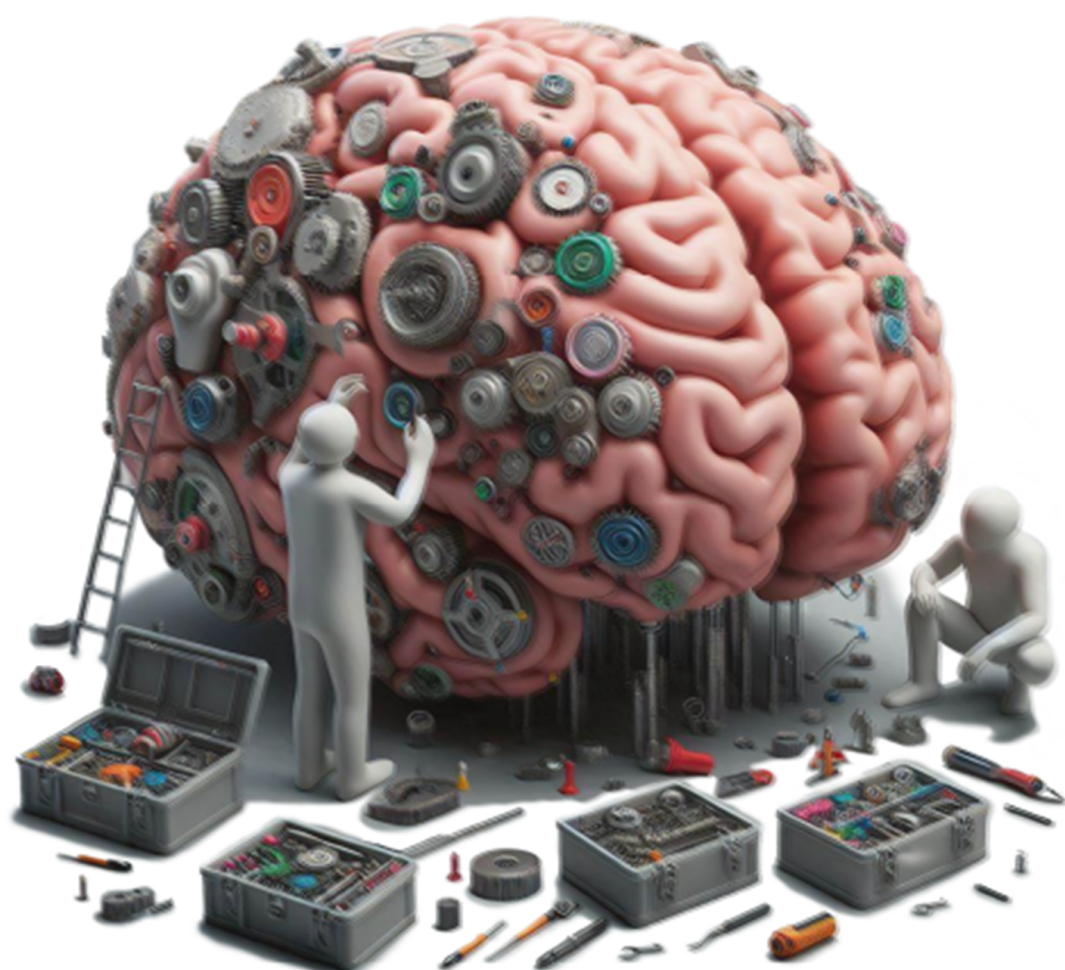

SYNCHRONIZING YOUR BRAIN HEMISPHERES WILL IMPROVE YOUR LIFE

NEO - KINE



RAMÓN RAMOS FERNÁNDEZ

Synchronizing your cerebral hemispheres will improve your life

Neo - Kine

Version February 2025

Ramón Ramos Fernández

Presentation 2024

If you have CHOSEN this book, I CONGRATULATE you.

You have in your hands and before your eyes, a SPECTACULAR tool for evolution and personal development.

I connected with Ramon and Neo-Kine, more than 20 years ago and even being a tool of the last century, it is a tool for the new times and continues to be the backbone of my progress.

What I liked most about Neo-Kine is that it is SELF-APPLICATION, easy to use, involves body movements and is very efficient. This means that you do not need previous knowledge of any kind and you do not need a therapist to accompany you and it is like an aspirin, if you have a headache and you do not take it, the question is... why do you want to continue suffering?

Physical, emotional or mental pain has to do with acceptance, suffering has to do with how much I am resisting, the latter you can eliminate, Neo-Kine helps you, although it has to be YOU, he and / or she who ASSUMES responsibility for your life and your own HEALING.

When I detect some kind of limitation in my belief system and even some emotion that collapses me or I find myself stressed by an experience... I do the hemispheric synchronization exercises and apply the protocol proposed by Ramon, I always connect with another look at the situation, my body relaxes, there is a relief of stress and pressure to get out of the problem, and if I let everything settle, I find a way to jump, what seemed insurmountable.

I invite you to EXPLORE yourself as a student and / or student, from the polarity, to be docile with the teaching and to be rebellious in its practice ... do not believe me ... PRACTICE, PRACTICE, PRACTICE and I would invite you, if you want to become aware of your progress, keep a notebook where you go writing down, your before applying NEO-KINE and your after doing it.



Alicia Díaz Paz
Therapist and Social Worker

**THANK YOU RAMON, FOR YOUR
UNWAVERING WILLINGNESS TO SPREAD
NEO-KINE**

Contact:



Presentation of the original text

This guide intends to transmit the necessary fundamentals so that, without the help of other people, we can correct and balance many of the emotional and mental disorders that we possibly suffer today, even if we are not aware of it, as happens to the vast majority of human beings regardless of race, sex, nationality, cultural level or material wealth.

It is a practical and simple method that we can apply as soon as we read the first part of the text.

We do not aspire, in this text, to offer in-depth information on any theory or knowledge of any field of knowledge.

The objective of this manual is that we learn how to apply this technique effectively. We intend to inform about everything that will allow us to reasonably understand the functioning of a method that is easy to learn and apply to correct imbalances in thoughts and emotions.

Neo-Kine is a method of correction of emotional or mental stress. It is self-applicable and, when learned, can be applied without the help of others.

It allows to act in a general way to reduce stress in a person's life and can also act on specific situations.

That is to say, it can help to correct a state of anxiety, worry, aggressiveness, etc. that is lived continuously; and it also allows to correct anxiety, fear, anguish, etc. in specific situations (taking exams, speaking in public, traveling by plane, etc.).

The correction of stress is done at a mental level, with simple movements that are simultaneously controlled by the two hemispheres of the brain; its effects are also immediately noticeable at an emotional level and, in many occasions, can be felt at a physical level.

The speed with which it corrects the stress of the situations that we live in a conflictive way is usually surprising the first times that the technique is applied.

Once you learn how to use this technique, it can be used throughout life, both to correct stressful situations and to prevent their appearance (before the effects become apparent).

The variety of conflictive situations that can be corrected is immense.



In addition, the altered emotional states associated with these situations can be corrected, whether they are situations of the past (even situations experienced years or decades ago), of the present moment or of the future, acting preventively before these situations occur (for example, a job interview, an exam, etc.).



Within the Neo-Kine I course, two Equilibrations are taught (Level 1 and Level 2) and two exercises that favor Hemispheric Synchronization (Seated Crossed Circles and Standing Crossed Circles).

With them, we will learn to reduce or eliminate mental and emotional stress.

Level 2 Balancing allows us to correct mental and emotional stress and, in addition, to dissolve hidden causes that feed it (thoughts and attitudes that we are not aware of or that we have "forgotten", although they continue to influence our lives).

In many occasions, these hidden thoughts to the conscience are the cause that certain problems cannot be solved; although we insist on solving them.

Neo-Kine I is based on the use of information and techniques from various complementary therapies that have been synthesized into a fast, simple and effective method.

Foreword to the edition 2024

Many years ago, we wrote this text and now we are updating it, with some new sections and several modifications.

Since the time of its first publication, things have changed a lot in our society.

At that time, telephone booths were still in use and today there are few people in our society who do not use cell phones.

After 2020, many things that we would have considered impossible a few years ago are taken for everyday things.

Today, there are many more means and resources than there were 15 or 20 years ago in all aspects: education, technology, health, communication, etc., and yet the challenges and everyday problems have increased in the same proportion.

For this reason, we have seen fit to reprint and update this manual in several aspects. This is because of the important and sometimes difficult circumstances that all of us now face in our daily lives.



Our day-to-day lives are more and more demanding. There is a high dose of insecurity and uncertainty, along with a widespread feeling at the popular level that structures that had functioned successfully in the past are now undergoing a profound crisis of values worldwide.

These new challenges make it increasingly necessary to update our personal strategies and skills to face them.

The content of this text can be useful to help us to give the best of ourselves in these difficult moments and to support the development of our own capacities and faculties; offering us a simple way to reduce stress in our daily life.

What is explained in this text is so simple that it seems silly. However, when we practice it and integrate it into our daily lives, a world of possibilities begins to open up that we previously did not recognize.

The practice of this technique and others like it had the effect of transforming our lives. It was like taking off a pair of dark glasses, to be able to see more clearly everything around us.

We hope that it will also help you and allow you to understand that all of us can live beyond the mental limits that, until now, have been the boundaries of our lives.

All this depends on each person, individually, to realize it by himself.

We send you our best wishes and hope that this text will be useful in your life.



Recommendation for reading this text

This text was originally written with the intention of giving it to the students of the Neo-Kine I course, as a manual that includes all the explanations given in the course.

This text, revised in 2024, is an adaptation of that manual from the classroom course, which was designed so that anyone can learn the technique, even without receiving the course.

It has three distinct parts and each of them includes the information offered in the 3 classes in which this course is normally taught.

The classes of the course are given with an interval of 7 days between each one of them. So that the students can apply in a practical way, in their lives, what was explained in the previous class.

In this way, by attending the second or third class, each person has had the opportunity to practice what they learned before.



We recommend not to read this manual as if it were a story or a novel; but to pause at the end of each of the first two parts and practice what is explained in them for a week.

In that week of pause that we recommend between each part of this text, it is convenient to practice what is explained.

This technique is effective when we apply it in a real and practical way.

However, we will not achieve results if we know its fundamentals, but we do not practice them.

Responsibility

The technique explained in this book produces changes that can be clearly perceived. It is not a game.

Therefore, when applying the Neo-Kine technique, each person does so as a personal decision and under his or her own responsibility.

We advise you to follow the recommendations given in this manual, especially in the first weeks and until you have a minimum of experience in its practice.



PART ONE

Levels of manifestation

There is always a certain correspondence between the laws and phenomena of the various states of being and life [...]: "As above, so below; as below, so above".

The Kybalion.

As human beings, we have different forms of activity, manifestation and experiences, which can be classified in many different ways.

In this manual we will use 3 levels: a level that would correspond to our physical body, our organism; another level that would correspond to our emotions and, finally, a level that would relate to thoughts and all mental activity.

In this way, we consider that human beings are constituted by their body, their emotions and their thoughts.



We will call each of these 3 parts: Physical level (F), Emotional level (E) and Mental level (M).

These 3 parts of human beings are shown to be related to each other and it is not possible to separate each part of the human being from the other two.

It is as if 3 people are walking or running while they are joined by their hands. They will always be close to each other, because they are holding hands.

Therefore, when a person is sick (in his physical body), this situation cannot be isolated from his emotional state, nor from his mental state.

Both the states of equilibrium (health) and the states of imbalance (illness), "influence" each other in the physical, emotional and mental parts of each person.

That is why, when a person tells us: *"I am fine... the only thing that bothers me is that I cannot sleep well at night"*; we can consider that it is an imbalance in a function of that person's body that will also affect his emotions and mind.

However, some people only tend to recognize imbalances in their physical body, as they are not as familiar with the perception of these states in their emotions and thoughts.

Nowadays there is a growing acceptance, by Western medicine, of the existence of the relationship between emotions, thoughts and the state of health of the organism.

We believe that:

For an imbalance (for example, a physical illness) to be present **on one of the 3 levels** we are considering (physical, emotional or mental), **it must also be present on the other 2 levels**.

