea to do for all clients. If they are a spook, don't tell them you are onto them. They may not even know they are one if they are mind controlled. Just do what they came for – eg: fix up their back. Or before you book them in, tell them that you are sorry but in their case you are not able to help them. Do not give any reason, just say that you can't help them.

A word of warning about INTEL spooks. If you ever 'get' that someone may be a spook, and decide you want to do a session anyway, make sure you ask them AT THE LAST MINUTE if a friend of yours who is learning kinesiology can also be present at the session. Especially do this if THEY are bringing a second person to the session. I once had a man book in with me who was a new customer, who had only a few simple problems. I think it was Michael who "got" that he was a spook, especially after the man asked if a woman friend of his could attend the session. We tested Michael to find out if he was a spook or not, and got that he was. So when he turned up I asked if Michael could be present, since he was learning kinesiology. The woman never came in – she stayed in the car. Nothing abnormal happened during the session, but I think that something would have happened if Michael had not been there.

Remember that these are people. They have lives just like you. They are overworked and underpaid. And in addition to all the government rules and B.S. they endure, they have no one to talk to about their job or the projects they are working on. And THEY get mind controlled to make sure they keep everything secret. So if you become a practitioner, always protect your physical person (never be alone) and try to help whoever you can. They are not the enemy. The beings that control them are the enemy. And when you help someone, you do YAHWEH's will and those bad beings plans will be set back.

Another thing to remember. Never get involved with "secrets" or "classified" information. If ANYONE ever offers to share with you ANY secret information, run, do not walk, to the nearest exit. You ARE NOT a spy or law enforcement professional. You are not a part of their world. Do YAHWEH's work to help others and that's all.

Hopefully, you will never need this kind of warning in your whole life. But depending on what you are doing to help free the planet, and until you know everything about what has been done to you, and what your abilities are, and how important your bloodline is to the evil ones, anything is possible.

In any case, it is always important protection to not see anyone at your own home, unless you know them well. All strangers must be seen at a public center where there is someone else present in the building who has seen your people. You can rent rooms at alternative health centers and at some chiropractors.

MORE ON PRETESTS

Be prepared for anything with a brand new person, even if you know them well. I will always remember the first time I worked on Pat of "The Mars Force". We had communicated a number of times by email and I liked her very much from the emails. I also liked her when I first met her, after she traveled to our home in Norfolk, Virginia. She seemed very intelligent and ladylike, with a lot of gentleness and internal strength. She is very soft spoken. I will quote from "The Mars Force – Pat's Story" –

Michael and I picked Pat up at the bus station. Although she had come a long way, I felt that I should give her a short kinesiology session that evening. The session was done in my home. It was lucky that God was looking after us and made sure that the first session was on a Sunday, because Michael was at home and he was definitely needed!. Pat lay on the massage table but almost as soon as I started to muscle test her I got a violent reaction. After doing sessions on hundreds of different people, I had never seen anything like this.

She was blocked, which is not unusual. What was unusual was that as soon as I tried to unblock her she began to scream. Plus her left arm started moving in circles all by itself. It would start at her side and then move in a jerky movement across her body. Then move back to her left side and then start off again. I felt that it was her body reliving a time when it was pulling against restraints. Pat thought it might have been her deflecting energy, possibly in some way connected to the “alters ” that we later discovered she had.

I called in Michael to help me and it was only through the deliverance that he did, with the help of Jesus Christ, that I was able to continue at all. The first session was quite frenetic and I did not take many notes, although it was taped and we were able to later on hear again the screams that suddenly came out of Pat’s mouth – a lady who until then had appeared very gentle, soft spoken and ladylike.

I got that she had metaphysical alien circuitry on her and began to remove it, while Michael was praying for her. She also seemed to have metaphysical implants in her which I removed as best I could.

If we had never taped those sessions, I doubt that Pat would ever have remembered or believed that she was had actually SCREAMED during the session!

If you are having trouble with the pretests, at least give them a glass of reverse osmosis water, so that at least dehydration should be taken care of.

BALANCING OUT DRUGS

If the person has been abducted or subjected to mind control, it is almost guaranteed that they will have been given drugs. Test how many different drugs are available to be balanced out. Then balance them out one by one. Call each drug “Drug number one”, “Drug number two” etc., since we don’t know the names of most of them.

Do this anytime you get stuck during a session.

CENTERING & 14 MUSCLE BALANCE

Once you have finally got all of the pretests in order, make sure you do the same balances that you would do for any client. That is, check first that their Centering is in balance. As you learned in the DVD, do it once with eyes open and again with eyes closed. A number of abductees will have everything in balance with eyes open and nothing in balance with eyes shut, because their eyes were shut when horrible things were done to them.

And then, as for every client, do a 14 Muscle Balance, with eyes open and with eyes shut.

As you learned in the DVD, write down everything that you find out of balance, so that the next time you work on them, if the same systems are out of balance again, you can lock in the weakness and hunt down the cause of the imbalance. It can take a few sessions before even a normal person, let alone an abductee, stays permanently in balance, because you have removed the hidden layers of stress that were stored in the person.

Once you get their Centering and 14 Muscles to stay in balance, they will probably feel wonderful, or at the very least, a whole lot better than they used to feel.

WARNING – BOOBY TRAPS

THE MOST IMPORTANT THING TO DO FOR ABDUCTEES AND VICTIMS OF MIND CONTROL AND RITUAL ABUSE, or anyone who has or may have metaphysical abilities.

CRUCIAL: At the start of every session, after you have done the pretests, test for blocks for finding “Booby Traps”, followed by a test for “Booby Traps”.

A Booby Trap is just a special kind of Wernicke’s command, but it can be deadly.

Because removing Booby Traps is so absolutely essential for anyone who has any interest in UFO or paranormal subjects, or has ever had any unusual experiences, I strongly recommend that people do this. Instead of doing the normal order of DVDs, do disks #1, #2 and then go straight to disk #11 of Perfect Health with Kinesiology and Muscle Testing.

Booby traps fall into three categories:

1) Commands to die if the person remembers. Examples that I have found on people are:

“Die if you remember this.” Most people who have booby traps have this one. Note: the word “this” is usually, but not always, in the sentence, to keep it specific.

“Kill yourself if you remember this.” Most people who have booby traps have this command also.

“You’ll be dead if you remember.”

“You will not live if you remember.”

“Your heart will stop if you remember.”

“Have heart failure if you remember this.”

“Have a heart attack if you remember this.”

“Have cardiac arrest if you remember this.”

“Die of heart failure if you remember this.”

“Have a heart embolism if you remember this.”

“Your heart will stop if you remember this.”

"Don't remember this or your heart will stop."

"Your heart stops beating if you remember this."

"Have kidney failure if you remember this."

"Your kidneys die if you remember this."

"Your liver will stop functioning if you remember this."

"Your spleen ruptures if you remember this."

"Have a stroke if you remember this."

"You will have a stroke if you remember."

"Have an accident if you remember this."

"Have a brain hemorrhage if you remember this".

"Have cerebral hemorrhage if you remember this."

"This will happen if you remember this." (shows person a video of horrible things)

"You're dead if you remember this."

"We'll kill you if you remember this."

"You'll go insane if you remember this."

"Stop breathing if you remember this."

"Die in pain if you remember this."

"Drop dead if you remember this."

"You'll suffocate if you remember this."

"Have brain cancer if you remember this."

"Have lung cancer if you remember this."

"We are going to disembowel you if you remember what we've done."

"We're going to kill you if you don't obey us."

"Expire if you don't follow your programming."

"We will disintegrate you if you don't follow your programming."

"Meet death if you remember this."

"You will die if you think about this."

"Your brain will be damaged if you remember."

"Your mind will be erased if you remember."

"You'll lose your mind if you remember."

"You'll go insane if you remember."

"Your nervous system will shut down if you remember."

"Disloyalty means death."

"There is pain for disobedience."

"You'll forget this or die."

"Forget this or die horribly."

"Remembering this brings pain."

"You will die if you recall this."

"Thinking of us gives you a headache."

"Remembering this occludes blood flow to the brain."

"Remembering this releases blood clots to the brain."

"You hypothalamus will shatter if you remember this."

2) Commands to kill the person who helps them to remember (that is, you). Examples that have been found are:

"Kill the person who helps you to remember this."

"Kill the person who deprograms you."

"You'll kill anyone who helps you to tear down your programming."

"Zap anyone who helps you."

"Destroy the reputation of anyone who helps you deprogram".

3) Commands that relate to endangering others. The third category may not hurt anyone, but it could stop you from getting yourself free and cleaned up. Examples I have found on another are:

“Kill your daughter if you remember this.”

“Kill (name of son/daughter) if you remember this.”

“Kill your son/daughter if you remember this.”

“Kill your mother if you remember this.”

“Your family will die if you remember this.”

“You put your family in danger if you tell anyone about this.”

“(name of loved one) will die if you remember this.”

A woman healer was murdered by one of her male clients in Melbourne Australia around 2000. I believe that it is possible and even likely that the man was a victim of mind control and the healer inadvertently removed the blocks to his memories, without first removing any booby traps.

Do not underestimate the power of booby traps. I once worked on a woman who had many health problems (eg intense stomach pain) as the result of abduction by reptilians. I removed ten wernicke's commands to stop her from remembering. After two sessions her health problems went away. BUT, I forgot to look for any booby traps as at that time I thought that only the military used these. A few weeks later she went to a doctor, thinking she had a minor stroke, plus she started 'talking funny' – it was like her brain wasn't working correctly. I then tested and found five booby traps including “Have a stroke if you remember this” and “Have an accident if you remember this”. She was fine after that.

HOW TO LOCATE AND REMOVE BOOBY TRAPS

First, Find Blocks that Prevent Locating Booby Traps

Say “Indicator change for the number of commands to be removed that might stop us finding any booby traps”. Then identify them. Examples that I have found include:

“Don't look there”

“You can't see them”

“They don't exist”

“They're somewhere else”

“They are protected”

“They are invisible”

“They are shielded”

“They can’t be removed”

“This is a permanent condition”

“These cannot be fixed”

Finding Booby Traps

Once these have been found and removed, test if there are any booby traps to be removed. Say

“Indicator change if there are any booby traps present”.

Then muscle test. If you get an indicator change, there ARE booby traps to be removed. Then muscle test for the NUMBER of booby traps to be removed. This helps to make sure you get them all. Say:

“Indicator change for the number of booby traps present”.

Then identify the booby traps. Also identify what species of being gave the person each booby trap.

It is important to check for booby traps at the start of every session. And periodically during a session.

A booby trap is just a special kind of Wernicke’s Command. You treat it exactly as you would treat a Wernicke’s Command.

WERNICKE’S COMMANDS

Once you have removed any booby traps, you are now free to go hunting for other wernicke’s commands.

Here are some suggestions as to what to test for:

BLOCKS AGAINST KINESIOLOGY

Muscle test to see if there are any commands against:

- 1) Kinesiology
- 2) Clearing or the biofeedback meter
- 3) Deliverance / Prayer
- 4) Effective personal development
- 5) The Relfes / Stephanie Relfe / Michael Relfe
- 6) The Mars Records

Please email us and let us know what results you get! We have found that some people have these.

WERNICKE'S COMMANDS AGAINST REMEMBERING SOMETHING SPECIFIC

"Indicator change for the number of wernicke's commands that are available to be removed related to memory."

Test from zero to the number. Once you have the number, go find them.

