

Mercui LLC

Integrative Approach to Holistic Therapy

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Mercui

Individual 5 Bodies	Description
Physical Body	The lowest or densest level is the physical body. It is the foundation upon which everything else rests. It is our connection to the earth and the source of our physical energy. The physical body is identical with what we see, feel, hear (i.e., when we scratch it), smell and taste (if we lick it). It ends at the skin. It is what we perceive with our 5 senses.
Energy Body	The 2nd level is the energy body or “electric body”. It is not only the summation of all electric and magnetic events caused by the neuronal activity of the nervous system.
Mental Body	The next higher body, which call the mental body field. Beliefs, attitudes and thoughts form and organize this level. There is an individual mental field and a consensus field (consensus reality).
Intuitive Body	The 4th level is a level beyond the mind and beyond language. It is the home of near death experiences, past-lives, archetypes, spirit possession, ecstatic states, karma and the expression of unresolved trans generational family issues. The highest level at which an interaction between clinician and client is possible is the 4th level.
Spirit Body	The 5th level is the plane of self-healing. I call this level the “spirit body”. The only relationship that exists here is the relationship between the individual and the existence.

HOLISTIC MEDICINE IS A FORM OF HEALING THAT CONSIDERS THE WHOLE PERSON-BODY, MIND, SPIRIT AND EMOTIONS-IN THE QUEST FOR OPTIMAL HEALTH AND WELLNESS. HOLISTIC PRACTITIONERS CAN WORK IN ANY BODY FIELD. AN INTEGRATIVE APPROACH DEALS WITH ALL FIELDS.

Integrative Treatment Modules in our program :

We work with body- mind- soul- spirit! We offer physical , energetic , intuitive and psychological care. Our practitioners offer practical solutions as a natural and regular part of their consultation or treatment protocol. Our patients need care on all levels of their existence. It is effective and works. People really can recover from their chronic illnesses and addictions. But patients have to shift their way of being in the world on a deep level. They need guidance in the beginning then by learning and getting trained by these modules not only they are healing also they learn life skills to support themselves for lifelong difficulties as well !

For every pharmaceutical medicine there will be a better one tomorrow. All pharmaceutical medicines have side effects. The longer you take them, or higher the dose, the stronger the side effects. Every deep conflict that is resolved, is resolved for good. Learning is forever. Medicines are not.

We exist in different dimensions simultaneously. The physical body exists within a sphere of invisible etheric bodies that each have their own anatomy and physiology. There is an alive and profound interaction between the different levels. When we die, the physical body stays behind – it is cast off. There seems to be a process after death in which also the emotional body (second level) and later the mental body are cast off. The 4th and 5th body survive. Every ancient culture knows this system and has described it in different terms. This healing system has evolved from interpreting the yoga sutras of Patanjali (which are believed to be over 10,000 years old) and from trying to express this ancient knowledge with contemporary language.

❖ 1st module-treat the physical body .

The lowest or densest level is the physical body. It is less valuable . Instead, the physical body is the foundation upon which everything else rests. It is our connection to the earth and the source of our physical energy. The physical body is identical with what we see, feel, hear (i.e., when we scratch it), smell and taste (if we lick it). It ends at the skin. It is what we perceive with our 5 senses.

Treatment:

There is much ongoing discussion as of how to approach the 1st part physical body . Everything from the Physicians , herbal / plant medicine, low potency homeopathics to orthomolecular medicine belongs here.