Thus, a state of sadness and melancholy, which is an emotional imbalance, will produce an alteration in the functioning of the physical body and mental activity.



In reality, this usually happens and we will easily recognize it if we remember a time when we lived these emotional states; our body responded with difficulty to the realization of any movement and did so with little vitality; on the other hand, our mind had difficulty reasoning clearly and we were probably engrossed in more or less obsessive thoughts.

The same happens when we feel a great concern; this being an imbalance that mainly affects the mental processes. Our emotions are altered and we try to avoid having an emotional exchange with people with whom we like to do it (family, partner, etc.). In addition, our appetite, digestion and sleep, which are related to the physical level, are usually altered by the situation.

Balance and imbalance

Every habit requires all of its parts to function. If any one of those parts disappears, the habit is dismantled.

*The Wheel of Time (quoting The Second Ring of Power).
Carlos Castañeda.*

If you fix your mind the body just heals, but if you don't fix it, you would have to go from specialist to specialist.

Aquí Amerrikua II. Domingo Díaz Porta.

When we speak of "**balance**", we refer to a correct functioning free of alterations. This is valid for the physical body as well as for the emotions and thoughts. The word "imbalance" is used to refer to an altered functioning.

This state of imbalance can be present in any of the levels (physical, emotional or mental) of a person.



When the physical body is "**balanced**" its functioning is correct and there is "**health**".

When it is "**unbalanced**" its functioning fails in some aspect and "**disease**" or lack of health appears.

The emotions are "balanced" when they are expressed naturally and when there is not an excess or an important lack of one or several emotions.

When emotions are not expressed because they are blocked, or when several of them are present with an excessive or insufficient intensity, we can speak of an emotional "imbalance".

If the mental processes are carried out normally, if there is ease of understanding what surrounds us in life, if creative solutions are found to the challenges that arise and if there is ease in communicating and understanding other people, then there is a "balance" at the mental level.

An "imbalance" at the mental level can be found in the difficulties of understanding, communication and understanding with other people, in the difficulty to reason, in worries, in obsessions, in not understanding or accepting what one lives, etc.

The imbalances (whether physical, emotional or mental), are related to what is called stress.

Neo-Kine allows us to correct, at the mental level, the stress we experience in our lives in general and in specific situations.

However, given the interrelationship between the physical, emotional and mental levels; if we manage to correct an imbalance in one of these 3 levels, this correction will help to correct the imbalances present in the other 2 levels.

We can imagine that an imbalance is a table that has three legs. Each of the legs corresponds to the imbalances on the Physical (F), Emotional (E) and Mental (M) levels. The imbalance, represented by the table, is maintained because it is supported by its 3 legs.

If the imbalance in any of these 3 levels is eliminated, that leg of the table will disappear and, with it, the table (the imbalance) will fall, since it cannot stand only on 2 legs.

It is normal to correct emotional imbalances when applying this technique and it is common to see faster improvements in physical imbalances related to the stressful situation that has been corrected.



We include here the experience described by a woman who attended this course (the text in brackets is our clarification):

Another issue that I balanced was my headaches, lately they were so frequent that I suffered more than two a month, and they left me unable to do anything, totally useless for more than two or three days, something really serious. Well, since I worked on it [doing a Neo-Kine Balancing] I haven't had a single headache since two months ago.

Levels of the person and time of Equilibration

Healing has absolutely nothing to do with time," they told me. Both health and disease occur in an instant.

Desert Voices. Marlo Morgan.

When imbalances that originate at the physical, emotional or mental level are not corrected; they end up affecting other levels. Eventually, all levels will be affected.

The correction of an imbalance when it is present on several levels (physical, emotional and mental), could be done starting at any of these levels. If the imbalance can be corrected at one level, this correction will positively affect the other levels and cause the correction of the imbalance or, at least, a reduction of its presence at the other levels.

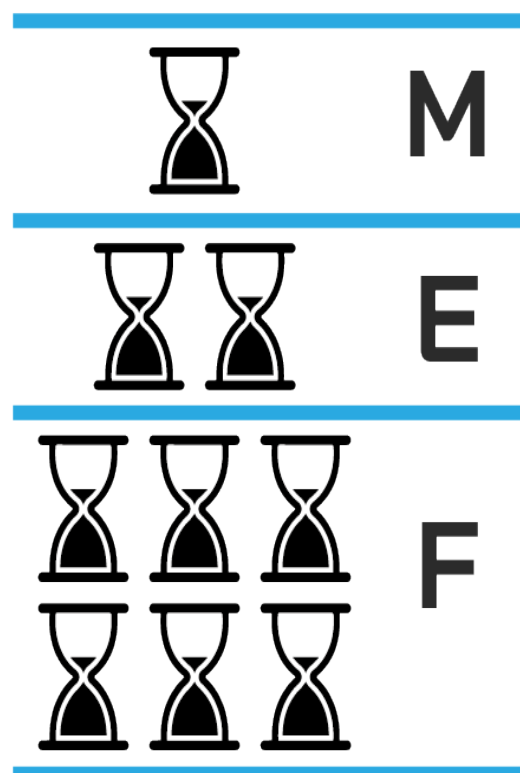
Among the physical, emotional and mental levels, the physical level is the one that can be considered more "concrete", because it can be physically touched, and stable, because its changes require more time; for example, losing weight.

While the mental level is the most subtle and adaptable, because it is the one that can change more quickly.

The emotional level occupies an intermediate position between the physical and mental levels.

When a change occurs at the physical level, the stability of this level makes that change a lasting change. In turn, achieving this change requires more time on the physical level than on the emotional and mental levels. For example, losing weight effectively, through dieting, requires weeks or months.

On the emotional level, the changes are more rapid and, when they occur, a few hours or even less time is sufficient to feel the benefits.



The mental level is the fastest and only needs a few minutes to provoke effective changes. Neo-Kine acts on the mental level and therefore its effects are fast. Sometimes, the speed of these changes brings with it a certain difficulty to be able to consciously assimilate the process of transformation that is being experienced.

Sometimes, people who feel the effects of applying the Neo-Kine technique have difficulty in understanding the process of change they have undergone.

Sometimes, they are even reluctant to accept that only by applying the Neo-Kine technique they have been able to correct their "problem" in a few minutes, when they have been suffering from it for weeks, months or even years.

On one occasion, we attended a gentleman in consultation using the Neo-Kine technique. We helped him to correct the stress of the problem he had; he finished the consultation and left.

We had a second consultation and, in a sincere comment, he told us that, at the end of the first consultation we had had, he had left with the feeling that we had cheated him. Since he could not understand the relationship between the problem for which he had visited us and the "nonsense" we had asked him to do (moving his legs, arms and eyes, among other things).

However, when he experienced the conflict situation again in real life (between the first and second consultation), he understood that everything had changed for the better and that the "stupid things" he had done in the first consultation were the cause of the change.

---ooOoo---



On one occasion, when we were explaining this information during a course, there was an exchange of comments about types of therapies and times to perform them.

It was said that therapeutic fasting was a therapy that acts on the physical body. Some people had experience or knowledge about it and, when we asked them how long it should last to be effective, they commented that it should last about 5 days.

Also, one student commented that some time ago she had felt emotionally bad about certain circumstances she was going through and had asked some friends to go out together to have fun that night. When she returned, her mood had evened out and she felt fine. We asked her how long she had been partying with her friends and she said about 5 hours.

After that, we told them that, if Neo-Kine's Level 1 Balancing is applied, the duration time for stress correction is just over 5 minutes. And we took the opportunity to relate the therapy times and the different levels of application:

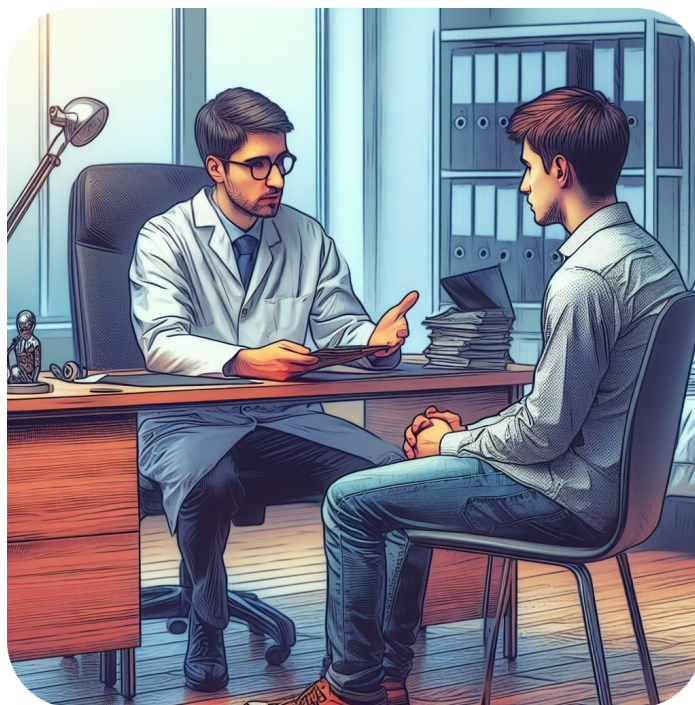
- **5 days** - in the physical body, with therapeutic fasting -
- **5 hours** in the emotions, going out to party
- **5 minutes** with the thoughts, with Neo-Kine,

Each situation and each person is different; therefore each case must be studied according to its characteristics. Some people react very well to therapies that act on a physical level, others on an emotional level and others on a mental level. Apart from that, each person has a greater natural affinity for one or another type of technique.

The techniques that act on the physical and emotional levels are necessary and useful. Sometimes it is essential to apply them to correct certain imbalances.

In relation to the Neo-Kine technique; given that its purpose is to correct or reduce the stress response and that its application requires little time, we can use it as a complement to other forms of Balancing or therapy that we are receiving in relation to any imbalance or disease that we are suffering.

That is, we can use it to support and enhance the healing and therapeutic effect we receive from other forms of therapy (western medicine, muscular rehabilitation, diet, acupuncture, homeopathy, etc.).



However, we insist that the above refers to the fact that this method should be considered as a support for other therapies, and that it is not a substitute for these therapies.

Hemispheric Synchronization

Singing and drumming are also an important part of the teaching, as they balance the activity of both cerebral hemispheres; in this way we immediately perceive the idea that is being transmitted to us.

Dhyanny Ywahoo.

Quetzal Magazine (febrero-2002).

[...] when the two [cerebral hemispheres] unite, in the process called hemispheric synchronization, which is precious because, in addition, it can be seen even with changes in the electroencephalographic waves; when this occurs, the person begins to see everything in a different light, he sees options where before he only saw impossibilities, he sees paths where before he only saw walls, he unblocks where before [...] he was blocked[...]

Mario Alonso Puig

¿Es posible resetear la mente? (youtube.es)

The brain is made up of two halves, the right and left hemispheres.



Both parts are practically separated except for a communication bridge between them called the corpus callosum.

Each of the two halves is associated with a series of brain functions and with a certain way of thinking. For example, the right hemisphere is related to a global and artistic way of thinking, while the left hemisphere is associated with detailed and logical thinking.

When the activity of both hemispheres is disorganized, it is more difficult for a person to make good use of his or her personal abilities and he or she is less efficient in what he or she does, what he or she feels and what he or she thinks.



It is as if, in a car, the wheels on the left side turn at a speed that would put the car at 60 kilometers per hour and the wheels on the right side turn at a speed that would put the car at 80 kilometers per hour.

Under these conditions, the vehicle would be very unstable and would be quite dangerous to drive; since, due to the lack of balance in the force of the wheels, it could cause an accident if you drive fast with it or when braking.

The way to favor an optimal situation for our cerebral hemispheres is to perform activities that activate both cerebral hemispheres at the same time, in a coordinated way and, if possible, that our extremities cross the central axis of our body.

In each person, the more balanced the activity of the two cerebral hemispheres is, the more Hemispheric Synchronization he/she will have and, therefore, that person will have greater resistance to stress (moments in which he/she feels fear, insecurity, worry, anger, resentment, impotence, frustration, etc.).

In addition, your personal skills and abilities will manifest themselves in a more natural and satisfying way.

