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HR AND DIABETES

Chloe Wordsworth

John (not his name) is seventeen years old. He has just been diagnosed with diabetes 1. The doctors say it is incurable. They have put him on a dose of 40 units of insulin a day — high for one so young and so recently diagnosed. In spite of his insulin intake, he still has very high blood sugar readings of 400 every afternoon. He has also felt severely depressed since Christmas, had frequent urination, was exhausted and had even had bleeding from open skin lesions.

His mother phoned me up the day before I was due to fly to Oregon to teach Transforming Unconscious Patterns. She had just watched the Introductory video for the third time and called just in case I could see him — an impossibility considering my schedule. However, I found myself saying, "If John sees the video and wants a session and you can get to Oregon and you don't mind a class of forty odd people observing the session, I'll do it this Saturday night."

On Saturday night we met for the first time and forty people watched. I explained the muscle checking and the idea of resonance. We tried it out. At every step I explained or commented. For instance, in step number two, the problem, he listed diabetes and the muscle check was on. When I said, "The trouble is you are resonating with the very problem you want to be clear of", he smiled with understanding.

We identified that there was a trust issue with his mother (in spite of the fact that they have a good relationship) and there was also an issue around his birth. It turned out he was delivered by C-section. It came up for us to do an Earth Element Repatterning. However, the quality for the Earth Element was

"Transitions." I was surprised. I thought it would come up with "Mother", or "Home". When I explained that I did not understand why transitions had come up, but I trusted the process, John said, "I know why. At Christmas we moved and I left all my friends behind." There was a hint of tears. I muscle checked, "There is an energy constriction?" The energy was constricted in his heart — deep sadness. I muscle checked to place my left hand over his heart. Three times he said, "I am sad," and I responded gently, "Yes, I hear you". The sadness was palpable. I too had tears in my eyes. Many in the group were in tears--everyone was deeply moved.

After the energy constriction had cleared I helped him make the connections that bring meaning to the HR sessions. I explained, "The womb was your home. The birth process is initiated by the baby. When the baby decides to be born, it triggers the mother's hormones that start the contractions. Because of the C-section, you didn't get to decide when to move out of your womb-home. You were forced to move your "home" and that transition stressed your Earth Element and made you feel you couldn't trust your mother. Now, here you are at 17 and once more you have been "forced" to move your home. This is one of the reasons why the diabetes is a gift; it is time for you to heal your stressed Earth Element. The Earth Element is about being at home within ourselves and being grounded within; it is about our being at home wherever we may find ourselves.

The stressed meridian that was involved with the
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HR INSPIRATIONS FROM TAIWAN

Rosellen Lobree

What a wonderful experience to bring HR to Asia! They are all so ready for this work. I gave two HR intro talks, the first had seven people in the audience. The other talk was mainly Chinese (it was translated) and twenty people attended! Another meeting was held with six press members from the local newspapers. The Fundamentals weekend had seventeen new students and one retake. Seven were Chinese. One woman flew in from the States and another from Vietnam to participate.

They had their first support group on the Friday after the weekend with 10 in attendance. They sent me an e-mail with the results from the support group--they're getting it! The students are practicing and doing sessions on themselves and each other. Marya Corneli, an HR practitioner, organized the weekend and is the support person in Taiwan.

A group of us went to a local restaurant after the seminar to celebrate the first Fundamentals in Taiwan. At the restaurant I saw a woman who was wearing a shirt that had "South Dakota", which is my home state written on it. She is going to be in Taiwan for nine months and has two sisters who live close to me in Colorado. She had seen the flyer for the weekend seminar and was interested. She connected with Marya for the next Fundamentals seminar and for HR sessions. Also, she said her sisters would be interested in HR here in Colorado. This really let me know that there are no coincidences and that we all live in a small world! The Taiwan students are excited for another Fundamentals and for Transforming Unconscious Patterns. Soon they will begin to coordinate translation of the HR books. It's awesome!

Marya would love to be in contact with other HR practitioners. Her e-mail address is:

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Earth Element was the spleen (also known as the spleen-pancreas). The self-healing modality was the tuning fork of F# on the two spleen acupuncture points

on the left side--the side of the mother. (The two acupuncture points #10 and #22 are shown in the self-healing Modalities book). After the session, John's mother, who has studied sound healing, said that F# is the note of the pancreas!

Three days after his session, I talked with John's mother on the phone. She said that something shifted immediately after the session. The following day he had another healing session which focused on his thymus gland. She says the most wonderful thing for her is he is whistling again! His blood sugar readings of 400 in the afternoon are now down to 100! The other night he ate a large meal, which would normally result in a reading of 170 the next morning, and his blood sugar reading was only 106. His energy level had been extremely low and the week before the HR session he found he couldn't concentrate or comprehend what his teachers were saying (he has a 4.0 grade average). That week his blood sugar readings had gone up to 395. Since the HR session he had done two golf tournaments, came in first, has an up-beat attitude and no more trouble with concentration.

Perhaps what is most important for us as practitioners, is that John's mother said, "When I saw your video I knew you could help him because you had a certainty factor. You had no doubts, whereas the doctors categorically said that diabetes 1 is incurable. The certainty factor is what is important." I agreed and explained, "What I am certain of is that we can identify the negative resonance involved with the diabetes and we can transform it to the positive. We can't guarantee what will happen as a result of the process--it could be anything. The result is not in our hands--the effort is." In John's case it was clear from the original conversation on the phone with his mother that his spirit needed to be rejuvenated. When the spirit is resigned, there is nothing you can do, however many alternative healers you go to. Once our spirit is re-activated, anything becomes possible. We all wish John well in his healing journey! *