If the person was subject to mind control or alien abduction or military abduction, my experience has shown that it is highly likely that they will have at least the following two commands to prevent memory regain:

"Forget this"

"Don't remember this"

Here are some other examples that I have found:

"You'll never remember this."

"Forget this happened."

"You'll never remember this."

"You have no memory of this."

"This is not happening."

"Mind control is deactivated." (presumably that can always re-activate it later)

"All alternate personalities are deactivated."

"This never happened."

"Forget your visit here."

"You won't remember coming here."

"This isn't happening."

"Forget this."

"Forget this night."

"Forget about the military."

"Forget about aliens."

"Forget about this facility."

"Forget this happened."

"You imagine this happened."

"It's just your imagination."

"You're imagining this."

"You made this up."

"This was all a dream."

"This is all a dream."

"This is just a dream."

"You're dreaming."

"This is a dream."

"This is all a dream."

"It's just a dream."

"We're not here."

"This never happened."

"You weren't here."

"Forget us."

"This is not happening."

"This never happened."

"This didn't happen."

"Aliens don't exist."

"You have no memory of this."

"This night is erased."

"There are no aliens."

"None of this happened."

"This isn't real."

"You were never here."

"You weren't here."

"You're not getting any images" (from a doctor). Michael got that this was a joke on their part, because he often says during sessions "I'm not getting any images."

"All of this didn't happen."

"You're not here."

"Don't think about this."

"Think of something else if you remember this."

"Forgetting this brings pleasure."

"Forget this processing."

"Forget what I told you."

GENERALIZED WERNICKE'S COMMANDS AGAINST REMEMBERING

Note that the above commands tried to be specific about forgetting just one period in time. They were not all inclusive. For example, they nearly always include the word "this" in them. While this can have spillover into a person's life, so that they affect the person's life, the above commands are not nearly as bad as other commands that I have found which are not specific.

I can only imagine that the commands which are not specific were done by people who were stupid people, as well as being evil, because they don't understand what they are doing with words and mind control. When a command to 'forget' is not specific, it can ruin a person's life in limitless ways, such as causing a person to be unreliable and untrustworthy, because they cannot remember things that they have told another person that they would do. This will negatively affect their professional career, personal relationships, finances, efficiency and personal growth.

The following are some of these commands which I have found, which can really mess up a person's by affecting almost every area of their life:

"Never remember."

"You can't remember."

"You can remember nothing."

"You never remember anything."

"You'll never remember anything".

"Don't remember everything."

"Forget about forgetting." (that was a particularly nasty one).

"Don't remember."

"You won't remember."

"You can't remember."

"You won't remember a thing."

"No remembering."

"Stop remembering."

"You'll never remember"

"You will not remember."

"You can't remember."

"You will forget."

"You have no memory."

"Your memory is offline."

"Total recall is off."

"Your photographic memory is deactivated."

"Your memory is scrambled."

"Forget everything you've seen."

"Forget."

"Forget everything."

"Always forget."

"Go to sleep."

"Go back to sleep."

"Stay asleep."

"You're at home."

"You have no memory."

"Memory blocks are on line."

"Memory is forbidden."

"Memory is shut off."

"Your mind is off line."

"Your memories are deactivated."

"You cannot recall."

In addition, for each command, test whether it was deliberately inserted into the person or accidentally received. If it was deliberately inserted, test what specie/s gave it:

Human

Ceremonial Magician (we have found that these beings are so demonized that the body no longer regards them as 'human')

Reptilian

Draconian

Gray

Hybrid

Other Alien

Other

COMMANDS TO OBEY

Examples that I have found that were deliberately given to the person are:

"Obey."

"Obey your commands."

"Obey immediately."

"You will comply."

"You will obey."

"You will obey."

"Obey ASAP."

"Do as you're told."

"Do as we tell you."

"You are ours."

"We own you."

"Serve us."

"Give yourself to us."

"You work for us"

"Surrender to me."

"We are your master."

"Our will is your will."

"Follow our orders."

"You have no will but to serve us."

"You are our slave."

"You are totally committed to us."

"You're charged to obey."

"We own you."

COMMANDS AGAINST MANIFESTING

There could be at least up to 20 of these. Check to see what species gave them to you. The following were given by Draconians.

Examples include:

Don't manifest.

You can't change anything.

Que sera sera ("What ever will be, will be." Note: Doris Day programmed this into nearly everyone with her song. I was going to embed her singing it, but I can feel the programming in it very strongly).

You don't know how to manifest.

You'll never manifest.

Don't create your reality.

Don't change this reality.

This is not yours to change.

This is not your reality to change.

Changing reality is dangerous.

Changing reality will kill you.

Changing reality is forbidden.

Changing reality is prohibited.

You'll be punished if you change reality.

Don't think you can change your reality.

(The brain removed the rest after this by itself. This is not uncommon, the brain learns quickly).

OTHER WERNICKE'S COMMANDS

Here are some other subjects you could test on:

"Indicator change for the number of commands that are available to be removed that are related to suppression of metaphysical abilities."

Every now and again, test for the number of metaphysical abilities that the person has. Do the best you can to identify each one. Realize that some of them may not even have a name to cover them. Some of these abilities are to do with other universes and dimensions. This whole subject gets very mind expansive.

"Indicator change for the number of commands that are available to be removed that are related to suppression of wealth."

It is our experience that many abductees and mind control victims have cashflow problems BY DESIGN. People who are in constant drama due to lack of money are much easier to control. And less likely to spend money on things that may help them to wake up and get free.

"Indicator change for the number of commands that are available to be removed that are related to suppression of relationships."

Here's another type:

"Indicator change for the number of commands related to obeying".

It is our experience that many abductees and mind control victims have relationship problems BY DESIGN. People who are on their own or with someone who is not aligned with them are much easier to control. And less likely to find out things and get free.

METAPHYSICAL CIRCUITRY

I mentioned that Pat had alien circuitry on her body. A lot of people have this. To find it, do a 'body scan'. Move your hand over their whole body while you test Anterior Deltoid. When you get an I/C, you may have something to be removed. Once you locate it, you may be able to 'see' or sense it.

This circuitry is invisible and metaphysical, but it's still there. It can be in the form of:

Plates, with bolts at the corners, especially over the heart.

Wires, especially coming out the crown chakra and ears, and back of the knees.

Etheric eggs.

Worm holes to other dimensions (especially on the back of the knees)

Shields to cut you off from earth's energy.

Anything else that your 'imagination' (i.e. intuition) presents to you.

Favorite places that they like to put this stuff are:

Heart

Third eye.

Base chakra.

Back of knees (especially in conjunction with other stuff)

Solar Plexus

Throat

Remember that chakras come out the back as well as the front of the body.

This circuitry can be within or on the body. Or several inches or even several feet outside the body.

To get rid of it, grab it and with a lot of intention, pull it off and throw it away, and click your fingers as you throw it, to help vanish it.

BALANCING OUT THE C.I.A. & MICROCHIPS FROM VACCINES

In this article, I explain how I discovered that the C.I.A. and probably other organizations have put a microchip into vaccines which lowers a persons metaphysical abilities. I assume that they can reverse this whenever they need to use the person.

So, test for and balance out the following: -

Central Intelligence Agency

Microchips

Anything else that you think of related to this

ALTER PERSONALITIES

I have not had as much success with this as I would like, but I have had at least some success. It can certainly help to periodically test for how many alters the person has. And to find what species or organization gave the person each alter. And the purpose of each alter. Even that knowledge can help the person to as-is some of their mind control, and to help the alters to heal. Their prayers will be more powerful when they know specifically what to pray for.

IDENTIFYING A CAUSE

This can be a great way to help to convince a person who is open minded but not sure that they have been abducted. Find a weakness and then lock it into circuit, as you learn in Disk 12.

If you get that the cause is something that could be related to abduction, then test to see if the cause was in fact an abduction, or something forcefully done to the person that the person has no conscious memory of. I have found that if a person had bad stuff done to them by a parent or relative,, as part of a ritual, that it won't register as an 'abduction' because the person was never taken, they were "volunteered" .

I have found that often if the cause of a problem is the emotion "No choice", that the emotion came from an abduction or sexual abuse. "No choice

This has worked for me on a number of occasion. For example, one woman had problem sleeping (hardly surprising when they usually abduct people when they are asleep). No matter what a person's symptoms are, you still do the same things. When I balanced her a second time, her cloacals were out of balance. So I locked in this weakness and located the cause. I don't remember the exact way it turned out, but by using the techniques you will learn in Disk 12, you are not front loading the person. You are just going through lists of things that could be the cause, which narrows it down. Finally, I got that she had been abducted by reptilians. Once I did some Emotional Stress on this, her cloacals were able to stay in balance, and her sleep was able to improve.

However, symptoms like this will only improve long term if the person believes what is going on (which she didn't), and joins in the fight and determines to be vigilant against further attacks. Kinesiology is a major weapon for this.

TESTING IF A PERSON HAS BEEN ABDUCTED

Remember, you MUST keep a totally open mind when doing this. While you can do it this way, it's often better to find out that a person has been abducted by doing it the way I described above – through locating the cause of a particular symptom, rather than going straight in for questions like below. This is called "front loading". However, if you are really good at getting accurate answers and keeping an open mind, here is what you do:

Say and test -

"Indicator Change the number of times this person has been abducted"

Test zero, one, more than one.

If 'more than one', test "more than 10" to narrow it down more quickly.

etc.

Note that this test has problems associated with it. There is a lot of emotion with this, and maybe a lot of programming and hidden layers. So this answer may not be the truth, but it can still often provide an accurate answer, and a surprise to the person who is tested. Test this every now and again after you have removed other layers of the onion.

If you get a zero, test and keep an eye out for possible interference.

Sometimes when I think I get interference, I pretend to walk away from the person, then quickly rush back to test again – and then get a different answer!

Once you know the number of times the person has been abducted, then test for which species were involved, including:

Humans

Reptilians

Draconians

Greys

Insectoids

Hybrids

Other Aliens

LAYERS OF THE ONION

Remember, as for all kinesiology, the different imbalances and commands etc. are in layers, like layers of an onion. So you need to periodically check again for the same things that you have already done on the person. Things like booby traps, wernicke's commands, circuitry, interference, false memories etc.

PLEASE do not delay. Get the DVD series [Perfect Health with Kinesiology & Muscle Testing – The Revolution in Natural Healthcare today](#). Do not let your conscious reasons for not doing this now get in the way. This knowledge will benefit you and your loved ones in many, many ways for the rest of your life. And save you a fortune now or later in health care. Remember, there is a full 60 day money back guarantee if you don't really love it as much as I say you will.

I am offering to www.Metatech.org readers only a special offer. If you cannot afford the DVD set today, even at the low monthly payment plans, email me and tell me your situation, and I will see what I can work out. We really, really want people who have metaphysical abilities and who want to help the planet to benefit from this knowledge, so that together we can all be free.

CONSIDER A JOURNAL

If you keep a journal of all the strange things that happen in your life, it will help you to keep doing things to get free when your mind and the bad guys try to get you to stop. You might include in your journal things that happen when you are doing the kinesiology DVD, and other things such as deliverance to get free. You might also include a list of evidence that you are an abductee (members of the family in the military, freemasons in the family, missing time, strange experiences, extended time spent in Europe or near military bases etc.). Obviously, keep it in a secret place. Just remember that anything you write down could be used against you at some future time, even by family members.