Continuing with the example of a car; when the person balances and coordinates the activity of his cerebral hemispheres, it is like balancing the force that the vehicle has on the left and right wheels; thus increasing reliability and safety.

And, with this, it could circulate with good conditions of security at greater speed.



Hemispheric Synchronization and Stress

This is one of the basic principles that explains the effect of the exercises performed with the practice of Neo-Kine:

When the activity of the two cerebral hemispheres is "coordinated", stress is reduced or disappears.

Although it is difficult to justify, the results based on the experiences we have lived and observed in other people have shown us.

According to this principle, when a person is subjected to a stressful situation, if he/she performs an activity or an exercise that activates both brain hemispheres at the same time and in a coordinated manner, then the stress decreases or is eliminated.

These exercises are called Hemispheric Synchronization exercises and are those that cause the two cerebral hemispheres to act simultaneously by synchronizing their activity.

Controlling the movement of opposite extremities, such as the right foot and the left hand, promotes Hemispheric Synchronization.

And this can be done when walking, playing the guitar, dancing, swimming, etc.

In this manual, we propose 2 ways of performing exercises to favor Hemispheric Synchronization: Crossed Circles.



Crossed circles (seated)

To favor hemispheric synchronization we use the Crossed Circles exercises. Let's see some positions in which they can be performed:



Any of these leg positions shown in the pictures is suitable to perform the exercise.

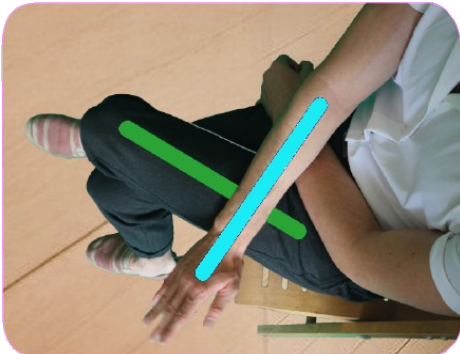
It is also possible to do the exercise lying on a bed, a sofa or any horizontal surface (a mat, a stretcher, a couch, a sofa, a carpet, etc.).

This posture is suitable for people who have to stay in bed for health reasons.

Preparation for the exercise:



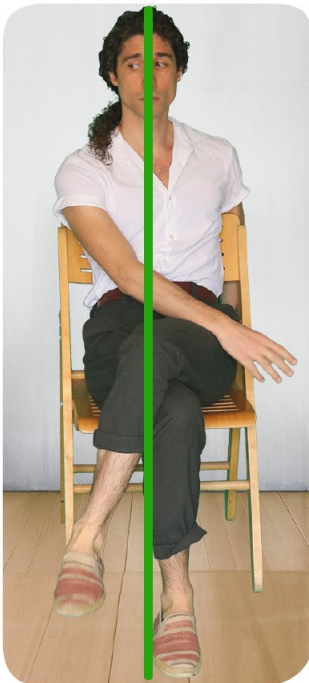
These QR codes link to a video showing how to perform Seated Cross Circles.



We check if the thigh and arm cross, to ensure that we move an opposite hand and foot.

In the exercise it is important that the arm and leg cross the central axis of the body and make the movement on the opposite side.

We cross one leg over the other, making sure that the foot can move easily.



We use the left leg (the order of starting with the left or right leg is not important, we explain it this way to unify the text with the images).

The left leg crosses the center of the body and the left foot is placed on the right side of the body.

We cross the center of the body with the right arm, whose hand should be on the left side of our body.

The first few times you do the exercise, we advise you to do it starting each movement in phases, not doing them all at the same time.

We start by moving only the foot. Then we add the hand movement. And, finally, we include the movement of the eyes.

We start by moving only the foot.

We make a circular movement with the tip of the foot (using the ankle joint).



Then we add the hand movement.



Also the right hand moves in such a way that the fingertips make clockwise circles (as shown in the picture).

When we easily perform the movement of the foot and hand, we begin to accompany these movements with the movement of the eyes, also in a clockwise direction.

A complete circle with the eyes takes approximately 15 to 30 seconds.

The movement of the hand and foot is faster, depending on the rhythm of each person.

The ideal when doing the exercise, is to accompany it with a calm, slightly slow and deep breathing.

Once we finish the movement with the right arm and left leg, we do them with the opposite arm and leg.



In total, the exercise should take about 5 minutes.

We must keep in mind that the process explained above to do the exercise is adequate when we do not have experience doing the exercise.

When we have enough experience in performing the exercise, we can do the exercise by initiating the movement of the foot, hand and eyes directly.

Hand and foot movement

When performing the movement of the hand and foot, we try to do it in a synchronized way, so that they go at the same speed and in a similar position.

We make the movement without force. We just follow the direction of the movement well, both with the hand and the foot.

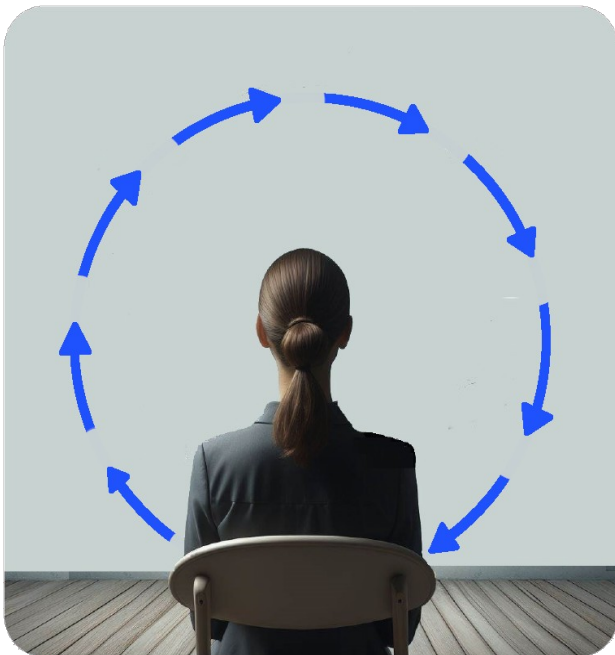
And, as for the speed of the movement, it is not necessary to make the movement quickly. Speed is less important than making the movement while marking the circle well.

In the hand, the important movement is that of the wrist joint. We can move the fingers, although we make sure to move mainly the wrist joint.

Eye movement

The eye movement should be performed when doing the Crossed Circles exercise while seated or standing.

The eyes should move in such a way that the gaze makes circles in a clockwise direction.



We try to cover with our gaze as wide a circle as is possible and comfortable for us. We should not do it in a forced way; we should only take our gaze as far as it is comfortable for us.

The eyes will move at a slower speed than the hands and feet (seated Crossed Circles) or the arms and legs (standing Crossed Circles).

On one occasion, we counted the number of movements of a person performing the Crossed Circles exercise in a sitting position.

And the result was that he performed 25 complete circles with his hand and foot, while performing 1 complete circular movement with his eyes.

This is not a fixed rule, since each person has his own rhythm and, while some people can make 18 circular movements with the foot and hand for each complete circle of the eye movement, other people can make 27; and all these rhythms are correct.

The minimum time required to describe a full circle of gaze is about 15 seconds. And we believe that an adequate duration of a full circle of gaze should be between 15 and 30 seconds.

Normally, people who start practicing the eye movement learn to do it quickly and in a few sessions they do it with ease. It is rare that they get the movement right in the first few attempts; it is practice that allows them to perfect the movement.

Occasionally, some people have had small problems that are easily solved:

- The eyes do not describe a clear circular movement because, as they move, the gaze moves in leaps and bounds.



The way to improve this situation is that everything that is observed in the path of the movement of the eyes must be focused and seen clearly. That is to say, do not "pass" your gaze over the things you observe, leaving a blurred image.

Whatever is in the visual path must be seen clearly. Having to focus forces us to reduce the speed of eye movement and, generally, this is enough to solve the problem.

- Sometimes the eyes "jump" at certain points and pass over areas that are not being looked at.

Many times this occurs at a specific point of the eye movement and does not occur in the rest of the trajectory followed with the eyes. In addition, the situation is repeated at each turn of the eyes in the same position of the circular movement.

The solution to this problem would be the same as in the previous situation, although paying attention to perform the movement especially slowly when passing through the parts of the visual path where these "jumps" take place.

Once these difficulties have been solved, the way we consider most appropriate to observe the path followed by the gaze (once we have experience doing the exercise) is to observe the visual path globally, without focusing on details.

When to do them and effects of practicing Crossed Circles



Practicing this exercise regularly, helps us to increase Hemispheric Synchronization and reduce the occurrence of stress.

If we are emotionally altered for any reason; by doing the exercise, we will see that our emotional and mental state improves.

Therefore, when we feel that we are living circumstances that overwhelm us and that we are at our emotional or mental "resistance limit"; that is an appropriate time for us to pause and perform Crossed Circles to help us recover our personal balance.

The practice of Crossed Circles helps us to overcome difficult moments.

Regular practice makes us more resistant to stress.

When we practice Crossed Circles in our daily life, the balancing effect of this exercise is distributed in a general way; acting on those parts of our person that suffer stress.

However, when we do a Balancing, the effect of performing Cross Circles concentrates on what has been previously "marked" in that Balancing.

(what a Balancing is will be explained in the next pages of this manual).

In such a way that, if we have chosen to act on a situation that we live with anxiety, the balancing effect that we obtain by performing the Crossed Circles will act mainly on that situation that has been "marked".

The Crossed Circles exercise requires few conditions to perform it and can be practiced in an inconspicuous way in front of other people; we can practice it: before getting out of bed, on an office chair, on a toilet in a bathroom, while using public transportation (bus, streetcar, subway, etc.) and in any other way that comes to mind.



Doing Crossed Circles while having limitations in movement



Years ago in a course in which we had explained that the brain confuses a real situation and a situation that it imagines, two young men who were taking the course came up to chat with us during a break.

One of them told us an idea that we found extraordinary:

There are people who have great difficulty moving one or more of their limbs or are unable to do so.

For example, people who have lost mobility in their legs and have to use wheelchairs to get around.

The same applies to people who have had one or more of their limbs amputated.

And another possible situation is that of a person who has a cast on a leg or arm due to a fracture and is unable to move that limb.

And, although this is apparently cause enough for these people not to be able to perform the Crossed Circles exercise, there is a solution for it.

Since our brain reacts in the same way with reality and with imagined situations:

If those people imagine that they are performing the movement, they will get the same result as if they were actually practicing that movement.

An idea that surprised us for its simplicity and effectiveness.

We were amazed that this young man had come up with such a good and practical idea based on information that he had only known for the first time a few minutes before.

And we are very grateful to this young man for the interesting contribution he gave us.



The Stress Test

Choose the situation to which we are going to correct the stress.

Reconsolidation is a neurobiological process that occurs after the memory has first been formed. During reconsolidation, the memory is temporarily unstable and can be modified or updated. (...) it is activated when the original memory is evoked through retrieval or recall of stored information. At this moment, the memory becomes temporarily unstable and susceptible to the influence of new experiences or information.

Consultation made to Chat GPT (Open AI) on reconsolidation.



Each person suffers, in his or her daily life, many different situations that he or she lives with stress.

Therefore, it would be very useful to be able to choose to which situation we want to eliminate stress.

Looked at another way; let's suppose that stress is the fire of a fire and we are going to put out that fire with water.

There are several places where there is fire and we want to direct the water to the areas that are most dangerous and need to be extinguished first.

What we need is to be able to direct the water to the places where those fire areas are that need to be put out first.

We will need a hose and the necessary pressure to push the water towards the fire that we have considered a priority to extinguish.

The ability to direct the water in the direction we want and with the necessary impulse is obtained by performing the Stress Test.

In this way, **we can direct and concentrate the healing effect of synchronizing the activity of the cerebral hemispheres to reduce or eliminate the stress of the situation we have chosen.**

What is it for?

When a memory is evoked, a time window opens in which it is possible to alter it.

*Daniela Schiller. Actualizar los miedos para que desaparezcan.
El Mundo. (10/12/2009).*

The Stress Test is used to test the strength of certain leg muscles.

Normally this test is performed while reliving a situation or after pronouncing an affirmation.