We use a basic set of principles:

- a) Diet based on “Diet Therapy “ (Food Pharmacy)”. It scans all current and old literature on illness-specific diet research- including these 4 books: Metabolic typing Diet (Wolcott), Protein Power (Eades), The Blood Type Diet (D’Adamo), No grain Diet (Mercola) and prints out the most appropriate diet for this client in minutes. Food sensitivity test (takes minutes, no lab fee, very accurate)
+ Accurate forms of muscle testing; stands for “autonomic response testing”. It is the author’s advanced composite of hands-on examination techniques that uses changes in the autonomic nervous system as primary indicator of practitioner-elicited stress responses in the client’s body. The “direct resonance phenomenon” allows to scan the body for specific infections, toxins and other “invisible” problems.
- b) Exercise : at least 20 min every other day – balance between aerobic (hiking,running, bicycling, riding, skiing, swimming etc.) and anaerobic (weights) and stretching (yoga, pilates).
- c) Balancing the hormones: 24 hr urine hormone test if needed. Possibly every 6 months for the first 2 years. We give herbal and homeopathic drainage remedies (using homeopathic Nosodes* and Sarcodes** (SANUM, HEEL, etc.), or other therapies such as Chelation, Liver, or Kidney detox, drainage remedies will help to eliminate waste, regenerate cells, and minimize a healing crisis.)for the organs which test with ART during the course of treatment. Use homeopathic hormones including HGH to balance the hormones, before resorting to “real” hormones
- d) Heavy metal detoxification and treatment of infections belongs to this level as well (we have a special and differentiate protocols depends on the city/ country)
- e) Always supplement the missing minerals (best test: autonomic response testing)
- f) Shamanic massage , Crystal Massage
- g) Dynamic Meditations, Kundalini Meditation
- h) Dance meditation

I) Intense detox protocol for substance abusers and alcoholics (NAD, Stem cell, hydrocolon therapy, IV therapies and many more we discuss with client after detailed blood - hormone tests)

❖ 2nd module- treat the energy body.

The 2nd level is the energy body or “electric body”. It is not only the summation of all electric and magnetic events caused by the neuronal activity of the nervous system. Most somatic and autonomic nerves in the body travel in the longitudinal axis of the body and the nerve currents spread as electric fields along these nerves. The magnetic fields created by these forces travel perpendicular to this axis into space. Even though their strength decreases with distance from the body, they extend into space beyond the skin. Theoretically, these biomagnetic fields extend into infinity. This is also the home of the other known forces in physics: gravitation, strong force and weak force. The most profound new knowledge on this level comes from the physicist Fritz-Albert Popp: each cell emits biophotons: light, which is highly coherent, polarized and “squeezed”. The biophoton field created by the light emissions around the body regulates most metabolic enzymes inside the cells. It modulates neural transmission, neurotransmitter releases, detoxification and many other body functions.

Treatment:

1. Biofeedback , Acupuncture works on this level . Possibly neural therapy ***depends on treating to pain and the results from kinesiology.
2. The best daily energetic hygiene routine is Qigong , breathwork, which is easy to learn and brings rapid results conscious and subcoincious level. Spending time in nature restores magically the energetic balance in the body.
3. Cleaning up electrosmog in ones home and environment is a must: switch off bedroom electric circuits at night. No cordless phones recommended. Keep bedroom as dark and quiet as possible. De-install the near by cell phone tower. No TV or computer work at night.

** Neural Therapy is a traditional German technique to balance the autonomic nervous system with injections of procaine, homeopathics, Enderlein remedies and more recently also with the use of microcurrent

❖ 3rd module-treat the mental body.

The next higher body, which call the mental body field. Beliefs, attitudes and thoughts form and organize this level. There is an individual mental field and a consensus field (consensus reality). Rupert Sheldrake has named this level morphic field. Every idea or thought ever thought goes into this field and becomes part of an invisible library that can be accessed by anyone. Sheldrake has published his experiments in several books and scientific publications. Every emotion (2nd level) is preceded by a perception and a thought or chain of thoughts. Thoughts trigger emotions and other

energy body changes, which in turn trigger change in the physical body. We are all surrounded by our own mental field, which in turn inter relates with the field of our human species. If a child cries in Africa, we are connected to it. If we have a diagnosed illness, the diagnosis acts like a curse: we start to think act and feel as if we were those other people that have suffered this illness, whose family and loved ones suffered in certain ways, as if we were those that died. In medicine this is called the “nocebo” effect. It is most important to disconnect a sick patient from the mental consensus field of her/his illness. A patient’s mental field can have partial tears and wounds just like the physical body. A mental field can be healthy and can be sick. These illnesses require different kinds of medications and interventions then illnesses on the physical level.