Here's an example of the kind of thing that you might include. A woman who purchased the DVD emailed us:

I just “watched” the emotional stress relieve section and went totally unconscious, just woke up and feel like I been hit by a truck!

SPECIAL NOTES

1) It is suggested that metatech readers who purchase the DVD set do the disks in a different order from other people. You could do Disks #1 and #2, and then go straight to #11 (Wernicke’s commands). Look for booby traps, followed by commands against remembering, and other sabotaging commands, such as commands to keep you on your own or with less money. Test which commands were given deliberately, and which ones you picked up accidentally.

2) If you have read this article, and have purchased my DVD Training “Perfect Health with Kinesiology & Muscle Testing” and are interested in meeting with another person who has done the same, please email me of your wish, your location and your phone number. I cannot promise anything, but if there is another person not too far from you, maybe the two of you can make contact with each other. Of course, I know nothing about either of you and cannot take any responsibility for anything that happens from introducing you to each other. And remember – the spooks are reading this too.

3) Pray to God for guidance and discernment at all times. And pray to God to send you a good person to work with.

Please see Feedback from Metatech readers who have learned “Perfect Health with Kinesiology & Muscle Testing”.

SEE ALSO:

[“How to Stop Alien and Military Abduction”](#)

Relationship Troubles May be Caused by Commands Inserted into the Brain during Abduction



Wernickes Mind Control Commands and How You Can Remove Them

If you are not doing some kind of Personal Development, you are leaving money on the table. It is well known among the affluent classes that certain practices and techniques remove the “damage” and problems that life causes and allow people to move forward toward happiness and wealth. Celebrities, CEOs and the rich and powerful constantly seek out new ways to give them the advantages and leverage they want in their lives. They understand that the first investment is to invest in themselves and they have never even heard about what you are about to learn.

Mind Control commands stored in the Wernickes area of the brain can sabotage a person’s life and ruin their health, relationships, career and ability to create wealth. Self improvement becomes very difficult, if not impossible.

Please let me share with you a way to remove these commands without spending years of your life and hundreds of thousands of dollars doing it.

Who am I? My name is Michael Relfe and I helped produce “[The Perfect Health System](#)”. My wife Stephanie supplied the talent, healing expertise and the raw determination to create a training system that would allow anyone to learn kinesiology and possess a technology that would help them make fantastic improvements in their life. I supplied the technical support: Audio, Video, Lighting, Editing, etc, etc.

I want to tell you a little about myself and why you need Disk 11 (**The Wernicke’s Correction**). I have spent 24 years in the IT industry and have been an employee or consultant for Fortune 50 companies such as AMEX, IBM, American Airlines and The US Navy. I hold a degree in Computer Science and am a graduate of United States Naval Nuclear Power School. I am not sharing these things to attempt to impress you. I want to help you understand that your success in life and the completion of your goals is in your hands and that with kinesiology ... a special kind of kinesiology, you now have the technology to change your situation and get what you want out of life.

I know you have heard it before. **Personal Development**. I know you have read the words, propaganda and horse manure from the big boy millionaires. Promises. Testimonials. Thousands of dollars for seminars from some clown that only cares about stuffing your money into his bank account. Some of these guys get \$5,000 or more for a weekend seminar. Other “Big Boys” can get \$20,000 for a 2 week “workshop”. And I have seen the offers from more than one “Guru” that will allow you meet them and join their private club for a cool \$50,000. You get people talking at you, using **hypnosis and NLP** on you, and all the while trying to “upsell” you on the next big seminar. Does it work? Who knows. At the end of it all you are still “you”. The worst thing about all this is that many people who attend these workshops do not make any real changes in their lives. And now they are thousands of dollars in debt.

Well now there is something new and the “big boys” don’t have it. And it doesn’t cost \$50,000.

It comes free with “[The Perfect Health System](#)”.

Why do bad things happen to good people? Why do some people seem to get all the breaks and other people are constantly being broken? Why is it that someone else seems to have the best relationships, best career and the most money? And why are other people so happy all the time?

Let me share with you some startling information. Scientists have discovered that the instructions and commands that people receive during their lives can be stored in the Wernicke’s area of the brain. And many of these commands can have long term negative effects on those people.

Wernicke’s commands could be YOUR worst enemy! Imagine dozens or even hundreds of tiny “computer programs” or “CD records” screaming into your subconscious commands such as “You’re no good”, “You will always be poor”, “You’ll always be fat” “You’re really stupid” “You’ll never make anything of yourself” “ You never remember anything” and “You’ll never get married”.

And they “go online” at the worst times. When you are under stress. Working on projects. Making life changing decisions. And they interfere and cause you to make the wrong decision. Is it any wonder why people are looking for ways to change their lives in areas such as money, relationships and health.

Everyone has at least some wernicke’s commands against having money, success and achieving results. As an example, here are thirty commands that were found on one person, in one session:

- “You’ll never be rich.”
- “You’re not rich.”
- “You have no money.”
- “You never get it right.”
- “You don’t do it right.”
- “You always fail.”
- “You’re a failure.”
- “Don’t finish it.”

- "Don't complete that."
- "You're always last."
- "Start another one."
- "You have nothing to do with it."
- "You're messy."
- "You shouldn't do it like that."
- "You should never be involved in that."
- "Stay away from them."
- "Don't work on that."
- "Have nothing to do with them."
- "Don't talk to them."
- "Slow down."
- "Relax."
- "Just do enough to get by."
- "You don't need much to live."
- "Don't have too much money."
- "Ruin your career."
- "Your career is not important."
- "You're not a business man."
- "Be ordinary."
- "Don't do too good a job."
- "Only do what's required."

It can be really tough to accomplish the goals you have set for yourself if your subconscious mind is sabotaging you at every turn. How can you get out of that rut?

How can you escape... from yourself?

Now You Can! You can learn the **Wernicke's Correction**.

It is one small part of "[The Perfect Health System](#)"

The Wernicke's Correction can change your life.

The Wernicke's Correction is a revolutionary new Kinesiology Correction created by Genius Australian Kinesiologist David Bridgman. Utilizing three different healing modalities, he created the world's first kinesiology correction that can eliminate self sabotage commands from a person's brain. *Instantly.*

No courses. No seminars. No credit cards. No upsells. No B.S.

It is possibly the most important kinesiology correction for personal development and life improvement ever discovered.

In "[Perfect Health with Kinesiology and Muscle Testing](#)", my wife, Australian Kinesiologist Stephanie Relfe is bringing the Wernicke's Correction outside of Australia and making it available to the world for the very first time.

The Wernicke's Correction is quite simply an **instant relationship course in a box.**

And an **instant cash flow course in a box.**

And an **instant self-improvement course in a box.**

By eliminating the self sabotaging commands stored in your brain, you can finally achieve the things in your life that you have been working for.

In "[Perfect Health with Kinesiology and Muscle Testing](#)" you will learn the complete procedure for the Wernicke's Correction. Nothing is censored. Nothing is held back. There is no "upsell product". No further courses are necessary for you to learn Kinesiology and the Wernicke's Correction and to start applying it to you and your loved ones or to your healing practice. You really can remove self sabotaging commands and improve your life. This is just one small part of this amazing course.

Please note that this is not meditation, visualization, affirmations, hypnosis, NLP or any other "mind science" type of system. I know some people love such programs because of their high energy delivery and their claims of instantaneous results. But there is a problem with these systems. **They are not removing the underlying cause of the person's difficulties.** They are adding a new "program" on top of the old "program". There is no point in putting jam on top of moldy bread. What is needed is a scientific procedure for removing the underlying cause of the problem and then letting the person sort out their own life. Do you really want someone to "program" you with their latest seminar or audio tape?

Kinesiology is scientific. Chiropractors and Licensed Massage Therapists using Kinesiology put treatments on insurance. And this is the actual hands on, repeatable, meat-and-potatoes kinesiology correction. Some kinesiology corrections are for your body. This kinesiology correction is for your brain. And it is demonstrated completely in "[Perfect Health With Kinesiology & Muscle Testing](#) – Disk 11".

And no, it's not available separately. You need to learn Kinesiology from the other disks before you can use it correctly.

But let me warn you. The Wernicke's Correction is easy to learn. It is easy to perform. But for some people that refuse to change and *like* being the way they are, it could be tough for them to actually sit down and take the time to do it. Wernicke's commands are like the layers of an onion. They will not come out all at once.

The Wernicke's Correction will not do everything.

But it can do what no other healing modality in the world can do.

Remove self sabotage commands that are damaging your life.

If you are a practitioner, the Wernicke's Correction is a powerful addition to your arsenal of healing modalities. The Wernicke's Correction will allow you to have even more ways to help your clients and they will have even more reasons to book in with you. And as with everything we teach at Relfe.com, **we do NOT charge royalties**. So if you want to teach classes on Kinesiology, including the Wernickes correction or just use it in your practice and become a "**Wernickes Specialist**", we encourage you to do so. This is a new technology and you might be the only person in your state providing that service.

So after all these years of trying to find the "missing link" to your success, maybe the Wernicke's correction is it. This is one that the "big boys" don't know about. You will have to invest the few hours it takes to learn kinesiology. Then you will have to invest the time to do the corrections. The results? Everyone is different but I can tell you that with the help of my wife Stephanie, I have had many hundreds of self-sabotaging commands removed from my mind and things get better all the time.

The Wernicke's commands are real. And negative commands are deadly to anyone's Health, Wealth & Happiness. I no longer allow them to control my life.

What will you do?

Sincerely

Michael Relfe

P.S. If you don't know what Kinesiology is, [please go here](#).

P.P.S. Kinesiology even works on horses and pets, [please visit here](#).

Copyright ©: Michael Relfe 2014 – 3000

www.Relfe.com

www.PerfectHealthSystem.com

www.PerfectHealthDVD.com

www.SynergisticKinesiology.com



KINESIOLOGY AND MUSCLE TESTING

YOUR SECRET WEAPON FOR HEALTH

From You're Not Fat, You're Toxic, By Stephanie Relfe

Kinesiology is a brand new technology which helps the brain to 'rewire' the body energetically. It is amazingly efficient at balancing the body, so that it can return to excellent health, energy and emotional strength. Therefore, it is a powerful tool to help you to get thin, provided it is done correctly. It stands apart from any other type of health technology largely due to its revolutionary use of muscle testing.

I have used kinesiology to help many people heal pain, health and emotional problems that they had for years, even decades, within just 2-3 sessions. Not uncommonly, weight loss was a lovely 'side-effect'. If you are taking drugs, which we have seen are fattening, then kinesiology is something I suggest you look into, because getting off the drugs (with your doctor's help) is something that will help with your fat loss. In addition, accurate muscle testing can help to identify the particular foods that your body is allergic to, and giving up those foods can greatly accelerate fat loss.

I will give one example of how kinesiology can create miracles: In the very good book *A Revolutionary Way of Thinking*, Dr. Charles Krebs tells how when he was a fit 35 year old, he had a diving accident, and was told that he would be a quadriplegic for life. But using kinesiology, he now leads a perfectly normal life!

There are two different definitions of "kinesiology". The term "kinesiology" which I use is that which is connected with Specialized Kinesiology and Academic Kinesiology (which includes Applied Kinesiology). It always includes manual muscle testing. It is not to be confused with another definition of "kinesiology", which is that which is taught in some colleges and does not include muscle testing.

