

# Psycho-Emotional Practice: PNE Balancing Therapy

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The purpose of this article is to introduce an method called “PNE Balancing Therapy” that can be effective to evaluate and treat a wide range of mind-body (psycho-somatic) complaints.

Every health care practitioner has encountered patients who do not respond favorably to well-chosen treatments. Even after trying several therapeutic approaches, perhaps even referring the patient to other professionals, there is no substantive improvement. This experience is frustrating to both patient and therapist. We see this in patients with chronic pain, chronic fatigue, overweight issues, addiction, depression and mood disorders and many organic diseases.

Countless patients with such complaints have been referred to mental health professionals, and have often ended up on long-term psychotropic drug regimes that may cause additional forms of suffering. Is there a better way?

Mind-Body medicine is a rapidly growing field that attempts to address the connection between the patient’s consciousness and his or her complaints. This is based on the view that the patient’s deeply held beliefs and impressions play a large role in creating disease, or at least making the patient more susceptible. The following quotation expresses this well:

“The revolution we call mind-body medicine was based on this simple discovery: Wherever thought goes, a chemical goes with it. This insight has turned into a powerful tool that allows us to understand, for example, why recent widows are twice as likely to develop breast cancer, and why the chronically depressed are four times more likely to get sick. In both cases, distressed mental states get converted into the bio-chemicals that create disease.”

From ‘Ageless Body Timeless Mind’ by Dr. Deepak Chopra

The medical field of “psycho-neuro-immunology (PNI)” works with the specific pathways by which negative or fearful emotions suppress the immune system. PNI therapies include creative visualization, positive affirmations and other methods to raise the spirits of the patient, in the hopes of strengthening her immune system. Such approaches are credited with promoting cancer remissions and longevity in HIV/AIDs patients.

Acupuncture is often effective for addressing mind-body disorders. Chinese Medicine is one of the oldest medical systems that recognizes the inter-relatedness of mind-body-spirit. The association of the Liver with the Hun, or ethereal Soul, and the Kidneys with the Zhi, or Will Principle, are two of the many pathways acupuncture offers for approaches to mental and emotional illness. The names of many acupuncture points also suggest mind-body connections, such as Spirit’s Door (H 7), Soul’s Door (UB 42) and Will’s Residence (UB 44).

Ayurveda is a traditional Indian healing system that recognizes the mind-body connection. It uses healing sounds, gemstones, diet, colors and much more to harmonize and heal the body-mind . Ayurveda also works with 7 or more chakras, or energy centers, within the body to evaluate and treat mind-body disorders.

In my rather eclectic path of healing, I have investigated and practiced many aspects of Chinese and Indian traditional medicines. I have long been motivated to find effective therapies to successfully help people seemingly “stuck” into repeating patterns of pain and disease, even after years of searching through various medical and healing systems. I have found that a synthesis of certain aspects of Ayurvedic chakra color therapy with Chinese acupuncture meridian treatment has yielded very good results for many of my patients.

Because the use of Sanskrit and Chinese terminology may create walls to understanding for some people, I have sought terminology for this mind-body approach that “goes down easier” for Western patients and physicians. I have updated the ancient term “chakras” to *psycho-neuro-endocrine regulatory centers*, or “PNE centers” for short. Although long, this name offers a useful means to understand how these energy centers regulate health and well-being on a Western scientific basis.

Diagnosing and treating through these centers is the most effective and direct way I have found to access the internal “control panel” for the underlying causation of physical and emotional suffering.

Each PNE center is associated with an aspect of consciousness, an endocrine gland, a body system and color. Here is an abbreviated table of these connections:

<b>PNE Center</b> ↓	<b>Aspect of Consciousness</b>	<b>Endocrine Gland</b>	<b>Body System</b>	<b>Native Color</b>
<b>1 - Base</b>	Stability, groundedness, survival instinct	Gonads	Reproductive	Red
<b>2 - Lower Abdomen/Hara</b>	Creativity, deep emotions, sexuality, inner child	Leydig cells, Peyer’s patches	Genito-Urinary	Orange
<b>3 - Solar Plexus</b>	Personal will, sense of self, aggression	Adrenals, pancreatic islets of Langerhans	Digestive	Yellow
<b>4 - Heart</b>	Compassion, integration	Thymus	Circulatory	Green/Gold
<b>5 - Throat</b>	Expression, manifestation	Thyroid/Parathyroid	Respiratory	Deep Blue
<b>6 - Brow</b>	Insight	Pituitary	Autonomic N.S	Indigo
<b>7 - Crown</b>	Higher Consciousness	Pineal	Central N.S. control	Violet, White

Each PNE center is, in effect, a transformer or switching station that steps down the very high frequency of pure spiritual white and golden light energy. This allows Universal energy to be utilized in a healthy way by our physical organs and tissues. If Universal energy were not stepped down to lower frequencies in this way, our physical bodies would literally burn out, in the same way that a hair dryer would fry if plugged into a 220 volt outlet!