There is a lot of energetic modalities/tools we teach that belong here.

Most current energy psychology techniques also with elements of Eriksonian hypnotherapy, Gestalt therapy, family systems oriented psychotherapy and past-life therapy.

Mental field therapy; It deals primarily with restricting belief systems and aims at resolving conflicts and trauma. It has emerged in Europe as the leading form of “energy psychology”.

Treatment:

Learning controlling thoughts ; negative thoughts turning to positive thoughts and learning focus, Zen meditation training , Mindfulness Meditation training , Radical Enquiry with Zen master, Bioenergetic body work training, Transcendental breathwork training, Transessence techniques , Biofeedback , Guided counseling , hypnotherapy , self hypnosis , Somatic Experiencing and PsychoKinesiology are for me the most precise and effective treatments on this level.

Goal of the treatments are

1. To make traumatic events from the past conscious unless they already are as in Post Traumatic Stress Disorder.
2. Uncouple their ill making effect from the autonomic nervous system
3. Replace limiting beliefs that have been created as an ineffective way to deal with trauma with liberating beliefs. Always address the destructive beliefs of client’s husband, wife, children, other relatives, doctors and caregivers and friends (for example ; “I know my wife will never get well”...)

Psychokinesiology (Accurate forms of muscle testing)to dialogue with the subconscious. It allows to retrieve and heal suppressed pain and memories in gentle, simple, brief and effective ways. This techniques books in Germany has been a bestseller in Europe for over 10 years.

❖ 4th module- treat the intuitive body.

The 4th level is a level beyond the mind and beyond language. It is the home of near death experiences, past-lives, archetypes, spirit possession, ecstatic states, karma and the expression of unresolved trans generational family issues. The highest level at which an interaction between physician and client is possible is the 4th level.

Treatment:

1-Bert Hellinger's Family Systems Oriented Psychotherapy and advanced Kinesiology , Kuantum Filed techniques are very effective at resolving most issues that belong to this level. Since this information is new and maybe strange to most, I will highlight the most important concepts.

The Kinesiology and Kuatum field techniques bring amazing results. It is important to be able to understand and draw a 3 generational geneogram for and with the client (which may require extensive research done by the client prior to treatment).

With family constellation ;The driving force behind it all, was the deep longing to belong, the deep unconscious archaic love of the child and the entanglements resulting from violation of natural orders if Nature and family.

I want to give some more details and some specific examples although dont forget these are not limited with these and they are only examples which every person and their case is different so the healing movements will be as well! The need and healing movement will come up in the sessions with individual. These examples are for the young adult patience's family to ease their curiosity and intellectual mind.

The Common dynamics (I like to use the classic German terms some of which were first introduced by Sigmund Freud):

a) Nachfolge (following someone): "I follow you." Example: A mother dies at childbirth at age 22. The child lives. When the child turns 22, she commits suicide.

b) Uebernahme (carrying it for someone): "I do it for you.", "I leave for you (so you can stay)."

Example: A father is unhappy. He considers (unknown to anyone else) to leave the family. His 4 year old daughter develops cancer.

c) Identifikation (identification): "I am like you." Behavior patterns and events are repeated.

Example: In a specific family, over generations, men around the age of 35 are involved in a huge business failure.

d) Doppelte Verschiebung (Double Displacement): “I take it from you (person 1) – this part displaces the subject – and project it on you (person 2) – this part displaces the object.” Example: The client’s father was chronically very angry at his wife. The daughter carries the anger for him (displacement of subject) and projects it onto her husband (displacement of object).

e) Unterbrochene Hinbewegung – B. Hellinger (Interrupted Forward Movement: “I want to be with you.”

Example: A young girl was never held lovingly by her father. Her whole life becomes an attempt to finally be held by a man. It will always fail because of the displacement of the object. It can be completed in the Constellation sessions.

f) Atonement for personal or taken-on guilt.