When you muscle test a person properly for different foods, the person you test will not be able to hold up their arm when they hold a piece of a food that is toxic for them, beside their cheek, no matter how strong they are. This works also by just saying the name of the food being tested. This is because the brain stops sending electrical signals to the muscle you are testing. No longer is a food "bad" or "fattening". It is now *weakening*. No one wants to be weak. Somehow, this process makes a person just automatically start to steer away from unhealthy and fattening foods, and want to eat more nutritious foods, just like God intended.

As a person gets more and more specific communication back from their body through kinesiology sessions, they often begin to take more and more responsibility for their own health. Plus they have more knowledge of how to do that. When a big, tough guy sees that a puny girl can easily push his arm down when he says “alcohol” or “sugar”, he often begins to think seriously about giving them up. Many people don’t feel like giving up harmful habits because someone else has told them that they should, but when their own body starts telling them in no uncertain terms that those habits are weakening it, then that is another matter.

However, kinesiology goes beyond muscle testing. It also includes corrections which balance the body energetically so that different systems can work more efficiently. The brain allows you to become aware of energetic imbalances and blockages. It then rectifies these. It is not uncommon for people to notice an immediate absence of pain in the troubled area during a session. Within a few days many other symptoms often go away as well. Even better, the symptoms often stay away, provided the person no longer does the thing that caused the problem in the first place. This can be a great help for fat loss.

When we are tired, hurting or feeling negative emotions, it can be more tempting to eat something that is toxic. Kinesiology can help a person to improve all of these symptoms. Even better, it helps to balance the body’s energies so that the body can work more efficiently. For example, if there is a blockage in the large intestine energies, the person might become constipated. This causes a back log of toxins, and makes it much harder for the body to burn fat. I have not seen a client who was constipated who I have not been able to help using kinesiology, combined with improvements in diet.



*Muscle testing the Anterior deltoid muscle
from “Perfect Health with Kinesiology and Muscle Testing”*

If you are the kind of person who has “tried everything” including all kinds of doctors and natural healers for a particular problem, including fat loss, then you are typical of the kind of clients who I have seen, and been able to help with kinesiology.

Kinesiology is a truly ‘wholistic’ system, because it looks at the *whole* person (not just at selected parts). When you step on a cat’s tail, it’s the other end that screams. That is, the whole body affects the whole body.

In addition, kinesiology looks at *all* types of stresses which can cause disease. They include emotional, nutritional, structural and electrical stress.

The basis of kinesiology is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex computer, namely the brain. The brain is continually in communication with each of the approximately 639 muscles in the body, and it knows exactly what it needs and in what priority.

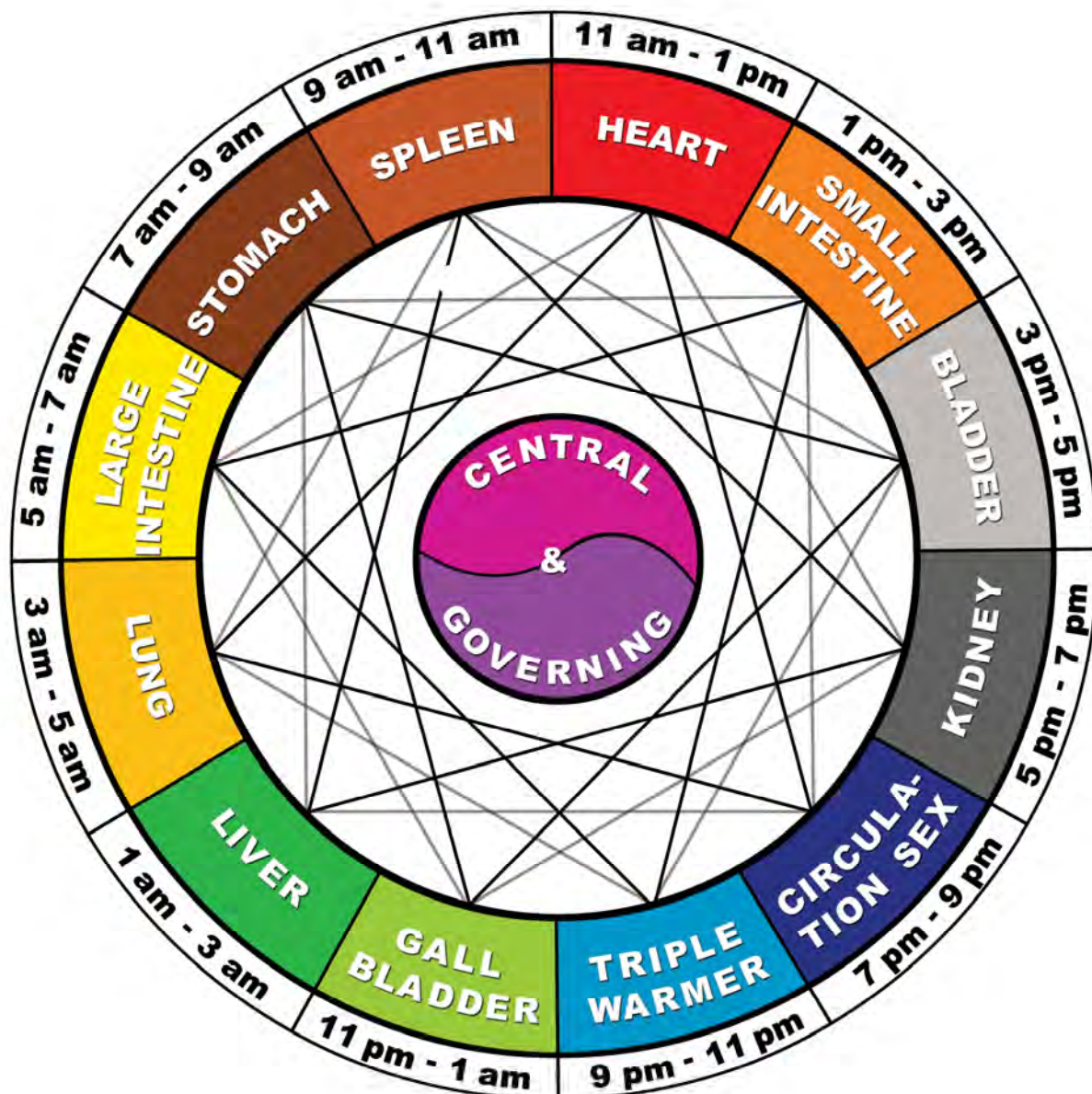
FOURTEEN MUSCLE BALANCE

There are many kinesiology balances which can help you to reduce fat. For example, there is a balance called the Fourteen muscle balance. This balance is based on Chinese medicine. Each of the fourteen muscles that are muscle tested, relate to a particular organ or system in the body. For example, if a person has their Quadriceps muscles out of balance, not only may they find that they have difficulty climbing stairs, because this is a major muscle in the upper leg, but the small intestine will also be out of balance, because it is energetically connected to the small intestine.

THE BODY CLOCK

The Fourteen muscle balance is based on the body clock. We have all talked about how our “body clock” gets messed up when we travel long distances by air. What not so many people know is that ancient Chinese mapped this clock. It includes the energy flows in the main meridian systems during a 24 hour time period.

Central Nervous System	Governing (Spinal Cord)
Heart	Gall Bladder
Small Intestine	Liver
Bladder	Lung
Kidney	Large Intestine
Circulation Sex	Stomach
Triple Warmer (hormones)	Spleen



*The Body Clock based on the Meridian System from Chinese medicine
from "Perfect Health with Kinesiology and Muscle Testing"*

MERIDIANS – PATHWAYS OF ENERGY

Energy flows continuously around the body in an unbroken flow like a river, on invisible pathways called meridians. These meridians form the meridian system. The meridian system is the basis for acupuncture.