If a person relives a situation or reads an affirmation and performs the Stress Test, then:

- **If the strength of the leg muscles remains stable**, it indicates that the person is not stressed by the situation or statement.
- **If the strength of the leg muscles decreases**, it indicates that the person has stress in that situation or statement.,

This weakness is sometimes clearly noticeable. At other times, what is perceived is a tremor. This tremor may be slight; it does not necessarily manifest itself in an intense form.

The stress test is used to check for stress in relation to a sentence, a stimulus or a relived situation.



It detects stress if the person is aware that he/she is under stress and also **detects stress when the person is unaware that he/she is experiencing stress.**

In practice, it is like a "truth machine" (a polygraph), but simpler and easier to "use".

In addition to allowing to recognize if there is stress before a phrase or situation, **the Stress Test leaves a "mark" on everything that reflects stress.**

This "mark" will be active for a few minutes and then disappear.

This is somewhat similar to painting a mark on a wall with water-soluble paint and doing it just before it starts to rain. What was painted on the wall will gradually fade away as the rain falls, until it finally disappears.

While those "marks" are active, the effect of performing a hemispheric synchronization exercise is directed or channeled towards that which is "marked", helping to reduce stress.

If there is not something "marked" when an exercise that favors hemispheric synchronization is performed, the effect of eliminating stress acts in a general way on the person.

It may also happen that there are "marks", although the person is not aware of them. In that case, the stress reduction process will act on those "areas" that are marked.

The following comment describes a situation that occurred in a course that we taught:



During a course, a woman became angry when she heard a comment from another person, just before a Balancing was done. [Balancing is an activity to reduce or eliminate stress in a situation and is explained later in this text].

A moment later, we did the Balancing and, at the end of it, we asked the people present about their experiences.

The woman who had been angry commented, surprised, that her back pain had disappeared.

And then she explained that when she got angry, her back hurt.

She also commented that what she was looking for with Balancing was not to act on that pain, but on another situation.

What we believe happened was that, although she had not chosen the pain in her back to balance it, that pain was present (because she had become angry shortly before starting the Balancing) and, therefore, when doing the Stress Test during the Balancing, that pain had also been "marked".

Therefore, by doing the hemispheric synchronization exercise, the stress related to that pain had been reduced or eliminated and the physical symptoms improved as well.

The Stress Test and the Unaware Mind

How can I know something, or be aware of something, which is still being unconscious [...] and my body's response to that emotion is prior to the conscious moment in which I perceive that emotion [...] The body knows what the mind has not yet realized.

*Nazareth Castellanos. Neuroscientist.
El cuerpo sabe lo que la mente aún no se ha dado cuenta. (youtube.es).*

The Stress Test is a technique through which we can obtain information from our non-conscious mind.

To do this, we simply make a verbal affirmation ("I walk every day", "Today is Thursday", "I like comedies", etc.) and then perform the Stress Test:

- **If the response of our leg muscles is normal**, that indicates that our thoughts, from the conscious part and from the non-conscious part of our mind, are in agreement with that statement.
- **If the strength of our leg muscles weakens**, that indicates that a part of our thoughts, from the conscious part, the non-conscious part, or both parts of our mind, disagree with that statement.

On many occasions, we make a statement that we believe to be clearly true and, the response we get through the Stress Test, as the leg muscles weaken, indicates that there is a part of our mind that does not agree with that statement.

This type of situation is usually a surprise and it is normal that some people have difficulty recognizing that this is possible.

A very characteristic case is that of people who have been suffering from an illness for many years.

It is possible that these people, when faced with the statement "It is in my best interest to regain my health", will get a response that indicates that a part of their mind does not agree with this purpose.



And it is also quite reasonable that such people have difficulty understanding and accepting that a part of their mind is acting differently from their conscious intent.

We believe that this is much more frequent than it seems in people who are ill or suffering from a problem in their lives, even if those people are not aware of it.

On one occasion, a woman whom we already knew, attended a talk we were giving about Neo-Kine.

Previously, she had told us that she could not get pregnant, although she wanted to and had already made several unsuccessful attempts with artificial fertilization.

During the talk, she volunteered to participate in a demonstration we were going to give on how to perform a Neo-Kine Balancing.

As we had talked earlier about her difficulty in getting pregnant, we asked her to relive how she felt about the situation and guided her to do a Balancing. We did this without publicly mentioning the nature of the situation she was going to balance in order to respect her privacy.

We did the Stress Test.

Indirectly, we detected the presence of non-conscious thoughts stating that "she did not want to get pregnant" and "she could not get pregnant" and those thoughts were corrected when she completed the Balancing.



Some time later, she told us that, at the next artificial fertilization attempt, she became pregnant and months later she informed us that she had had a child.

We recommend practicing the set of techniques that are transmitted here; even if they seem to us not very "useful" or not very "effective".

Thus, after having had the experience, we will be able to give an opinion about them in a way that is more in line with their real effects.

Stress Test Attitude

Limb movements can be conscious or reflex. Conscious movements are guided by the person's will. Reflex movements, such as withdrawing the hand when feeling severe pain, are not controlled by the person's will.



When performing the Stress Test, what is intended is that the strength or weakness of the thigh muscles is not controlled by the will.

If we choose and influence the responses that our muscles will give, what we are getting is the response that we expect or desire.

And that response will not serve us to know what is going on in our non-conscious mind; since that response is adjusted to our conscious thoughts.

Ideally, we act as observers of the results, without getting involved in whether the muscular response is normal or weak.

Thus we get responses that will indicate to us what is going on in our non-conscious mind. And we may be surprised by the results.

We must emphasize that, when we perform the Stress Test, **what we consider most important is the process of "marking" that which produces stress in our mind.**

By "marking" those memories, thoughts, affirmations, etc., we achieve that, for a few minutes, we can "modify" and correct the stress associated with them.

This correction and modification of stress is achieved by doing Hemispheric Synchronization exercises.

And, finally, we have to clarify that, if the process of the Balancings explained in this text is followed, stress reduction will take place normally. Even when we are not able to recognize whether the Stress Test indicates that there is stress or that there is no stress when reliving a certain situation.

The process of "marking" that which causes us stress (by performing the Stress Test) is a natural response of our organism and, as long as it is performed normally, it will work well. And its effectiveness does not depend on our opinions, our expectations or our ability to recognize the result of the Stress Test.

How to perform the Stress Test



These QR codes link to a video showing how to perform the Stress Test.



To perform the Stress Test, we place ourselves in the position shown in the images:

Hips

We sit on the edge of the chair or armchair, supporting only the hips, so that our thighs can move more freely.



Legs

We separate the knees so that the thighs are parallel to each other.

The ankles are as far forward as the knees or a little further forward than the knees.



Feet

The soles of the feet are flat on the ground.

The separation between the feet is the same as between the knees.

Hands

We place the palms in contact with the thighs. The tips of the index, middle and ring fingers of each hand touch the protrusion that forms the end of the thigh bone.

The fingers of the hands are extended and pressure is applied by pressing only with the movement of the fingers of the hands.

We avoid pressing using the muscles of the forearms or arms.



In the Stress Test, we test the resistance of the thigh muscles to finger pressure.

The increase and decrease of pressure should be done progressively, little by little.

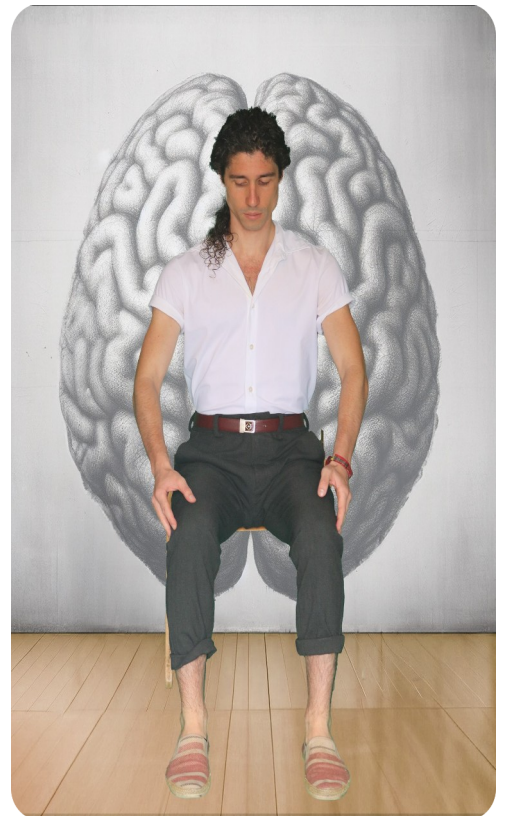
With the thigh muscles, the resistance must maintain its intensity; that is to say, the force must not increase or decrease.

We keep the knees at the same distance and, when resisting the pressure of the fingers of the hands, we do not make a movement that separates them.

We press, more or less, for 1 second.

Only if the thigh muscles weaken, the knees will move slightly closer together or have a slight tremor.

Keep in mind that the leg muscles are stronger than the arm muscles. Therefore, we make a medium or strong pressure with the fingers of the hands.



Preparing to take the Stress Test

The steps described below should be performed each time we do the Stress Test.

In the case that we do the Stress Test several times in a row, it is only necessary to do these steps at the beginning (for example, when we check the affirmations in a Level 2 Balancing):

1. We adopt the position: seated, with our legs positioned and with our hands on our thighs. We observe something neutral (such as the wall, the floor, etc.), trying not to think of something specific and we do the Stress Test.

We feel the natural resistance of the thighs.



2. We think of a statement that is false, and then perform the Stress Test. A false statement could be:
 - "It's nighttime" (if it's really daytime).
 - "Today is Monday" (if it really is another day of the week).
 - "I am standing" (we are actually sitting).
3. Next, we think of a statement, which is true, and immediately afterwards we do the Stress Test. A true statement might be:
 - "It's daytime" (if it really is daytime).
 - "Today is Thursday" (if it really is Thursday).
 - "I am sitting" (and we really are sitting).
 -

Under normal conditions, the muscles will give a natural response when the statement is true (i.e., they maintain their strength and the knees do not move). However, they will give way, weaken slightly or show a slight tremor in the knees, when the statement is not true (indicating stress).

If it is difficult for us to clearly perceive whether the thigh muscles give way or remain firm, we should know that the Balancing is still effective.

The two Balances explained in this manual (Level 1 and Level 2) produce the desired effect, even if done by a person who does not recognize the difference in the response of their thigh muscles.

After doing the Preparation for the Stress Test, we are in adequate conditions to better perceive when there is stress, by doing the Stress Test.

Level 1 Balancing

What is a Balancing?

You were right, Wan; there are things you can't forget,... but you can fight to change them.

Serie Owi Wan Kenoby (Season 1 Episode 5, minute 13).

- (...), hydrate yourself [drinking water].
- Why?.
- Because water plays a vital role in almost every bodily function.

Serie New Amsterdam (Season 1 Episode 4, minute 33).

A Balancing is a process that allows us to eliminate the stress that we feel in a situation that we live with some kind of alteration (anxiety, fear, anger, displeasure, aggression, sadness, etc.).

In the Equilibrations a series of steps are carried out, performing some actions.

These activities include doing the Stress Test to the situation that is being balanced and doing an exercise that favors the hemispheric synchronization, although some other things are also done.



The phases that we carry out in a Balancing are:

1. We make a personal preparation.
2. We mark the stress of the situation we are going to balance. With the Stress Test.
3. We correct stress. Doing an exercise that increases our Hemispheric Synchronization.
4. We check if there is stress in the situation we have balanced. With the Stress Test.

Personal preparation consists of:

- We drink a glass of water.

Many people tend to be poorly hydrated and this lack of water in their organism reduces their resistance to stress and the effectiveness of the balancing they do.

Popularly, when a person lives a traumatic situation or that produces a lot of stress, as an immediate remedy is usually offered a glass of water to the affected person.

- In case we are emotionally altered for any reason (worry, nervousness, etc.), we do an exercise that increases our hemispheric synchronization (Crossed Circles).

We do this before starting the Balancing; to be in the best possible personal conditions.