Example: A newborn loses his mother at birth. He will often live as if he does not deserve to be here. The healing sentence may be: “Dear mom, to honor you and your fate, I will make something special out of my life. I accept the gift from you with grace.” A good movie that was released lately (“Saving Private Ryan”) brings it all down to two words. A soldier is trapped during WWII behind enemy lines. Several other soldiers give their life to, successfully, save him. As his main savior (Capt. Miller) is dying and sees the enormous guilt in the eyes of Private Ryan, he says to him, “Earn it.” By implications it meant: “Don’t get stuck in the guilt. Do something good and special with your life that makes our death worth it.”

Feel the feelings.

There are three levels of feelings.

a) Primary feelings: they come from deep within. They don’t go away, when the client opens their eyes. They are strong, untamable and often last for 30 seconds or less. Having these feelings always moves the client in the directions of healing with profound and lasting changes evident on the 3rd, 2nd and 1st levels!

b) Secondary feelings: they are more superficial. The client needs to think about the triggering content and close their eyes to keep feeling these feelings. They last as long as the client chooses to often for minutes or even hours. These feelings have very little lasting health benefits and no measurable effect on the lower levels.

c) Feelings carried for someone else (“I carry it for you”). This can represent a displacement.

Example: In a marriage often one partner (“the good one”) displaces their feelings such as anger to the other, who expresses those feelings (“the bad one”) as if it was her/his own.

“Taken-on feelings” can also be there, because the carrier either represents someone else in the family system (“Representation”) or is identified with aspects of another person (“Identification”).

d) Meta-feelings. These are feelings on a higher level.

Example: A mother pushes her 19 year old out of the home so he can become independent. The “normal” love of a mother would hold the young man and accept him still being there; the “higher” love can look tough.

4. The healing movement.

e) Give the other person your deep respect and take them into your heart (It is important to have intense eye contact on the inner picture).

f) Ask the other person to look kindly upon you and your children.

g) Turn towards the “here and now”, i.e., your current partner.

Example: “Now I take you as my husband and man.”

The proper attitude on the 4th level requires to not hold an intention of wanting the patient’s symptoms to improve but to hold the intention that after the work is down there is more love, harmony and respect in the family. Working on the 4th level requires more skill, experience, maturity and sensitivity than the work on the other levels. It requires openness to real magic.

2-Kuantum field work and Shamanic Reiki which is powerful tools and it works with its own miracle ways.

3- Plant medicines and Shamanic works which is short cut for Subconscious mind and deeper level healing and need deeper level of integration after used! With integrative healers and shamans.

❖ 5th module spirit body/ self healing

The 5th level is the plane of self-healing. I call this level the “spirit body”. The only relationship that exists here is the relationship between the individual and god. The fifth level is this part of God that reaches into us and wants to learn and experience the physical word through this individual with all his or her flaws, strengths and idiosyncrasies. A physician, psychologist, or guru who claims that he can be helpful on the 5th level is being arrogant, misleading, dangerous and simply wrong. Anyone who truly has experienced this level will have an attitude of deep respect and understands that it cannot be explained using language. And we can only offer some invitation this part. We as a team connect with shamans , monks , meditators and intuitive healers all over the world that they all pray for our clients healing when we start but powerful one is coming have to from the patients own heart. People too deeply involved in the “New Age” often have significant unresolved family issues or guilt (that is either taken on from another family member or “earned” through one’s own mistakes). The pain and necessary healing work is often avoided by involving oneself in extensive spiritual practices that never seem to resolve the real issues.

Treatment:

Any exploration of this level is left to the patient. If the person is open in their heart to try we offer and show some simple rituals works wonders ! But trying is all patients own destiny and we deeply respect and embrace their choices and visions. An attitude of great respect and humbleness is the most appropriate.

The Rules

The Rules.

Over the 20 years that I have been in practice all over the world and with many people, certain orders and rules have emerged and become obvious that appear to govern the relationship between these 5 modules of healing. In turn, each module has its own laws and its own order which needs to be acknowledged and understood. I will summarize only a few observations that may be helpful to others.