ANTERIOR TORSO MERIDIANS

LUNG

CIRCULATION-SEX

HEART

GALL BLADDER

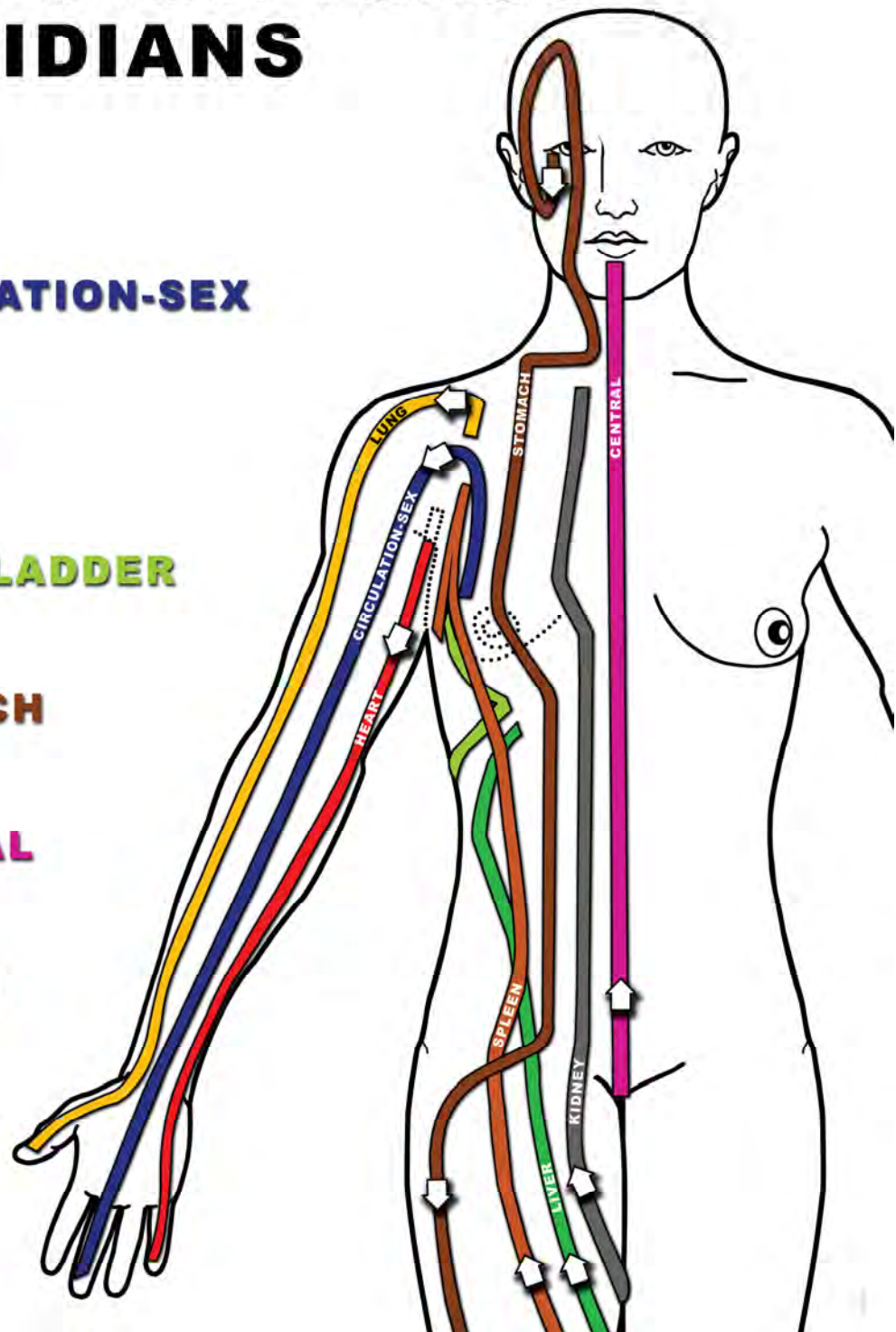
STOMACH

CENTRAL

SPLEEN

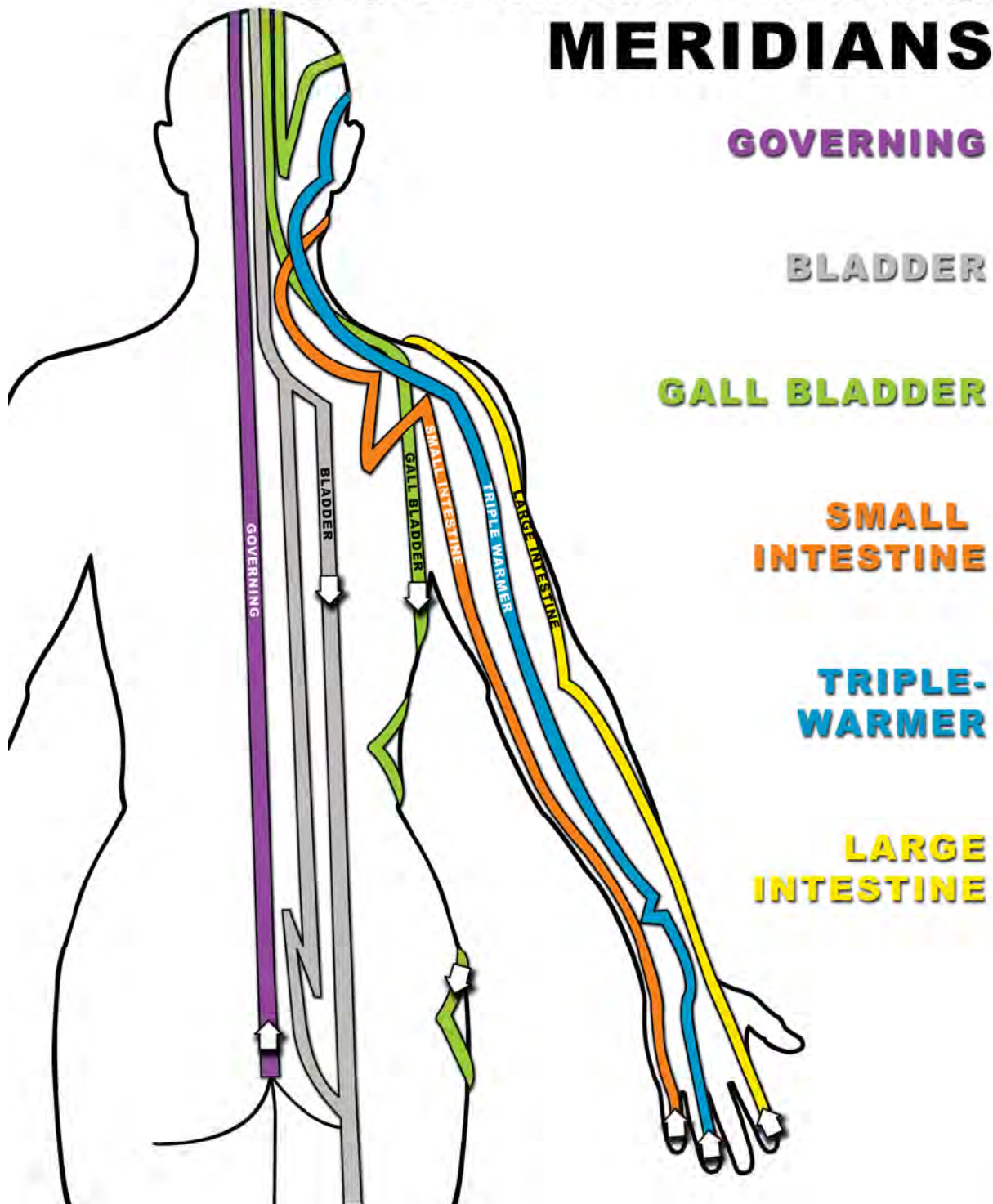
KIDNEY

LIVER



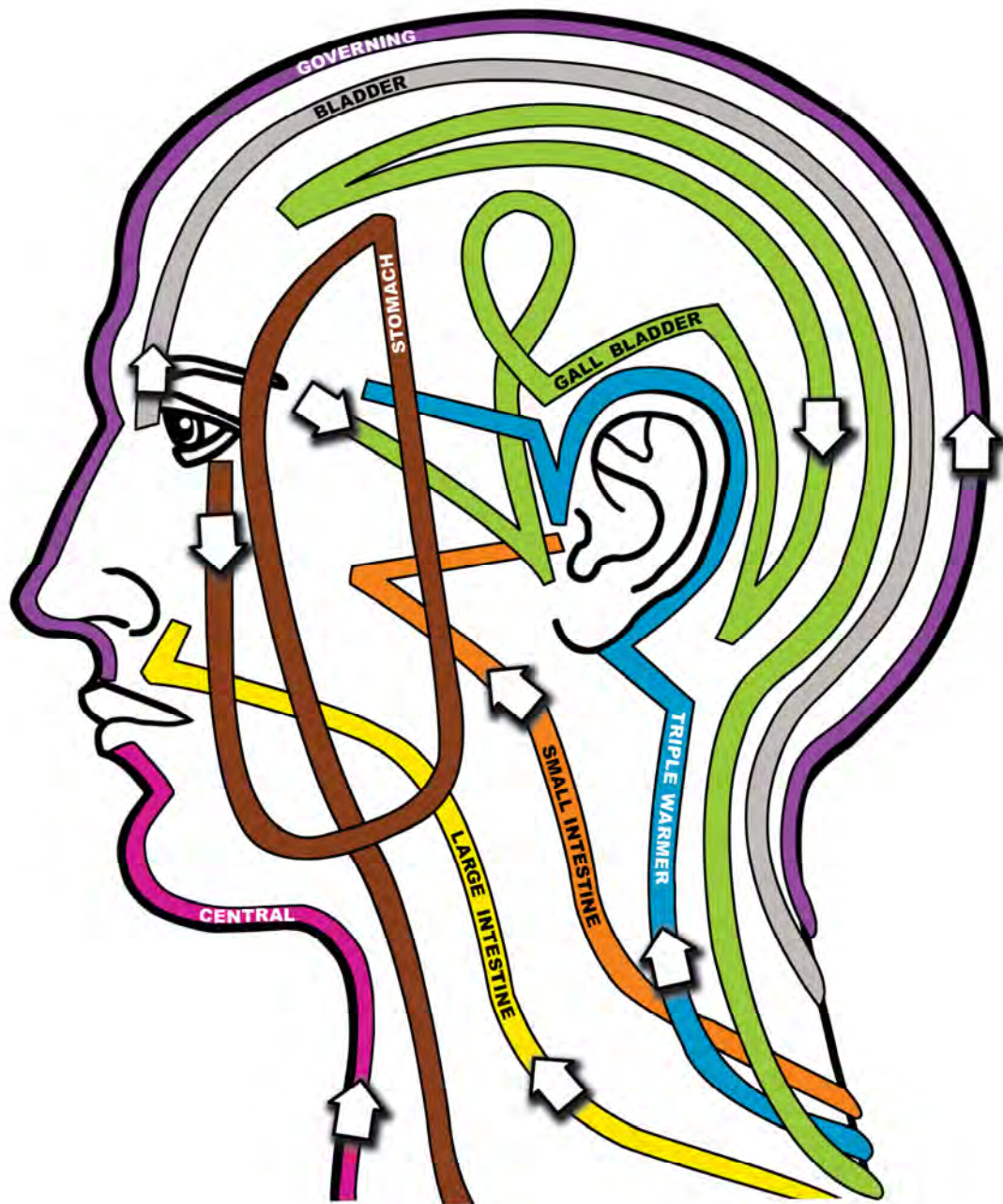
*The Anterior Torso Meridians, from
"Perfect Health with Kinesiology and Muscle Testing"*

POSTERIOR TORSO MERIDIANS



*The Posterior Torso Meridians, from
"Perfect Health with Kinesiology and Muscle Testing"*

HEAD MERIDIAN RELATIONSHIPS



*The Head Meridian Relationships, from
"Perfect Health with Kinesiology and Muscle Testing"*

Each meridian is associated with a particular organ or system of the body. Each item on the body clock is associated with a particular meridian in the body. For example, the central nervous system, in the middle of the wheel, is associated with the supraspinatus muscle.

At particular times of the day, more energy flows to one meridian, and hence to one organ, than at any other time of the day. If you look at the wheel you will see that at 1 to 3 pm, the small intestine meridian receives more energy than any other meridian. Then at 3 to 5 pm, the bladder meridian receives more energy than any other meridian. Then at 5 to 7 pm, the kidney meridian receives more energy than any other meridian. And so on around the clock until you come again back to the small intestine meridian.

Look again at the body clock. Notice how different lines go to different organs? When an organ receives maximum energy, the organ that is opposite that organ on the wheel receives minimum energy. For example, 11 am to 1 pm, most energy goes to the heart. At the same time, the least amount of energy goes to the one opposite the heart, which is the gall bladder.

Note that at 1 to 3 pm most energy goes to the small intestine. Also, at this time the least amount of energy goes to the liver, because the liver is directly opposite the small intestine on the clock. This is why people get more drunk from alcohol at lunchtime, than at any other time of the day. At this time of day, the liver has less energy available, and the liver is the organ that has to detoxify the alcohol. Another interesting correlation is the time when most heart attacks tend to occur, which is in the middle of the night, when the heart energy is at its lowest.

In the middle of the circle are central and governing. Central is short for the central nervous system and governing is the nervous system related to the spinal cord.

THE CLOACALS

If you are one of those people for whom “nothing works” for your health problems, and you are also extra low in energy, then it’s quite possible that an energy system called the “cloacals” is out of balance. This is the most powerful kinesiology correction of all, and one that can cause miracles. The cloacals is an energy system that is related to the autonomic nervous system, which controls many actions of the human body. This control happens without the person having to think about it, such as heart rate and digestion. The cloacals is part of Applied Kinesiology. It is unknown by the medical system, and even by most kinesiologists.

If anyone has ever had a time when they were healthy, and then *almost overnight* started having all kinds of awful symptoms, including weight gain, it is quite likely that one of two things happened:

1. They picked up a parasite. Particularly suspect this if the person travelled to a foreign country. Please see the chapter on parasites for more information.
2. Their cloacals went out of balance as a result of extreme stress. The stress could have been:

Emotional, such as divorce or death of a loved one.

Physical, such as a car crash or difficult birth.

Chemical, from something extremely toxic to the body, such as a vaccination.

Electrical, such as an electric blanket or eating microwaved food.

Unlike most energy systems in the body, the cloacals do not seem to be good at getting back to balance by itself with a good night's sleep. I have had clients whom muscle testing indicated that they had their cloacals out of balance since they were born, often because of a difficult birth.

The cloacals are part of what kinesiologists call the centering system. The test to see if the centering system is in balance is simple. As always, the tester must do the six pretests first to make sure that all muscle tests are valid. (There are many people who think that they know how to muscle test, but since they don't do the pretests, their results are invalid). The tester then warns the person of what they are about to do. The tester then gives the person a light slap on an upper arm, and then muscle tests the other arm. If the arm tests weak, that means that the simple slap was more stress than their body could handle and the centering system is out of balance. Once the appropriate Kinesiology correction is applied to the body, and the test is repeated, the arm will stay strong when the body is given another light slap.