Both to mark stress (section 3 of the Balancing) and to check for stress (section 5 of the Balancing), we must start by doing the Preparation for Stress Test, then we relive the situation we are going to balance and, at that moment, we do the Stress Test.

In section 3, we intend to mark the stress that manifests itself when reliving the situation.

In section 5, what we are looking for is to:

1. **Consciously:** we check whether we still have stress when we relive the situation.
2. **Not consciously:** we make our body recognize that the stress of the situation has reduced or disappeared.

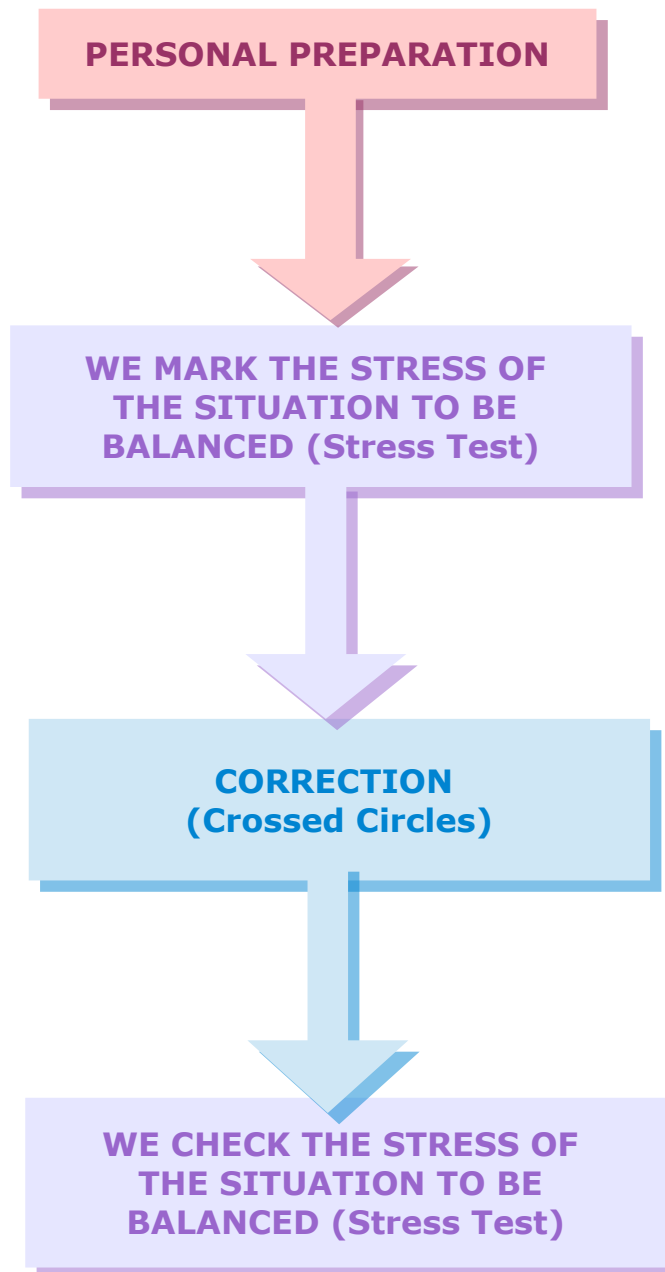


These QR codes link to a video showing how to perform a Balancing.



The above text mainly explains Level 1 Balancing, although this explanation is also valid for Level 2 Balancing (which will be explained in the second and third parts of this manual).

Schematic diagram of a Level 1 Balancing



Balancing (Level 1)

1 - We drink a glass of water.



2 - We do the Crossed Circles exercise if we consider it necessary (due to tiredness, nervousness or other alteration).



3 - We prepare for the Stress Test

We relive the situation and perform the Stress Test.



4 - We do the Crossed Circles exercise.



5 - We prepare for the stress test.

We relive the situation and perform the Stress Test.



The result of perform a Balancing

There is nothing in this world that cannot be achieved with persistence and tenacity.

Calvin Coolidge.

By beating on the same anvil, we succeed in transforming reality.

Pido la paz y la palabra. Víctor Manuel.



When performing an Equilibration on a situation that we live with stress, the objective is to reduce the stress completely. However, we will not always achieve a result that is 100% effective.

When a Balancing is done, it is possible that the stress of that situation will be completely corrected. However, it is also possible that the situation will improve, even if it is not completely normalized.

Therefore, many stressful situations are not completely corrected when a Balancing is done. And it is convenient to repeat the Equilibration on such situations.

The more experience we have in performing Balancings, the better results we will get.

In the first Equilibrations that we do, it will be where we will notice the lack of experience the most. It will be practice and experience that will help us to improve the results we obtain.

And we want to comment that, in our opinion, Neo-Kine is a very effective technique, although we should not consider it perfect or infallible.

Why limit the practice of Balancing?

It is during this nocturnal period (...) that (...) the endogenous defensive energies carry out a reparative action of all the day's wear and tear.

*Acupuntura. Fundamentos de Bioenergética.
A. Carlos Nogueira Pérez.*

While we sleep, the brain takes the opportunity to put the whole system in order: it updates retained information, establishes links between different memories and discards unnecessary data.

El Guardián de los Recuerdos. Magazine (21-Jul-2002).

We recommend setting a limit to the number of Equilibrations because, each time an Equilibration is done, internal changes are produced in the person.



These changes affect the person who performed the Equilibration in his or her thoughts and, indirectly, his or her emotions and physical body.

Therefore, that person will make mental, emotional and physical adjustments to adapt to these changes. And those adjustments require time to complete.

During that time, no further Balancings should be done, as they would produce new changes, when the previous changes have not yet been assimilated.

However, **we do advise continuing to perform the Crossed Circles exercise**; which we believe facilitates the assimilation of the changes.

While the adjustments are taking place after balancing, we find ourselves in a state of fatigue, anxiety or tension that will disappear when the changes are assimilated.

To assimilate the changes, it is best to sleep. Therefore, a good time to do a Balancing is shortly before going to sleep at night.

As we cannot anticipate the intensity of the change that performing an Equilibration will produce in us, we recommend that we be cautious. For example, doing the Equilibrations when we do not have any important commitment afterwards.

Generally, the changes caused by an Equilibration go unnoticed. Sometimes, they are slightly noticeable and, a few times, they are quite intense.

Each person usually has some symptoms that are usually repeated after doing an Equilibration and, normally, they are somewhat different from one person to another.

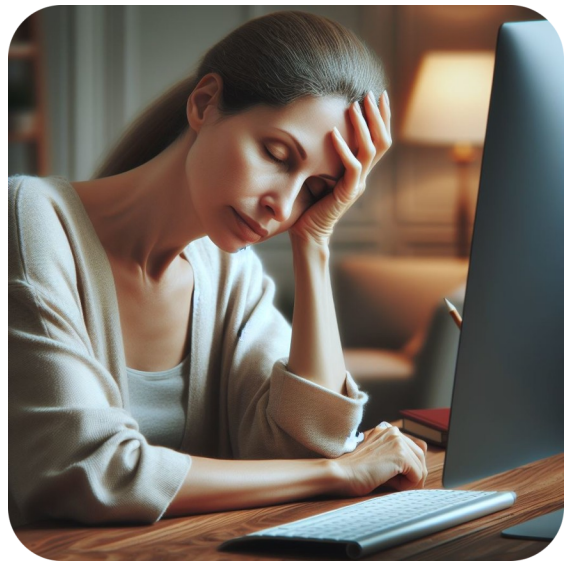
However, all people have in common the experience that, after sleeping, the symptoms are significantly reduced or disappear. The symptom that virtually all people have is that of feeling the need to sleep.

The following experience was transmitted to us by a student who took the Neo-Kine course:

At the end of the first Equilibration I felt quite tired mentally and wanted to sleep.

The next day, I spent the morning with a dull head and had difficulty concentrating on intellectual work, and I also felt unwilling to make efforts and quite indolent.

I rested after lunch by taking a nap, which I had not done for months.



It is important to keep in mind that:

- The inner adjustment that occurs after doing a Balancing may take a few hours or several days and it may not be easy to recognize if it has been completed.
- Of the 2 Balancings in this course, the Level 2 Balancing makes major changes and we may need more time to adapt to its changes when we perform them.
- Sleep is important. And we may need to sleep more hours over several days and a few hours the night after doing a Balancing may not be enough.
- We suggest that you respect the frequency recommended in this text to practice Balances.

Reviewing the entire process

Activate, brand and eliminate stress

(...) the cerebral zones that are activated by purely interior verbal exercises are the same as those that are activated by these externalized exercises (...) only with the interior representation of a movement are the motor regions activated, (...) the interior and externalized languages are treated in the same cerebral regions.

Does Thought without Language Exist?.
Dominique Laplane. Mundo Científico. Enero-2000.

Our work suggests that during the lifetime of a memory there are windows of time in which it becomes susceptible to being changed permanently.

Daniela Schiller. Updating fears to make them go away.
El Mundo. (10/12/2009).

When doing an exercise that favors Hemispheric Synchronization, the stress that the person is experiencing at that moment is reduced; and its effect acts globally.

Although it may happen that we are interested in reducing the stress of a specific situation, of a memory or of a concrete experience.

In that case, we need some method to be able to "direct" or "concentrate" the effect of the Hemispheric Synchronization exercise towards the stress that we feel when living that specific situation. The way to do it consists of:

- We revive the situation we want to normalize.
- *We take the Stress Test*

This is effective because, when we remember or relive an experience, the same brain areas are activated as when we actually live it.

Reliving a situation that is experienced with stress means that the person has to reproduce in an imaginary way everything that he/she feels in the moments in which he/she really lives the situation that produces stress.

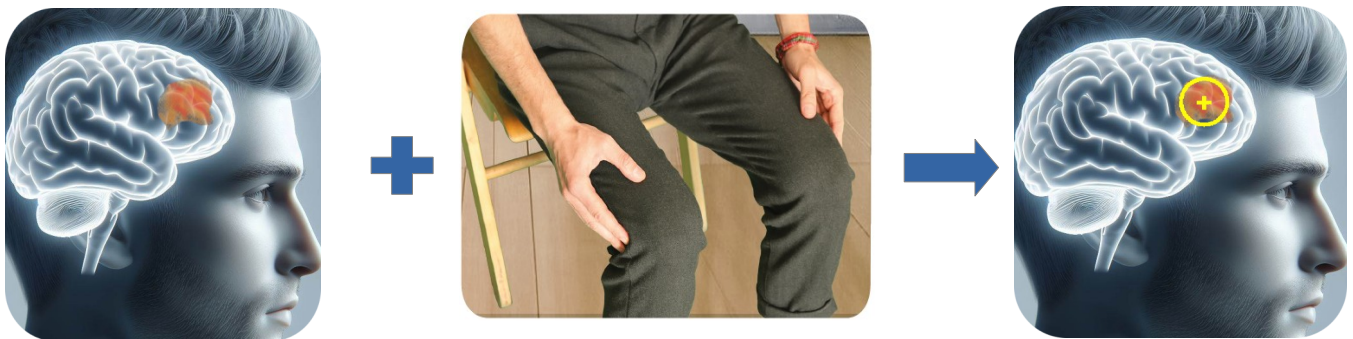
If in a real situation, we feel a tremor or a feeling of pressure in the belly, we must relive the situation feeling the same sensation as when we live it in a real way. For example, if we feel stress when interacting with a certain person, we should imagine that we are in front of that person.

By reliving that situation, all the "memory" of stress associated with that situation is "activated"; thus, it seems that the person is really living that situation.

The brain considers the situation (if properly relived) to be real and reacts as if the person is actually living it at that moment.

In addition, other parts of the body also react as if the situation were real, for example, by tensing the jaw muscles, feeling pressure in the stomach area, increasing the heart rate, etc. Each person reacts differently depending on the situation being relived.

At that moment, **if the person performs the Stress Test, it leaves a "mark" in the "zones" that at that moment have stress.**



We revive the situation
to normalize.

*We perform the Stress
Test.*

*Our memory is
marked by it.*

Esa "marca" durará un tiempo. Y sería algo así como pintar en una pared con una pintura cuyo color va desapareciendo poco a poco, con el paso del tiempo.