There are descending influences (trauma to a higher level causes problems in the lower levels) and ascending influences (the reverse). Healing impulses created with a practitioner on a higher level can penetrate downwards, but not upwards. Vitamin C (level 1) can- not change a post traumatic stress disorder (level 3). It really cannot. A healing intervention therefore must be either on the level where the illness was created or on one of the levels above. If the practitioner has no tools on the higher levels, he or she will not succeed with many clients. Each level can have blockages which prevent healing impulses from the higher levels to reach the physical world.

Each phenomenon that we observe in the physical realm seems to also occur simultaneously on the other 4 levels. In fact, the physical body is designed like a computer screen that makes visible and tangible that which happens in the new spirit (the 5th level). However, you can have problems in the higher levels, which have not yet penetrated down to the lower levels. This is most known in acupuncture, where disturbances on the 2nd level are picked up by the practitioner (using pulse and tongue diagnosis and understanding early warning signs) before symptoms occur. The traditional doctor of Chinese Medicine was only paid when the patient's physical body remained healthy. He/she had to pick up the disturbance on the 2nd level long before it penetrated down to the 1st!

An Example: (Dont try or force the constellation exercise I did write as an example with your kids it may make opposite and unwanted results instead of healing) But you may want to read my teachers book BERT HELLINGER. And work only with yourself privately with his exercises in his book , or gift to your lived ones his book to see if they interest! I highly recommend to do this way! This energetic work is sensitive !)

True healing requires simultaneous work on all 5 modules.

The first level, the physical body, is the home of orthomolecular and conventional medicine. Let's assume a young female patient has the clinical diagnosis of "anorexia nervosa." We know that approximately 85% of these patients have a clinical zinc deficiency. Therefore, the causal diagnosis on the 1st level would be "zinc deficiency." The laws that govern this level are the laws of biochemistry and mechanics. If you keep her on a lifetime of zinc supplements, she would probably stay reasonably well.

However, looking at this patient on the 2nd and next higher level, the electromagnetic body, we may find that she has a hidden malabsorption syndrome caused by over-activity of the sympathetic celiac plexus (which leads to vasoconstriction of the absorbing lymphatics and blood vessels in the gut). This condition may respond well to periodic treatment with acupuncture or neural therapy. The patient would start absorbing zinc from the food again and would improve without zinc supplements. The 2nd level has an organizing effect on the 1st ! The laws that operate on this level are the natural laws of neuro-physiology (or the practical stepped down rules of acupuncture or autonomic response testing , kinesiology).

Now let's look at the 3rd level, the mental field: this young woman may have an unresolved conflict with her father, who was very oppressive during her childhood – stern, punishing, critical and at times violent. The unresolved memory held in her limbic system is responsible for stimulating the hypothalamus and sending sympathetic stress messages to the celiac ganglion, which is now in a pathological state of chronic arousal. Finding and resolving this conflict with a targeted and specific approach eliminates the focal area in the limbic system. The celiac ganglion cools off permanently and the patient starts to absorb zinc again – and gets well! The 3rd level has an organizing effect on the 2nd level and also on the 1st level! Vice versa, without the absorption of food (1st level) and a functioning autonomic nervous system (2nd level) the patient would not have the energy and functioning mind required to remember the past and work with it in a healing way. The energy, however, to do the necessary healing work comes from the lower levels! Therefore it is best for the patient to treat all levels simultaneously – take zinc or change her diet with more zinc include during the initial treatment period and have some neural therapy at the beginning of treatment. The laws that govern the 3rd level are the simple natural rules that are being gradually rediscovered by modern psychotherapy: nurture and love a child, provide it with opportunity to learn, keep it safe, nourished and warm. Each violation of these natural needs has consequences, leading to fairly predictable distortions of the mind, nervous and immune systems. Other "laws" and natural orders have been outlined by the leading psychologists of this century.