Anyone who has "incurable" health problems and very low energy, as well as fat that refuses to budge, quite possibly has their cloacals out of balance. Rebalancing the cloacal system can help to heal and to reduce fat, because the cloacal system controls and regulates most, if not all, of the major fluctuating qualities and quantities in the body. The cloacals seem to work by acting as a reference point for the autonomic nervous system, which has the main job of maintaining stability within your body. Therefore, with the cloacals out of balance, a person will be continually out of balance. Their body is like a 'leaf in the wind', affected greatly by even the smallest stresses, and not able to completely heal itself fully, even with good food and sleep.

In addition, the person may be operating on a shocking 30 – 70 % of normal body energy levels. In this case, there is little energy available for any needed healing or fat reduction, and a person can feel so lousy that foods like ice cream become a lot more attractive.

For example, if the cloacals are not working properly, a few of the things that may not be as efficient as possible are the following:

- Body fat.
- Hormone levels.
- Metabolism.
- Blood sugar levels.
- Body energy levels.
- Emotional stability.
- Allergic responses.
- Bladder.
- Bowels.
- Reproductive organs.
- Pregnancy.
- Sexuality.
- Blood pressure.
- Body temperature.
- Speed of healing.
- Immune efficiency.
- Brain chemistry.
- Learning abilities.
- Co-ordination.

The good news is that a good kinesiologist can put the cloacal system back into balance. People sometimes notice an immediate improvement in their symptoms. In cases where people feel worse for a few days after having their cloacals back in balance, it is a symptom of the body using the extra energy available to it to heal some major problems, which previously the body did not have the energy to do.

You can learn this yourself, because I teach the cloacals correction in my DVD training system, *Perfect Health with Kinesiology & Muscle Testing*. I also teach that to get a *permanent* healing you may need to do more than just put the cloacals back in balance. If the cloacals do not stay in balance during the weeks after rebalancing them, as they should, then the kinesiologist needs to use muscle testing to locate the cause of why the cloacals would not stay in balance.

I have found that the cause can be many different causes, all of them extremely stressful to the body. Some causes have been major emotional shock like death of a loved one, or divorce of parents, a car crash, having something terrible happen in childhood, being born by “western” birthing methods, having a baby – or even what would appear to be not too stressful, but obviously is from how it puts the cloacals out of balance - being vaccinated, using an electric blanket or eating microwaved food.

Once you get the cloacals to be in balance, and to remain in balance, you may get a surprise at the list of symptoms which is improved if not fully healed. I used to cry much too very easily before I found kinesiology, and it was all because my cloacals were out of balance. Now I cry only for beautiful things. It’s also likely that this is one of the reasons why I used to eat huge amounts of food, and now do not eat nearly as much, at the same time that I no longer experience constant hunger.

The cloacals correction is explained in the *Basic Applied Kinesiology Workshop Manual* by Gordon Stokes and Mary Marks, which is unfortunately currently not available. A very strange thing is that, while the cloacals is the most important Applied Kinesiology correction of all, it is not described in the *Applied Kinesiology Synopsis* by Walther. However, I teach this correction in my DVD training system *Perfect Health with Kinesiology & Muscle Testing*.

Unfortunately, you cannot do kinesiology on yourself, because a broken computer cannot fix itself. Your brain is the computer. You need to have someone else work on you. Because it can be difficult finding a good kinesiologist to work on you, my husband and I spent four years creating *Perfect Health with Kinesiology and Muscle Testing*, which is designed for ordinary people to learn, not just professional natural health practitioners, so that they could improve their health. More information is available at www.PerfectHealthSystem.com and www.PerfectHealthDVD.com as well as www.Relfe.com.

As a wife and mother, I do not know how other people manage to raise a healthy, happy, thin family without the tools that kinesiology provides, and that I teach in my DVDs. If you want to reduce your fat, and ‘nothing works’, then I highly recommend that you learn kinesiology with someone close to you, so that you can work on each other, or find a good kinesiologist to work on you. Kinesiology really can be your “Secret Weapon” for health.

BONUS – After completion of the *Perfect Health with Kinesiology and Muscle Testing* program, all students that the pass the certification exam are awarded a certificate suitable for display in their office. **In addition, they receive permission to use the course to teach others in their area without the payment of royalties.**



Stephanie Relfe B.Sc.

PERFECT HEALTH WITH KINESIOLOGY & MUSCLE TESTING

with Stephanie Relfe B.Sc.

THE REVOLUTION IN NATURAL HEALTH CARE

ABOUT YOUR INSTRUCTOR

Stephanie Relfe was born in Sydney, Australia in 1960. She has a Bachelor of Science degree from Sydney University where she majored in Histology (the study of cells) and Zoology. Stephanie has had over 200 hours in training in Specialized Kinesiology. She has worked as a professional Specialized Kinesiologist since 1993, both in Australia and the USA.

DELUXE PACKAGE INCLUDES...

12 DVDs, a DVD library case, two color manuals and two laminated lists.



www.Relfe.com
www.SynergisticKinesiology.com
Package design by Timothy Gengler, www.bunnydojo.com



CONTAINING SOME OF THE MOST IMPORTANT TECHNIQUES FROM DIFFERENT MODES OF KINESIOLOGY, PLUS A FEW YOU WON'T FIND ANYWHERE ELSE!

THIS DVD TRAINING SERIES INCLUDES:

- How to muscle test ACCURATELY
- Pre-tests: The essential part of any muscle test
- The Fourteen Muscle & Fourteen Organ Balance Procedure of Touch for Health
- How to identify where an emotional upset is coming from
- How to remove stressful emotions
- How to test which foods and substances are weakening, neutral or strengthening
- The essential Centering corrections from Applied Kinesiology, including the "Cloacals" correction
- The incredible "Ileocecal Valve" correction of the intestinal system
- How to balance the three most important back muscles
- How to identify specifically what stresses are causing a particular health problem, in emotional, spiritual, nutritional, chemical, physical and electromagnetic areas
- The Candida correction
- The amazing "Wernicke's Correction" from Australia. Learn how to remove negative beliefs from the right side of the brain... Never before taught outside of Australia!!

**12+
HOURS!**

Please visit www.ThePerfectHealthSystem.com

Stephanie Relfe's

Perfect Health System



www.Relfe.com

www.PerfectHealthSystem.com

www.PerfectHealthDVD.com

www.SynergisticKinesiology.com

PERFECT HEALTH WITH KINESIOLOGY & MUSCLE TESTING

WHAT YOU WILL LEARN

ABOUT YOUR TRAINER

PURCHASE NOW!

ORDER INFO

SYNERGISTIC KINESIOLOGY

11+
HOURS!

**FULL
MONEY
BACK
GUARANTEE!**
WITHIN 30 DAYS,
LESS SHIPPING

**12
DVDS!**

**2 FULL
COLOR
MANUALS!**

Perfect Health with Applied Kinesiology & Muscl...



0:00 / 7:05





How Your Metaphysical Abilities are Being Suppressed

by Stephanie Relfe B.Sc. (Sydney)

Note: If you are abducted then you are Psychic

THE METAGENE FACTOR: Quote from [“Blue Planet Project”](#)- a notebook made by a scientist who worked with Greys and Reptilians for the government:

The Metagene is a biological variant lying dormant in select members of the human race [especially on planet earth], until an instant of extraordinary physical and emotional over-stress activates it. (Apparently a latent self-preservation ‘gene’ capable of producing seemingly ‘superhuman’ abilities in earth humans during times of extreme stress or crisis. – Branton) ...

That’s an ergochemical, in response to adverse stimuli. A chromosomal combustion takes place, as the Metagene takes the source of biostress, be it chemical, radioactivity, or what ever and turns the potential ergoresponse into a catalyst for genetic change. The main focus of the catalyst power is a gland in the middle of the human brain called the PINEAL gland, and the nutrient for increasing the Pineal’s action is the adrenaline. The Metagene factor gives the ability of Psionic Power [for better or worse].

The main interest of the Aliens, especially the Grays, is to understand and control the Metagene for their own race. They try to do this using Biological Experiments to make Hybrids from both humans and aliens. They believe perhaps the **MEN FROM PLANET EARTH ARE THE DEADLIEST CREATURES IN THE UNIVERSE**. Because ONLY on Earth people are apparently capable of generating the Metagene Factor, which means Natural Psionics ability, “Real Power” (See www.TheMarsRecords.com)

Many writers and people have said that we as a human species are far, far, far more powerful than we know.

Yah’Shua (the real name for Jesus Christ) said “Verily, verily, I say unto you, he that believeth on me, the works that I do shall he do also, and greater works than these shall he do, because I go unto my Father.” John 14:12. Well, we are obviously a LONG way from doing what Jesus did, let alone outperforming him.

I believe that metaphysical abilities, such as telepathy, are gifts that were given to us by God Yahweh, that have been largely taken away from us by evil ones. I am talking here about true spiritual abilities such as telepathy, as distinct from magick & psychic abilities which is done by occult means and is actually done by the power of demons (see www.exvampire.com for confirmation of this).

For example, animals and young children often display telepathic powers. (One example: See the report by the U.S. Air Force of a group of chinese children who can teleport). Yet the abilities of children are generally lost or greatly reduced by the time they 'grow up'.

I believe this is because there is a concerted plan by species that do not own the metaphysical abilities that Yahweh gave to us, to enslave the human species and make sure we never access the powers that we have. We are like an eagle in a cage that has never been taught or shown how we can fly and soar over the skies.

A few metaphysical abilities are:

- Telepathy – receiving
- Telepathy – projectional
- Telekinesis
- Teleport – self
- Teleport – other things
- Teleport – live objects
- Open portals that people can walk through, to other times and places
- To go to other universes
- Travel places others cannot
- Clairvoyancy
- Clairaudient
- Healing
- Empathy
- Explode things
- Kill people with mind
- Create fire at a distance
- Change the quantum matrix
- Change matter
- Manifest physical objects
- And whatever else you can dream up – anything is possible.

Below I have listed just a few of the ways that human metaphysical abilities have been suppressed, and give some suggestions as to ways to overcome these. I believe that the first three listings are the most important. The rest are in no particular order of importance.