Por lo tanto, si la persona hace entonces un ejercicio de Sincronización Hemisférica, el efecto integrador de este ejercicio se dirige hacia las "zonas" con estrés que están "marcadas".

El efecto que produce es reducir o eliminar el estrés en esas "zonas" y también el de los pensamientos, recuerdos, sensaciones, etc. que están relacionados con esas áreas del cerebro.

De esta forma, podemos reducir o eliminar el estrés de una situación, sin llegar a vivir esa situación.

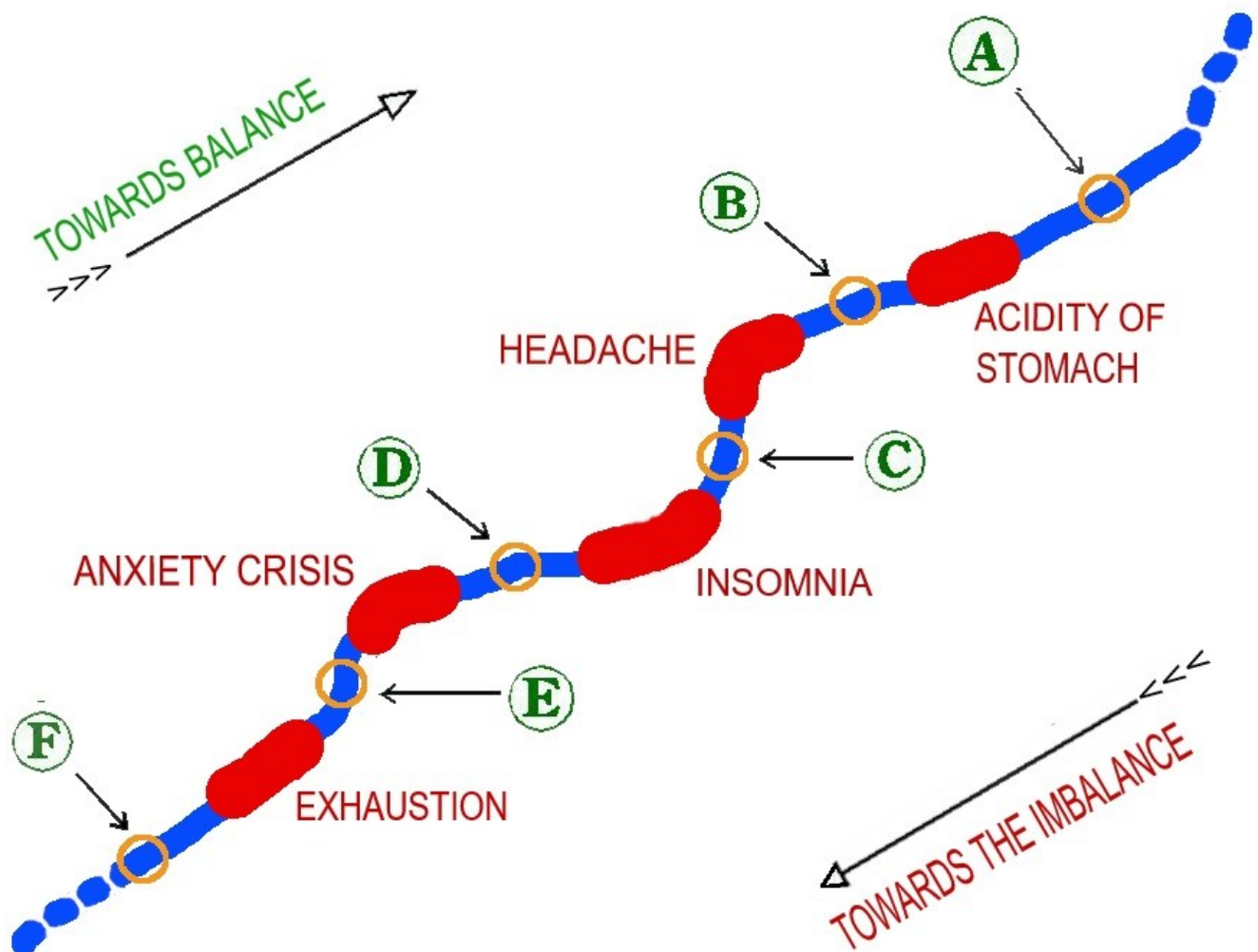
The return to Equilibrium

Before you cure someone, ask them if they are willing to give up those things that are making them sick.

Hippocrates.

When we mention the word "Balance" in this part of the text, we consider it to have the same meaning as the word "Health", giving Health an integral sense: health of the physical body, health of the emotions and health of the thoughts.

Let us imagine that the state of health that a person has can be located as a point that is situated on a line.



That line has, at one end, complete Balance (Health) and, at the other end, complete Imbalance (lack of Health).

The health of a person is always at a specific point of this imaginary line and is never at the extremes, although, depending on the lifestyle, diet, physical activity, etc. of that person, it can be more or less close to one of these two extremes.

The graph represents what we have discussed in the previous paragraph. Keeping in mind that the dashed parts (at the ends of the line) indicate that the extremes of the line continue, although they do not appear in the graph.



Depending on the person's living habits, the point reflecting the person's health moves along the line, moving away from or towards Health.

The parts of the line that are wider and red symbolize symptoms of poor health (such as insomnia or exhaustion). And, when the person's state of health "passes" through these areas, the person suffers these symptoms.

The thinner, blue-colored strokes of the line symbolize that the person has no symptoms of poor health. Therefore, when the person's state of health "runs through" those areas, the person feels well.

Now, let us imagine that there is a person whose state of health is "located" in point (A).

Due to circumstances in his life, this person begins to live in an unbalanced way, as he works many more hours than usual, he sleeps less hours than usual, the quality of his diet has worsened as a result of eating at work and eating "fast food", he has started to smoke and it is common for him to finish the working day consuming alcoholic beverages.

For a while, his new lifestyle habits do not cause him any problems, although his situation on the health line of the graph moves towards Imbalance, until he enters the "Heartburn" zone.

For a few days he feels this discomfort and decides to take a product that eliminates the symptoms of "heartburn".

A few days later, the person believes that he has recovered his health, since the discomfort has disappeared. However, the product he consumed was only intended to eliminate the symptoms of the "heartburn" he was suffering from, not to cure the causes.

Therefore, without the person being aware of it, his movement along this line of health continues to move towards Imbalance and, from initially being at point (A), he is now at point (B).

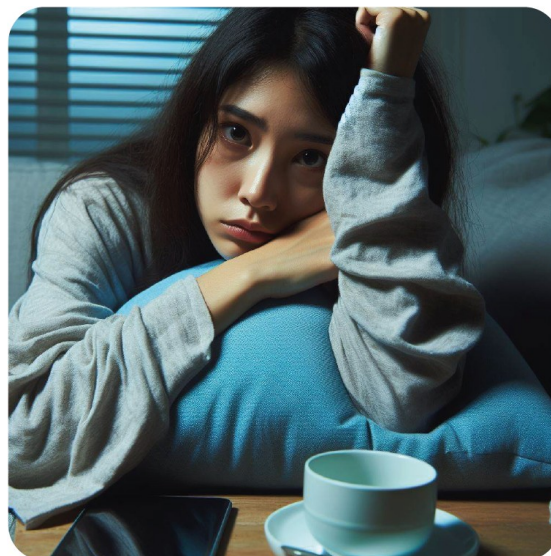
As the symptoms have disappeared, the person thinks that he is now "healthy" and continues with his new life habits until, after a few weeks, he begins to suffer Headache.

The process is repeated, he/she takes a product that eliminates the symptoms, then the person thinks he/she is "cured" and continues with his/her life habits.

He is now in the zone of point (C) and his position on the health line continues to move in the direction that leads towards Imbalance. After various circumstances, the person passes through points (D), (E) and (F).

However, upon reaching point (F), the person becomes aware that his or her health is deteriorating and decides to transform his or her life habits, trying to work less, rest more, eat a balanced diet, not smoke, avoid alcohol, practice physical exercise regularly, etc.

In this way; the "movement", from the point that represents his level of health, is inverted and is now directed towards Equilibrium, health.



Starting from point (F), in the movement towards Equilibrium, it will have to pass through points (E), (D), (C), (B), (A) and continue "approaching" towards Equilibrium, health.

In this journey, the person will find all the symptoms that previously suffered, but in reverse order (Exhaustion, Anxiety Crisis, Insomnia, Headache, Heartburn), and will feel them in a quite intense way, although they will last less time.

To feel again symptoms that you had previously suffered is very important, because the appearance of these symptoms, which seem things of the "past", reflects a true healing process.

That is to say, that the symptoms are not being hidden (only apparent healing), but that the causes that provoked those symptoms are really being corrected.

We include this explanation in the text of this manual because it is possible that we may begin to feel discomfort or imbalances (they can be physical, emotional or mental), when practicing the exercises and Balancings that we recommend.

And, if that happens to us, we recommend trying to remember if in the past we suffered that situation or those symptoms that now cause us discomfort.



If so, let's observe how long those symptoms last. Possibly their duration will be reduced to hours or days and then they will disappear as unexpectedly as they appeared.

This text is an experience transmitted to us by a woman who received this course. The text in brackets are our clarifications.

As symptoms worth mentioning, I remember when you said (...), because a few days later I had heartburn [stomach acid] as I had for years, just one morning I felt a strong heartburn that lasted two hours, and that did not improve despite taking two (...) [pills to combat heartburn]. Then I remembered that at a certain time in my past it was a symptom that bothered me for a long time.

Depurative crises usually have these 3 characteristics:

- Their symptoms are similar to others we had in the past.
- The symptoms are felt in a clearly more intense way than in the past.
- The symptoms last a short time. Usually 1 or 2 days at the most, sometimes they only last a few hours.

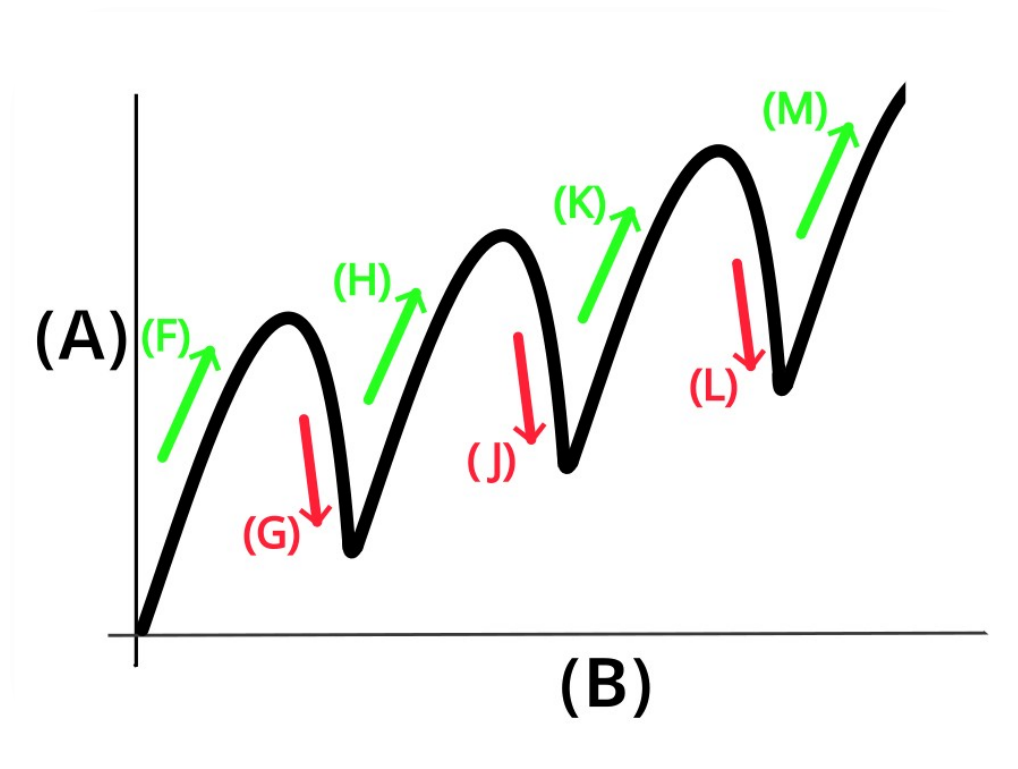
• Ups and downs of symptoms on return to health

In Western culture, it is considered that when a person has no symptoms or discomfort, he/she is healthy.