This stepping down of energy creates a series of wavelengths of light in the body. Each wavelength is perceived as a color by our inner and outer senses. The “native color” of each PNE center is what is produced by the stepped-down wavelength at that level. It is important to point out that the native color listed for each center on this chart is not necessarily the best one to treat it with! In many cases the patient will already have too much of the native color and may need a complementary or balancing color to correct the disorder.

According to the pioneering work of Candace Pert, PhD and other mind-body medical researchers, the physical-chemical link between the body and emotions are minute substances called *neuro-peptides*, regulate virtually all life processes. Hormones, endorphins and some kinds of neurotransmitters are forms of neuro-peptides. Based on my clinical experiences and study of the literature, I am confident that color light therapy is a safe and very direct method to stimulate the release of the “good” neuro-peptides that promote both physical and emotional healing.

It is also likely that the prime action of all therapeutic agents, from flower essences to pharmaceutical drugs, is through the release of wavelengths of light as they are assimilated or metabolized by the body. It is not really the chemicals that are affecting physiology, it is probably the light release by them.

We may understand the call of the body/mind complex for needed colors “color hunger”. I have observed many people expressing a strong desire or unspoken need for a specific color. As light of that color was applied to PNE centers or acupuncture points on their body, they have often experienced immediate or delayed beneficial reactions, such as deep relaxation, mental clarity, increased energy or relief of various somatic symptoms.

### **PNE Center Evaluation**

Each PNE center is a swirling vortex of electro-magnetic energy. The original Sanskrit word chakra literally means “wheel” to describe what they look like. These centers have a characteristic spin pattern, just like a tornado or whirlpool. There are various methods of reading the spin pattern of a PNE center, including dowsing with a pendulum, hand scanning, muscle testing (kinesiology) and aura photography.

Spin patterns I have observed have been: clockwise, counter-clockwise, diagonal, horizontal, vertical and cloverleaf. Each pattern has a characteristic interpretation in mind-body medicine. For examples, a clockwise, even spin usually indicates good health, with the size of the spin revealing the energy level of that center. A horizontal, back and forth movement usually suggests that the person has partially or completely closed off the life-force in that center due to some form of trauma or denial of an aspect of self.

Once the practitioner has understood and memorized the consciousness and glandular associations of each center, observing the spin patterns provides valuable insights into the underlying causation of pain and disease. With a bit of intuitive synthesis, a whole story emerges that may help make sense of the varied complaints of the patient.

### **PNE Therapy**

As expressed by the famous equation  $E = MC^2$ , all matter is simply slowed-down energy. All pain and disease stems from a distorted, or incoherent, energy pattern within the organism. These patterns are held in place by belief systems and conditioned consciousness responses of many kinds, and are reinforced by poor diet, lack of exercise and toxins. The most direct form of healing is for the patient to change their beliefs about themselves to ones that are more accepting, loving and trusting in Spiritual Source. It is often very hard to make such changes in self-image, however. If it were easier, the patient would probably not be visiting you!

Feeding the color hunger of a client with therapeutic colored light often acts to “jump-start” his own ability to shift his consciousness for the better. Healing sound and frequencies of microcurrents can act in the same way, although light seems to be the most powerful and direct therapy for this purpose.

PNE therapy consists of the application of color light, sometimes with simultaneous microcurrent and/or healing sound, to help open and balance one or more PNE centers. Appropriate colors can be selected through the same methods used to evaluate the centers – dowsing, muscle testing, pulse response (VAS),

and others. After applying the energy to the centers, they are re-tested to see what degree of change in the spin has happened (if any).

PNE therapy works very harmoniously with acupuncture, chiropractic and other energetic medicines, utilizing needle or non-needle microcurrent approaches. Each PNE center is associated with a group of acupuncture points, some on the trunk of the body and some distal.

My experience is that when a distorted spin of a PNE center dramatically improves (goes back to clockwise and steady) after therapy, the client almost always reports a sense of increased well-being, pain reduction, or other symptomatic improvement. Sometimes emotional releases will happen as part of the process. I have witnessed patients with non-responsive organic illnesses have significant reduction in symptoms as a result of PNE balancing therapy.

PNE therapy may be effective for treatment of chronic fatigue (CFIDS), fibromyalgia, hormonal imbalances, overweight, chronic pain, cancer, depression, mental illnesses and many forms of chronic, hard-to-diagnose disease conditions. Concomitant use of psychotropic medications or chemo therapy may reduce effectiveness, although this is not necessarily the case as consciousness overrides all.

PNE balancing is a synthesis of Chinese and Indian traditional medicines with modern psycho-neuro-immunology, that can be of great help to modern patients with difficult to diagnose and difficult to treat complaints. This is a fascinating and powerful process, one that cannot be adequately explained in this brief article. Fortunately, the process of PNE therapy is not difficult for practitioners to learn, and the greatest learning comes from actually going through this process with a series of clients, in a state of receptive awareness.