Method of Reducing Metaphysical Abilities	How This Method Robs us of Our Metaphysical Abilities	Possible Ways To Combat This
Abduction	<p>It is the belief of myself and my husband Michael, from our own experience, that almost anyone who has advanced metaphysical abilities will have been abducted at least once and probably a number of times throughout their lives.</p> <p>This may have been done by non-humans such as greys, reptilians, insectoids or other aliens, or by humans who are in black operations in the military. (If you think this is not for real, then you haven't done enough research on this matter. There is literally tons of information on this. Start with our weblinks section).</p> <p>During this abduction the person was given programming and possibly other things including operations to stop them from harnessing the full power of their metaphysical abilities for themselves.</p>	<p>1) Stop abductions now by changing the quantum matrix inside yourself and your family at least twice a week. This is crucial to do if you have children.</p> <p>2) Remove the effects of previous abductions with kinesiology, including removing wernicke's commands.</p> <p>WARNING: Check first for implanted death thoughts.</p>
Fluoride	<p>Fluoride is a rat poison that is rated 4 out of 5 on the list of world poisons. It was also used by the Nazis and Russians. They fluoridated any water because it calms people down and makes them easier to control.</p> <p>I have also read reports that it calcifies the pineal gland, the third eye, which is partly where our metaphysical abilities come from.</p>	<p>1) Of course the best thing is to not use toothpaste that contains fluoride (available only from health food stores) and to drink only reverse osmosis water or springwater. For reverse osmosis filters, check out Sam's Club (USA) and ebay.</p> <p>2) To get rid of fluoride that you already have, or get through your skin when showering, there are reports that turmeric can help get rid of the calcification of the pineal gland. Eat more lentil curries with turmeric!</p>

Vaccinations	<p>Vaccines contain mercury and formaldehyde for starters. There is NO safe level for either of these two substances.</p> <p>Vaccines are meant to work by stimulating the immune system – so why do they vaccinate babies many months before they have any immune system?</p> <p>Read this article by myself and you will see I found out through muscle testing that there is something in vaccinations, possibly some sort of microchip or crystal, that suppresses metaphysical abilities.</p> <p>Credo Mutwa, a Shaman in Africa, reported that the only children that can see UFO's flying around are the ones that have never been vaccinated.</p> <p>Most of us have been vaccinated and we will never know what abilities we have lost.</p>	<p>If you have children that are not vaccinated, start learning about the huge dangers of this and how you can avoid it. I do not want to repeat the experience I had of speaking with a woman crying on the phone because her baby died within a few weeks of being vaccinated.</p> <p>Breast milk contains much that will protect your children. Read The Breastfeeding Book and learn why you should breast feed to AT LEAST 3 years old. Children do not get their full immune system till six years old.</p> <p>As for the rest of us who have been vaccinated, pray to remove the effects.</p> <p>And balance out the effects of vaccines with kinesiology. I show how to balance out substances on my DVD kinesiology training series.</p>
Junk food	<p>Your body is the instrument through which your metaphysical abilities will go. Your body is like an automobile and if you are driving a beat up old VW then you need a makeover.</p> <p>The more healthy and finely tuned your body is, the more metaphysical abilities you will have.</p> <p>Metaphysical abilities require energy. Junk food and other toxins deplete you of energy.</p>	<p>Cut out all junk food and unhealthy food.</p> <p>Get muscle tested with kinesiology to find out which foods are positive, neutral and negative for you.</p>

Eating Meat	<p>Uri Geller, perhaps the most famous psychic in the world, is a vegetarian.</p> <p>The higher frequency your body resonates at, the more metaphysical abilities you will have.</p> <p>Dead flesh is a very low frequency. Plants are much higher. Think about this, if you increase your metaphysical abilities, you will probably increase your empathic abilities – the ability to feel the emotions of others. Eventually you may feel the pain that the cow felt when it had it's throat cut, as well as the terror it experienced before that event.</p> <p>Plants don't like dying either but they don't have the highly evolved nervous system and intelligence of animals.</p>	<p>Eat more whole grains, fruit and vegetables, especially raw fruit and vegetables.</p> <p>Eat foods with more protein but don't get hung up on the need for tons of protein. Gorillas are 100% vegetarian and they obviously don't have any problem growing large muscles!!!</p> <p>To become vegetarian, don't eat a lot of soy which is toxic unless it is fermented and non-GMO (eg miso is good for you).</p> <p>Instead, learn from Indians. In India, the highest cast is the Brahmins and they are all 100% vegetarian. Eat a lot of lentils (for protein) as well as brown rice.</p>
Schooling System	<p>Our schooling system is very much logical and rational. It develops mainly the left brain without developing the right brain.</p> <p>This teaches us to think which has its usefulness. However, it does not teach us to know, to access our intuition.</p> <p>Knowing is much more powerful and faster than thinking. Knowing comes from our right brain and our intuition.</p> <p>In addition, the time that children attend school and the way they have to sit still for many hours at a time is mind control. A German discovered that children who</p>	<p>Do whatever it takes to do homeschooling. Virtually anyone can do it, so long as you buy curriculums.</p> <p>See “55 Serious Reasons why You Should Homeschool”</p>

	<p>are taught to go to school five days a week are later trained to be good 9-5, Monday to Friday workers.</p> <p>Wouldn't you rather your children were taught to be healthy, happy, spiritual millionaires whose purpose in life is to improve the life of others rather than have a job to make a living?</p>	
Preventing Meditative States	<p>Some people, in particular some Christians, believe that meditation is bad, because they think once that they empty their mind it will be filled with bad things. This is not correct.</p> <p>Meditation is not emptying your mind. It is impossible to empty your mind.</p> <p>Meditation is stilling your mind.</p> <p>It has been said that prayer is talking to God, while meditation is listening to God. If your mind is full of thoughts, how can you hear God speak to you?</p> <p><i>"..to be carnally minded is death; but to be spiritually minded is life and peace."</i> Romans 8:6 (Note: Carnally means relating to physical things, especially the body)</p>	<p>Stick with forms of meditation that still your mind rather than chant a mantra.</p> <p>You could just sit still and close your eyes and focus on your breath and/or on God.</p> <p>Also focus on feeling God and love in your heart:</p> <ul style="list-style-type: none"> • <i>"God is a Spirit"</i> John 4:24. • <i>"Behold, the kingdom of God is within you."</i> Luke 17:21

	<p>Once you have stilled your mind you can more easily access your metaphysical abilities. While your mind is filled with rubbish thoughts that go round and round and round, you cannot access your metaphysical abilities.</p> <p>However, not all forms of meditation are recommended. Meditation techniques where one chants a mantra may be bad because the mantra could be the name of a demon.</p>	
Western Birth	<p>Although they don't remember it, most people were put into incredible trauma through the process of their birth. After a traumatic birth, possibly with drugs that made it worse, many babies were slapped, put into bright lights, put into noisy areas, and worst of all, taken away from their mother and not given breast milk.</p> <p>This put those people into shock, which is one reason why we don't remember much of those early years. Shock and trauma inhibit all types of growth, especially metaphysical abilities.</p> <p>Even worse, some people don't get to keep their own baby if they have a hospital birth, in particular, a military hospital. There are reports of babies being swapped or the mother being told that it was a</p>	<p>Return to natural home birthing, preferably a water birth, which enables the woman to squat which makes more room for the baby.</p> <p>Add soft lights and as few people who are loving and caring present as possible.</p>

	<p>still birth but not shown the baby.</p> <p>In addition, many men had an additional shock of being sexually mutilated – circumcised – often even without pain killers. Is that why little boys cry more than girls? If you have a boy, let him decide when he is old enough whether or not he wants to be circumcised.</p> <p>For more information on how different birthing and child raising methods can increase normal and metaphysical abilities, read the amazing book Magical Child (Just ignore what he says about reading age – teaching reading early does not decrease metaphysical abilities).</p>	
<p>Drugs/either pharmaceutical or recreational. INCLUDING White Powder Gold.</p>	<p>What goes up due to chemical means, must come down – PLUS side effects.</p> <p>White powder gold actually DESTROYS your native metaphysical abilities.</p>	<p>If you have drug addictions, Ibogaine, which has been reported to heal people of all drug addictions within 24 hours with no side effects with a 70% success rate.</p> <p>Note: I understand that this drug is currently not legal in Belgium or America.</p>
<p>Television</p>	<p>It has been shown that when watching television you are in an hypnotic state within one minute. Once you are in a hypnotic state you cannot access your metaphysical abilities.</p> <p>In addition you will be resonating at the same frequency as a lot of zombies watching television.</p> <p>Plus there is all kinds of technological and spiritual encryption added to some TV and movies these days.</p>	<p>Watch the movie “The Matrix” at least two or three times until you understand the message of this movie.</p> <p>Put your television in the garage for three months and see what difference it makes to your life.</p> <p>Cancel your cable bill.</p>

<p>No / Insufficient Breast Milk</p>	<p>Breast milk contains substances which are essential for optimal brain growth. That's for normal intelligence.</p> <p>Muscle testing has indicated to me that there are one or more substances in human breast milk which help metaphysical abilities. Muscle testing also indicated to me that production of this substance peaks at 18 months and ends at three years.</p> <p>Research of large primates show us that humans, who are also large primates, should breast feed their babies until four to seven years old. Note that this is not talking about public nursing. By three years of age, babies probably only want one nurse a day, and that will be to put them to sleep (without crying).</p> <p>The powers that be that are controlled by the alien/reptilian species have seen that breast milk gets replaced by formula which has many toxic substances in it, including soy. Formula definitely doesn't have the range of substances which are needed.</p> <p>In addition I believe that while the baby is breast feeding the baby is soaking up the mother's energy from her heart chakra, which also helps to develop metaphysical abilities.</p>	<p>Do whatever it takes to breast feed your children for 4 to 7 years old. If it's too late for you, spread the word so the next generation knows this.</p>
<p>Mother not Sleeping with Babies and Young Children</p>	<p>Dr William Sears (The Baby Book) found that mothers with the most advanced babies slept with them. Most cultures sleep with their babies. We used to. Babies and children</p>	<p>Keep babies and young children in your bed. Take the legs off the bed for a few years. You yourself will get a LOT more sleep this way!!!</p>

	<p>up to at least 7 years old NEED their mother. Nature designed them that way.</p> <p>That is why they cry when not with their mother, especially at night time. How do they know that something is not going to come and eat them if mother is not around? If you were on a desert island, would you put your baby to sleep at one end of the beach while you slept at the other? Of course not. It's no different at home.</p> <p>Not sleeping with children traumatizes them <i>every night</i>.</p> <p>I met one man who could remember at two years old being terrified every night because he had to sleep on his own. He wondered why he couldn't sleep with his parents. No wonder so many children don't want to go to bed.</p> <p>Anything that traumatizes you, affects your metaphysical abilities.</p>	<p>Metaphysical abilities grow with love, love, love.</p>
<p>Aspartame, Monosodium Glutamate and other excitotoxins.</p>	<p>These toxins scramble your brain, just like drugs. Anything that scrambles your brain will suppress your metaphysical abilities.</p>	<p>When you want to sweeten anything, use raw honey. That is, something that is as close as possible to what nature produced, without processing.</p>
<p>Cellular Telephones</p>	<p>Cell phones shrink brain cells.</p> <p>Whatever hurts your brain, hurts your metaphysical abilities.</p>	<p>Use only a landline and get an answering machine. It's really not that difficult!!!! NEVER let children use a cellphone.</p> <p>Be aware that some people have suggested that there may be something addictive about cellphones if you feel it's hard to give up.</p>

Microwave Ovens	<p>Eating microwaved foods for just TWO months has been shown to cause effects similar to poisoning. It decreases your red blood cells, increases your white blood cells and affects your immune system.</p> <p>Anything that decreases your health decreases your metaphysical abilities.</p>	<p>Throw out your microwave or put it in the garage. To heat up food, put it in a saucepan with a little water and a lid.</p> <p>When eating out ask if any of the food you are ordering is microwaved, as it very often is (even when the menu says “steamed vegetables”).)</p>
Electric blankets	<p>Every time we get away from nature and get closer to technology we decrease our metaphysical abilities. Electric blankets put your body under major stress.</p> <p>Other major electromagnetic stresses are listed here.</p>	<p>Never use one.</p> <p>When travelling, take it off the hotel bed – it can affect you even when not plugged in, because of the coils of metal.</p>
Rock & Rap “Music”	<p>Rock and rap ‘music’ change brain wave patterns. They stop you from accessing your higher powers.</p>	<p>If you can find music that vibrates at a high frequency, that is performed by people who operate at high frequency, listen to that instead.</p> <p>Silence is golden to listen to.</p>
Negative people	<p>We become like the people we spend time with. We pick up their vibrations unconsciously. For example, see how people pick up accents when they visit a different area.</p>	<p>If you really want to grow, you will probably have to let go of some of the people you spend time with now. It is better to be on your own than with people who pull you down or who anchor you to the material universe. I personally find that my metaphysical abilities take a quantum leap whenever I am with other people who also have and ACKNOWLEDGE THE EXISTENCE of metaphysical abilities.</p>
Lack of Practice	<p>Use it or lose it.</p>	<p>Find a way to practice the particular abilities you are interested in, even if for only a few minutes a day.</p> <p>eg Try this telepathy course.</p>

Anger	The reptilians in particular will focus on increasing your rage and anger, because your metaphysical abilities definitely go down with rage and anger.	Would you rather be right or would you rather have peace? Focus on forgiveness. Focus on feeling love radiate in your heart.
Toxins Deliberately Added to the Food Supply	Many toxins include GMOs which contain bacterial DNA which produces poison, wheat that has been altered from the original einkorn by the Rockefellers and excitoxins such as MSG & Aspartame have been deliberately added to the food supply to destroy our bodies, our brains and our metaphysical abilities.	This is a very big subject which cannot be handled in one article. I spent 2 years writing “ You’re not Fat, You’re Toxic ” to show how and why you should give up these toxins, and what to replace them with. It’s much more than an excellent weight loss manual. Please get a copy or ask your library to buy one, and extend your life by decades.