Perhaps because of this, the pharmacological products we consume are often oriented to achieve the suppression and elimination of the symptoms we have.

However, we are going to comment an alternative point of view; because it is possible that people who practice Neo-Kine have important changes in our sense of well-being. And it is convenient that we know beforehand that possibility, to be more informed and prepared if we have to live a situation like that.

In the graph, the vertical axis (A) represents the well-being felt by the person. And the horizontal axis (B) represents the time elapsed.

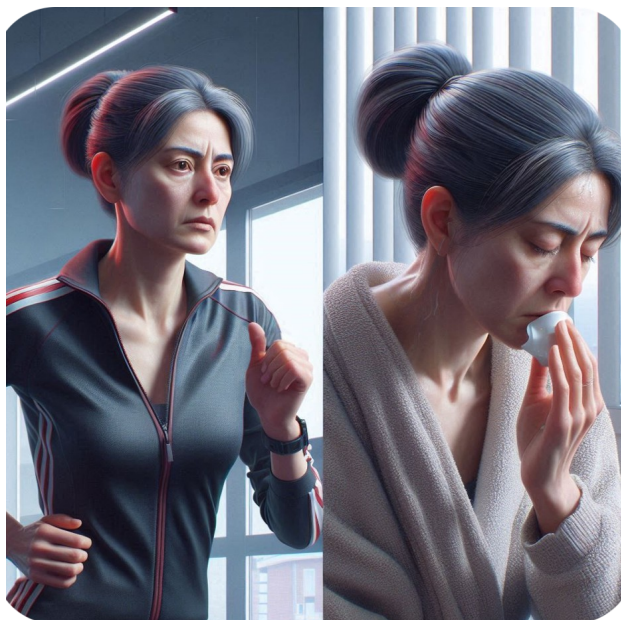


Any practice that helps us to improve our health, produces an increase in the well-being we feel and that affects our body, emotions and thoughts. In addition, we usually feel more vitality and energy.

These stages are represented in the graph by the green arrows with the letters (F), (H), (K) and (M).

However, when our organism recognizes that it has enough strength and energy to carry out an inner cleansing and readjustment, it does so in order to eliminate accumulated toxins.

And when we live these moments, sometimes we have a clear increase of symptoms and discomfort: pains, tiredness, etc. However, the symptoms are not always intense; it is common that we only feel more need to sleep than usual.



These moments of discomfort, tiredness, etc., are represented in the graph by the red arrows with the letters (G), (J) and (L).

And when the purification process, initiated by our body, has concluded, we feel good again and we feel better and better; returning to one of the stages represented in the graph by the green arrows with the letters (F), (H), (K) and (M).

And so we will continue until a process of elimination of toxins begins again, which again will bring with it the feeling of symptoms associated with health problems. And it is represented in the graph by the red arrows with the letters (G), (J) and (L).

This cycle repeats itself from time to time; as long as the person is performing activities that favor an increase in balance and health.

And each time this cycle is repeated, the process is carried out at a higher level of well-being, since little by little the curve is ascending.

Our point of view is that, living unpleasant, difficult or painful moments from time to time, sometimes reflects that we are recovering our health. Although it could also be due to other causes.

Note the Balances made

It is interesting that we keep a record of the Balances we have done.

Over time, we may perform dozens or hundreds of Balancings and we may want to check when we did an Equilibration, for example, to see if the effects are maintained or if we are still living that situation with stress.

To do this, it is enough to have a notebook or loose sheets where we will write down the situation or Goal that is balanced and the date on which we do it. In addition, we can include comments about the effects we have felt, how we have lived the situation afterwards, etc.

On the next page we include a sample sheet to record the data of each Balancing. We can print it to record our Equilibrations.



And since we are in 2024....

The above text was written at a time when the smart phones we now commonly use did not yet exist.

Today we can choose to keep a record of balances performed using the traditional pen and paper method or we can save that information in a file on our personal phone.

On a personal level, we keep a record in one of the messaging programs we use.

Specifically, it is quite easy to do so with both WhatsApp and Telegram. Although we find it more convenient to use Telegram because it allows you to edit messages already sent and so you can modify the text for 48 hours, to correct or modify it.

It is possible that you can also modify what you have written with any other application of that type, such as Signal. Although we do not comment on this because we have no experience in using Signal.

The way to do it is quite simple:

1 – We choose to create a new group; we give it a name (which could be: "Balances" or any other name we consider appropriate).

2 – To this group, we add a person that we trust and to whom we warn previously that we are going to include him/her in this group, in order to remove him/her from the group once the group of 2 persons is created.

3 – Once we have created the group, we remove the other person from the group. .

The group is useful for saving messages, although only we can use it, since we are the only person registered in the group.

From that moment on, it is enough to write down the situation or the Goal to which we are going to correct the stress.

We can also include the date on which we do that Balancing and any other information that we find interesting to add.



Sheet to record Balancing made

Sheet #:

Balanced Situation or Goal - Comments	Date

Recommended practices at the end of Part One

Crossed circles



Seated crossed circles

- We do it once a day.
- It is advisable to rest at least 1 day a week.

Balancing



Stress Test



Crossed circles seated

- It is advisable to do 1 Balancing per week, at the most.

*To emit beautiful theories is good,
to practice them is better.*

José Manuel Estrada Vázquez. Spiritual Master.

*I hear and I forget,
I see and I remember,
I do and I learn.*

Quote attributed to Confucius.

**Before continuing reading this text, we suggest that you
pause and practice for 1 week what was explained in the
first part of this manual.**

PART TWO

Crossed Circles (standing)

This exercise is a variation of the Seated Crossed Circles exercise. It is performed while standing and the joints that move are the hips and shoulders. It consists of moving an opposite arm and leg: left arm and right leg or right arm and left leg.

In the Seated Crossed Circles exercise, the posture remains fixed throughout the exercise.

In the Standing Crossed Circles exercise you have to place in different positions the leg and arm that are moving. There are 3 positions to mark the circles with each of the limbs that are moving: on the side of each limb that moves, in the center of the body and on the opposite side.

When performing the exercise, we recommend looking for a point of support for the arm that we are not moving. This way it will be much more comfortable.

Also, it may be easier if we support the hips on the wall, on a table or on the back of a chair or an armchair. This way we will avoid unloading all the weight of our body on the same foot for a few minutes.



Before we begin, let us imagine that, on the floor, right between our feet, there is a line that leaves the left half of our body on one side and the right half on the other.

We visualize this line because, in the different phases of the exercise, the leg and arm that move will perform the movement on both sides of the line or on the line.

When doing the exercise, we do not make strong or sudden movements. It is also not recommended that we raise the leg or arm too much.

The important thing is to make the circular movement, both with the arm and the leg. The joints to move are the hip and shoulder.

We try to move the leg and arm with the same speed, so that the movement is synchronized.

How to Perform it



These QR codes link to a video showing how to perform Standing Cross Circles.



We lean on the right leg and on the left arm, when performing the exercise. We do the movement with the left leg and with the right arm (starting in this order is not important and can be done the other way around, if we prefer).

PART 1

First phase



With the right arm and fingers pointing to the floor, we make circles performing the movement in a clockwise direction. The movement is performed with the shoulder joint.

We also make circles in the same direction, with the left leg (they do not have to be wide). The movement is performed with the hip joint.

We try that the movement of the arm and the leg are made at the same speed and in the same position in the circle movement.

Then we initiate the circular movement with the eyes, clockwise.

This movement of the eyes is the same as the one explained in the section "Seated Crossed Circles"; **and we perform it during the whole exercise of Standing Crossed Circles.**



Second phase

The same arm and the same leg continue making the circular movement in clockwise direction, but in front.

Each circle described by the arm and leg is made on the imaginary line mentioned above and that "indicates" the center of our body.

Third phase

The same arm and the same leg continue to make the circular motion in the same direction. Both the arm and the leg make the movement on the opposite side of the body.

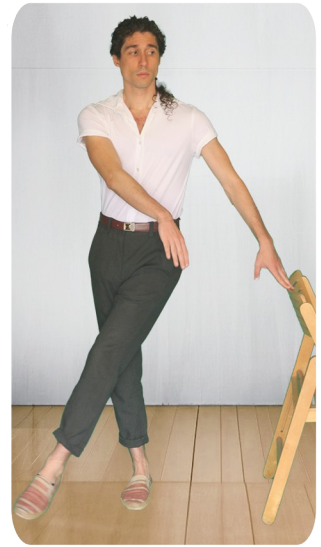
The movements described by the two extremities, in this new position, are still circular.

Fourth phase

In this phase, the same movements are performed as in the second phase.

Fifth phase

In this phase, the movements of the first phase are repeated.



PART 2

We perform again the 5 phases of the exercise. In this Part 2, we do the circular movement using the arm and leg that we did not use in Part 1 of the exercise. Now we will use the left arm and the right leg.

The exercise requires keeping weight on one foot for about two and a half minutes. And that can be too much effort, especially for people with delicate ankles or too heavy to support themselves on one leg for that long.

In these cases, to facilitate the practice of the movements, we recommend leaning the hips on the wall, or leaning the buttocks on the back of an armchair, a chair or the edge of a table.

In this way, we will greatly reduce the weight that our supporting leg will have to support and it will be easier for us to do this exercise.



Duration:

The duration of the complete exercise is approximately 5 minutes. Time that we will take as a reference, since the exercise can last more or less and work perfectly.



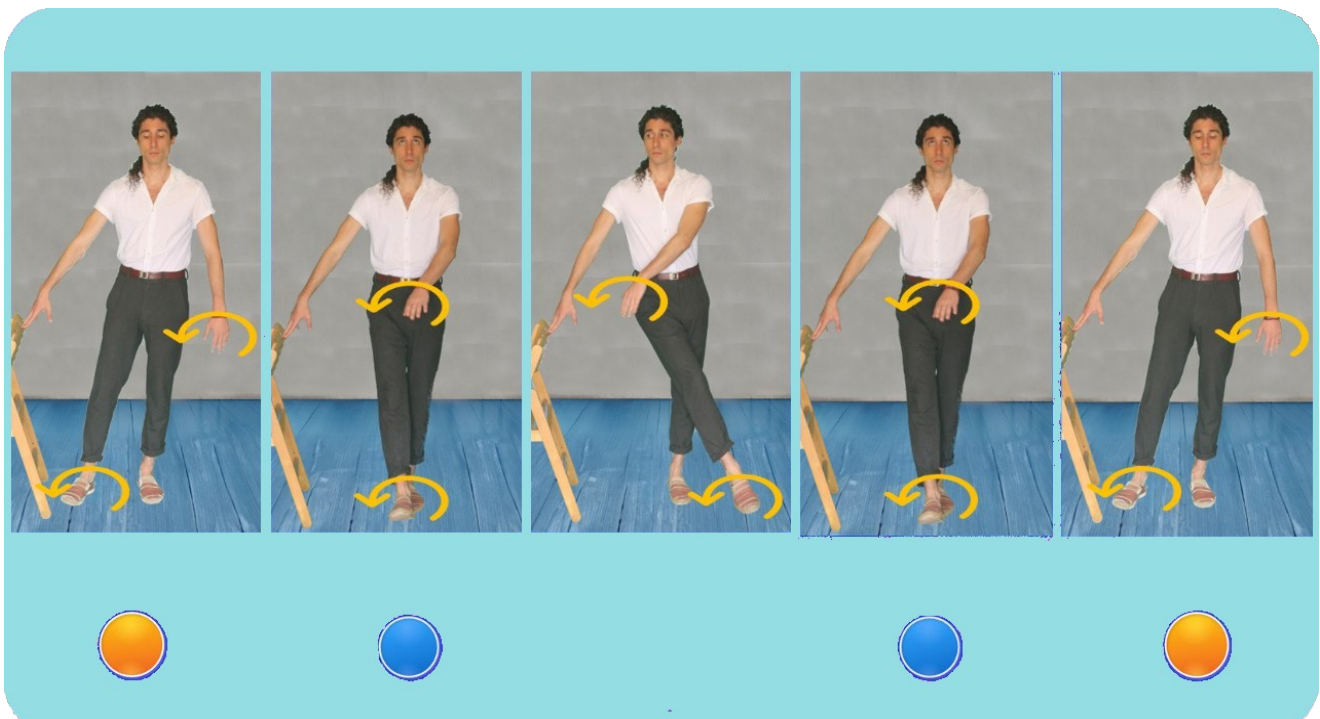
For the exercise to last 5 minutes, each phase should last approximately half a minute (30 seconds).