Now let us go to the level 4th , the dream body or intuitive body. The typical family constellation in a young woman with anorexia looks like this: invisible to anyone on the outside, including the children in the family, the patient's father was deeply

rejected by the mother, his wife, and subtly pushed her out of the family. The patient in turn is unconsciously loyal to the rejected father and holds the “magical belief” that if she disappears, the father would stay. “I leave you for you” is the operative sentence and sign of a deep and strong love and loyalty for the father. Anorexia is a way for the client to disappear. The father’s oppressive behavior (behavior belongs to the 3rd level) was his way of responding to the wife’s rejection of him (which in turn triggered and restimulated his unresolved childhood issues). If the therapist can facilitate healing in this situation, which may culminate in the child saying in the therapeutic session to the father (who does not need to be present): “Dear daddy! What happened between mom and you is none of my business. I am only your child. You are the grown up, and I am only your child. I trust that you can handle the issue with mom yourself! Look kindly upon me if I stay.” And to mom: “Dear mom! I am only your child. Please look kindly at me when I stand by my father. He is the right and only father for me.” Healing on this level often leads to instant disappearance of the associated unresolved conflicts on the 3rd level, and in this case, disappearance of the celiac ganglion dysfunction and therefore improved zinc absorption. Again, the energy required for this healing work has to flow upward from the lower, energy supplying levels. Simple interventions on the lower 3 levels would be laying the foundation to make the work on the 4th level possible. The laws that govern the 4th level are the rules and orders of Systemic Family Therapy “discovered” Bert Hellinger: in a family every member has an even right to belong. If someone denies this right to one of the members, another member will try to balance the family by self-excluding him/herself. The 10 commandments of the bible may be an attempt to formulate the laws operating on this level. Other rules are discussed in the book: *Love’s Hidden Symmetry* by Bert Hellinger, which is a must for anyone working on this level. Issues such as spirit possession, evil entities, alien takeovers and implants, etc. seem to lose their grip on us when the family of the client is in a state where there is respect and love between all the family members of the system. A family system is comprised of the genetically linked persons of the last 3 generations and all of their respective partners.

What about the 5th level, the spirit body then? Here are a few hints: it would be a good start, if after resolution of the physical problem both the physician and the patient turned inwards and upwards with an attitude of gratefulness. For the client to do something “good” with the newly gained hope and vitality and clarity may be the appropriate concluding work on the 5th level. Simply praying or meditating in a cave may be enough, but maybe not. If the work on the 5th level is not completed there may be a gradual relapse of the condition. The laws that are operative here are gradually revealed to us as we mature.

The practical conclusions for leading a healthy life towards well-being may look like this:

1. Put as much effort as possible into healing your own family. Don't rest until there is love and respect between everybody in your generation and the two generations before you. The "family" includes children who have died early, aborted children, husbands that were excluded after divorce, mothers that died in childbirth, and uncles that died in war. The healing involves relating and communicating to everybody that is alive and holding a loving memory of those who are gone.

2. Pump as much energy as possible into the lower 3 levels: eat right, sleep right, exercise, be organic, be spiritual, find right healthy diet for you and take your vitamins. Nurture your "body electric" with massage, acupuncture, be in nature as much as possible, live in nature, lying down by a waterfall, listening to good music, and doing your yoga stretches. See a therapist to work through confusion and unresolved conflicts on the mental level or try share your pain or daily frustration and conflict the more we share the more we will be light!

3. Turn inward to investigate the 5th level. Don't follow anyone's advice only your heart and let yourself be guided with your own inner voice! Create time and space to be alone. You need all of you, undistracted, to do this.

I have tried to give some guidelines what our practitioners and us trying to do and our general path to achieve higher levels of competence, satisfaction, and organization in our work. Healing is the greatest of all the joys. Whenever a client performs the miracle of the inner movement called "healing," there should be gratefulness and humbleness by the patient. This is how our practitioners are. When certain unwritten laws are respected, healing occurs much more frequently than otherwise.

Warmly, Erika Avery, Ph.D., AIHM

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