Copyright ©: Stephanie Relfe – 2006 – 3000

Permission is granted to use this article, or parts of this article, provided you link to www.Metatech.org or www.Relfe.com



***Attention: The obesity epidemic is one
result of a poisoning program
for population reduction.***

(YOU are being poisoned even if your
weight is normal)

Read the following to learn how to fight this



YOU ARE BEING EXTERMINATED

GMO Food (Bacterial DNA)
GMOs 2nd Hand (Eggs, Dairy, Meat)
Monosodium Glutamate
Nutrisweet & Aspartame
Artificial flavors in food
Artificial colors in food
Hydrogenated Oils
Pesticides in food
Canola oil (a pesticide)
Herbicides in food
Solvents in food
Processing chemicals in food
Antibiotics in meat
Hormones in meat
Parasites in meat
Chlorine in water
Fluoride in water
Chemtrails in the air
Lead in everything
Caffeine
Margarine
AIDS
Prion Disease
Morgellons Disease
Nanotechnology
Obamacare Death Panels
Cellphone Radiation
Smartphone Radiation
Laptop PC Radiation
Notebook PC Radiation
Tablet PC Radiation
Fukushima Radiation
WiFi Radiation
Digital Television Radiation
Microwaved Food Radiation
Hospital Superbugs
Vaccines (Mercury, Cancer Virus)
Poison Pharmaceutical Drugs
Chemically Addicting Foods

**YOU NEVER HAD
A CHANCE**

NOW YOU DO!

Now You Do!

PRESS RELEASE: Sherrington House is proud to offer the latest work from Stephanie Relfe:

You're Not Fat. You're Toxic

Revolutionary New Book by
Stephanie Relfe

Fat is Not about Calories. It's about Toxins.

Obesity is not a disease. It's a business plan.

And YOUR sickness is their profit.

You're Not Fat. You're Toxic is an explosive expose in the fight against the worldwide obesity epidemic.

Mega-corporation presidents and government infiltrators worked together to plan your weight gain. It is not an accident that you are overweight.

There is no money in dead people. And no money in healthy people. They want you somewhere in the middle.

The government subsidizes toxic and addicting foods. Then the food mafia processes those foods into junk food that makes you fat and sick. Then the medical mafia sells you drugs so that you won't know how sick you are. Then the \$60 Billion dollar per year diet mafia tells you it's your fault for not "counting calories".

You have been taught what to eat, what to drink and how to think for over 50 years. You have been brainwashed into being a slave of the corporations by the schools, books, magazines and television shows. It's a horrible, vicious project that was planned to make you sick and overweight. **These corporations are killing you.** You never had a chance.

Now you do!

Internationally known Kinesiologist and health expert Stephanie Relfe has created a veritable University course on fat loss. "You're Not Fat. You're Toxic" explodes the calorie counting myth and shows you exactly how weight reduction is about eliminating toxins, not about counting calories. This 650 page, hands on course makes YOU the expert and will help you get your ideal body. There are no additional courses or special products to buy.

- This detailed book has the exact information you need for your ideal body. It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.
- Learn 14 ways that show why it is toxins in the food we eat, rather than calories, that are making us fat.
- Instead of presenting just one field of research, Stephanie Relfe has summarized the most important information from multiple sources, including 43 well-referenced books & documentaries.
- Includes additional information from modern scientific research, magazine articles and unique sources, which are combined together in one very do-able weight loss program.
- Learn many fat loss secrets that you won't find in any standard weight-loss plan.
- Many case histories to inspire you.
- Learn how many weight loss foods that we are told will make us thin, are in fact causing obesity.
- Extensive shopping list to make this program easy.
- 45 recipes to make it easy to get going on your new lifestyle.

- Containing revolutionary and unique ways of belly fat loss and getting slim, some of which have nothing to do with food or exercise.

Fight the food mafia. Fight the drug mafia. And don't be defrauded by the \$60 Billion dollar a year "diet" mafia. If you or a loved one is a victim of obesity, get angry, get determined and get **"You're Not Fat. You're Toxic"**. Go now to www.YoureNotFatYoureToxic.com or to [Amazon](http://Amazon.com).

About the Author – Stephanie Relfe was born in Sydney Australia. She graduated with a Bachelor of Science degree from Sydney University, majoring in zoology and histology (the study of cells). She has been a professional kinesiologist since 1993 and is the author of dozens of articles, two books & the DVD training series *Perfect Health with Kinesiology & Muscle Testing*. Please visit www.PerfectHealthDVD.com, www.SynergisticKinesiology.com, and www.PerfectHealthSystem.com. She is also the webmaster of Health, Wealth & Happiness at www.Relfe.com, a website established in 1998 which provides valuable natural health, mind, spirit, financial and other information unifying the whole, rather than educating a part of the whole.

5-Star Reviews at www.Amazon.com for *You're Not Fat, You're Toxic* include:

From a size 22 to size 4 in 10 months

Taitech realty inc

In 10 months time my daughter went from a size 22 to size 4. Stephanie kept e-mailing me information what my daughter should eat and/avoid while she was writing the book .My relationship with Stephanie started out way before the book came out.I had done perfect health kinesiology and muscle testing with dvd training from Stephanie which really made the plane pick up and see this wonderful miracle happen.

The Nutrition Bible

Robert A. Worthington

I have been studying nutrition and the mind body connection for over 20 years..... I always thought I should write a book and now Stephanie Relfe has written it for me. And what a great job she has done. Forget conventional nutrition information.....this is the real deal! Apply half of what you learn in this book and the results will be nothing but amazing.

This Book is a MUST READ

This is an excellent book, well researched and well written. This book has inspired me to make the necessary changes in the way I take care of my body so that I can enjoy an optimal life. I have read the book from cover to cover, did not want to miss one word, section nor chapter.

I agree with Stephanie Relfe when she said "Your health is your wealth". I would like to thank her for researching and placing all this vital information in one book. What makes this book so interesting is the wealth of information it contains and how it explains the serious consequences of the toxins we put in our bodies and how they can affect our physical, mental and spiritual being. The book offers great alternatives such as how to cleanse our bodies, what to eat; this includes a very detail shopping list and recipes; the right supplements and exercises that are very effective. It has been two weeks since I have applied the healthy recommendations of this book to my daily routine and already I have seen significant changes. I am eight pounds lighter and look forward to achieving my goal of losing 30 pounds.

I highly recommend this book to anyone who not only wants to be THIN but also wants to experience a HEALTHY, PAIN-FREE LIFE.

The Book of the Century

By Borce Bozinovski, a classical homeopath from Macedonia.

It is the best holistic book that I have ever read. I possess maybe more than 500 holistic books but I must CLAIM: THIS BOOK IS THE BEST!

Why? It is everything explained with fantastic clarity and You will have answers for many many diseases. Please make something the best for your life. I can write here more and more but I do not want to be boring to you. My recommendation is: Please take this book and throw out all another holistic books from your dusty shelves. Only keep THIS BOOK on your shelf, or your desk. Thanks God that show me the way to this gold mine – You are not fat You are toxic! The best book of the century!

Excellent one book resource guide on detoxing your life

Monterey Wayne

1) Very easy to read. In fact it is very engaging. When I have ten minutes to sit and read I can open this book anywhere and get absorbed into the content. Many times I have a problem putting it down.

2) Puts together a lot of material that I have read in diverse places. I am an alternative health care professional and I read or hear bits and pieces of great information from many different sources. This book put many of those pieces together in one place.

3) She covers the corporate and government political agenda....does anyone still believe that the FDA or CDC or mainstream media is telling us the truth about health issues? If you do, this book will nudge you to wake up and take charge of your health.

4) The suggestions she makes are all easily doable and will give you immediate and long-term results. I have used a number of health tips, such as reduce gluten, get GMO's out my diet, and cleanses, over the years and I have experienced dramatic and positive shifts in my health. She has put in a number of those tips. She has quite a few more that I am going to add to my lifestyle. Even if you do just one change in your diet, you will notice a difference. In fact, I recommend that you chose a couple of changes and make them a part of your lifestyle.....then chose a couple more....and before you know it, you will actually feel and look good.

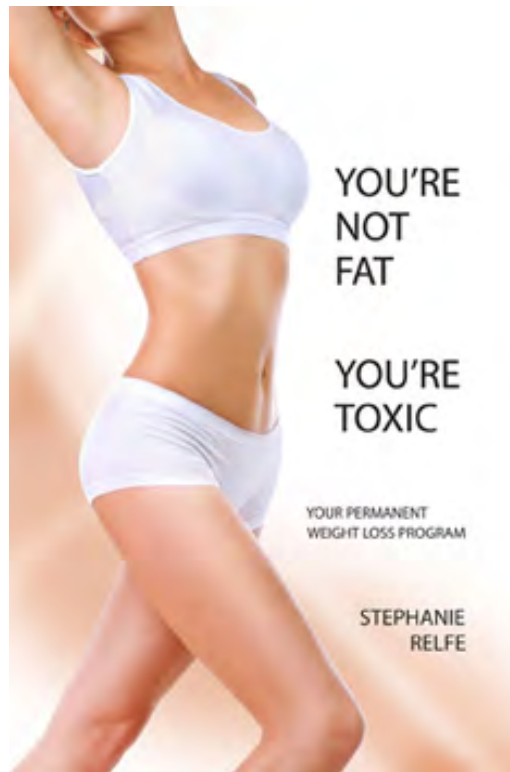
Stephanie has done her homework

Christina Talkington

I am an alternative wellness provider, as well as a health and weight loss coach. I have spent the last several years doing a lot of my own, independent research on healthy eating and weight loss. Off the top of my head, I can't think of a single thing that Stephanie left out of her book; in fact, she included a lot of great information I hadn't heard before!

She even talks about the critical and little-recognized mental and emotional factors that doctors never discuss with their obese patients. And Stephanie doesn't just explain what you should do, but also WHY you should do it, increasing your level of understanding and, therefore, your chances of success.

...It should be required reading for every high school student!



Be sure to read

The Mars Records – Book 1

The Mars Records – Book 2

The Mars Force – Book 1

The Mars Force – Book 2

The Blue Planet Project

The Pulsar Project

www.Metatech.org