One possibility is that, in each phase, we only make a complete circular path with our eyes. In this way we will not have to be attentive to control the time it takes to perform each phase of the exercise.

If we adjust the duration time of each phase of the exercise to the time it takes to perform the full circle visual path, then the full circle gaze path should take about 30 seconds.

The following sequence of images summarizes the 5 phases that we do to perform the Standing Crossed Circles.

The colored circles that are the same indicate that it is the same position of the arm and leg.



The conscious and non-conscious part of the mind

The Self-deceptions

Human beings are the only animals that deceive themselves.

Heard on the radio. Author unknown.

The house was an altar with ten thousand acolytes, big, small, helpful, attentive, in chorus. But the gods had disappeared and the rites continued to be senseless and useless.

Martian Chronicles. Ray Bradbury.

(...) is the energy that is unseen, but that exists (...).

La entrada de Saturno en Piscis. (youtube.es). Úrsula Cosmic.

When we think, reflect, remember, imagine, etc., we have the idea that all the mental processes we carry out are directed by our consciousness; and the same happens when we act, for example, when we move, when we speak, when we relate to other people, etc.

However, a part of our mind functions without us being aware of it.

In other words, there are mental processes that we carry out without being aware that they exist in our mind and without being able to influence them with our will.

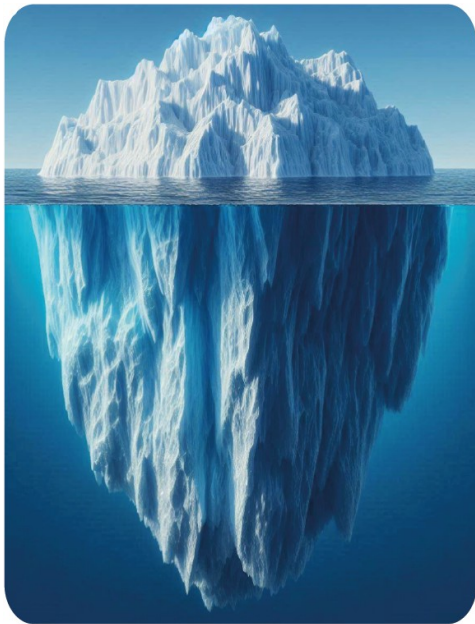
That part of the mind that is not under the control of our consciousness we will call "non-conscious mind".

Many of the actions (mental, physical, social, etc.) in our daily lives occur in, or are influenced by, the non-conscious mind. However, we are not aware that this occurs.

It is considered that the importance of the non-conscious mind in our life is superior to that of the conscious mind. And we can realize this if we observe that, in our daily life, we perform many acts in an "automatic" way, that is to say, without consciously guiding them.



For example, when knotting shoelaces, driving a car, walking, chewing food, pressing the keys on a computer keyboard, etc.



One way to represent these 2 parts of our mind is to compare the mind to an iceberg, which has a part that protrudes from the surface of the sea and another part that is below the surface.

The non-visible part of the iceberg is associated with the non-conscious part of our mind; which is larger than the visible part, although it apparently does not exist or, at least, cannot be easily seen.

In that "hidden" part of the mind, many thoughts are stored in the form of: memories, attitudes, desires, behavioral norms, etc.

Many of them favor our natural development as people and our expression in life. It could be said that they "help us to live better".

Although there are other thoughts that hinder, limit, hinder, block, etc., our expression in certain situations of our life. Here it could be said that these thoughts hinder or reduce our possibilities of living better.

These thoughts, attitudes, etc., that interfere in the natural expression of our life, are usually hidden and well concealed so that we are not able to recognize their existence. They are the "self-deceptions".

Self-deceptions can be the result of learning or attitudes developed in a past stage of our life.

At that time they were useful to us; although, in our present life, they lack meaning and usefulness or cause us problems and difficulties.

They can be considered as thoughts that are "out of place"; because the person lives, in the present moment, totally different circumstances from those he had in his life when those thoughts were integrated in his mind.

One student told us that, as a child and adolescent, he used to avoid exams by pretending to be sick; he was able to simulate a fever.

As an adult, he was taking an exam to get a job as a firefighter; and that test was very demanding in terms of physical condition and athletic performance that he had to have.

Three days before the exam, he had a fever that had no apparent cause and that he associated with what he did as a child; shortly before the exams he wanted to avoid.

This anecdote is an example of how a person can have non-conscious thoughts and attitudes that helped him to achieve his personal goals and objectives at one stage of his life. However, with the passage of time and upon reaching a new stage in his life, those non-conscious ideas continue to affect him and hinder him from realizing his new desires.



Self-deceptions often act in an apparently "justified", "logical" and "reasonable" manner.

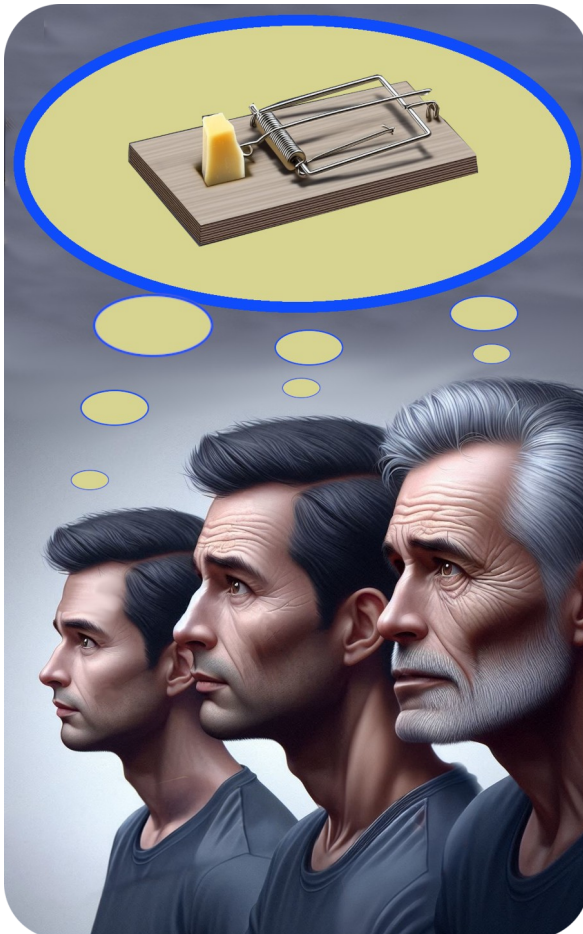
Characteristics of the Self-Deceptions

(...) analyze the problem in all its aspects and possibilities, including the [possibility] that we unconsciously do not want to solve it (which happens more often than we can imagine), (...).

El Gran Libro de los Sueños, Emilio Salas.

Prejudices dominate us by exerting, through the unconscious, a direct influence on our behavior.

*Los Prejuicios. Arnd Florack y Martin Scarabis.
Mente y Cerebro, número 8, 2004.*



Self-deceptions have some peculiarities that are worth knowing. These are some that we consider interesting:

1/ They are "located" in the non-conscious mind, and, therefore, the person is unaware of their existence.

2/ Their activity causes stress and limits the experiences that a person can live and assimilate.

3/ The influence they exert on us is maintained even if a long time passes, even years; that is, they do not disappear "with the passage of time".

4/ They always act in an apparently "justified" way. Although, if we are attentive, we can recognize that sometimes they make small "mistakes". These "mistakes" allow us to recognize their existence.

5/ We can correct them when they come into action and manifest their presence.

6/ They always tend to act the same way. What can give away their existence.

A gentleman shared this experience in a course: He was lying on his bed or on his couch and he

had the afternoon free; so he thought to take advantage of it by doing some activity. In the end, he decided to do a Balancing.

However, at that moment, he thought "I won't be able to do it, because I don't have time (I'm too busy)".

The self-deception was evident, as he always tried to sabotage any attempt to do an activity similar to an Equilibration.

And, because he "always did the same thing", he was not able to "recognize" that it was not the time to act in that way, because the argument that "there was no time" was not applicable on that occasion.

Thus, this gentleman was able to become aware that this self-deception existed in his non-conscious mind.



7/ They do not recognize the difference between what the person actually experiences and what is imaginary, such as uttering a verbal affirmation (which can be a "trap" to provoke them to act and, by acting, they are left in a vulnerable situation and may be modified).

Although people do not normally recognize our self-deceptions, there are occasions when, for whatever circumstances, self-deceptions become conscious unexpectedly and for a short time.

It is as if, suddenly, a crack opens in the "wall" that separates the conscious and non-conscious parts of the mind, and it becomes possible to recognize some thoughts that are normally inaccessible to consciousness.

If this happens to us, we will possibly be surprised because those non-conscious thoughts may be different or very different from the conscious thoughts we have about any aspect of our life.

If we were to experience this, it would be a good idea to write down the thought, so that the thought does not again fall into oblivion or unawareness of its existence.

These non-conscious thoughts can be balanced. More information on how to do this can be found in the "Goals" section of this manual.



A man, a Neo-Kine practitioner, who had had relationship problems and was separated from his wife, was watching a movie on TV in which a woman treated a man badly.

Unexpectedly the thought came to his mind "I wish I had a woman who mistreated me".

Initially he was surprised, since he did not recognize this attitude as his own.

He took notes about the thought and then did a Balancing with Meta to balance it.

The Self-deceptions and the personal change

Prejudices (...) The best thing would be to eradicate these mental models. Not an easy task, since they have the peculiarity of stubbornly opposing any change.

*Los Prejuicios. Arnd Florack y Martin Scarabis.
Mente y Cerebro, número 8, 2004.*

Any change that leads a person to greater maturity brings with it the transformation of thoughts, attitudes, etc. and the disappearance of certain patterns of behavior and the ideas associated with them.

Therefore, during that process of change, many thoughts that can be considered as self-deceptions would be "recycled", "updated" or "eliminated", to adapt or end their influence on that person's way of thinking.

Thoughts can be imagined as characters in an animated movie or cartoon who, as "beings", are trying to survive.

Therefore, they will "try" to continue to exist and will resist any change in their nature.

For these thoughts, what is important is their survival and whether their existence and influence cause disruption or problems is of minor importance.

Any attempt to modify a person's thoughts to improve his or her life will be blocked or sabotaged by self-deceptions (in their "struggle" to maintain their "integrity" and be able to "survive").

An example of this is the amount of impediments, obstacles and difficulties that Neo-Kine practitioners usually have to do Cross Circles (5 minutes) or Balancings (8 to 10 minutes).

The reasons for not doing them are usually being very busy and not having time and being very tired.



These resistances contrast with the fact that it is common to dedicate much more time to other activities, such as watching television.

The cause of this difficulty is usually associated with those unconscious resistances that occur before any maturational change in the person.

And this happens with any process that favors change and personal maturation (expanding professional studies, learning a language, meditation, Tai-Chi, yoga, etc.).



A student who was attending the second class of this course commented, after we discussed this topic in the course, that she had planned to miss that class and that she had attended that day only because she was going to the course accompanied by 2 of her friends and she was the one who was driving her friends in her car.

The reason for missing the class was that she felt very tired and, if it had been up to her, she would not have attended the class that day.

At the same time, she recognized that this tiredness had no clear cause and was most likely motivated by her own unconscious resistance.

In fact, at the time she was making the comment, she acknowledged that the "tiredness" had disappeared while she was talking about it.

---ooOoo---

A man who practiced this technique and who was an acupuncturist had the following experience:

He treated a woman who suffered from severe headaches. And, when she suffered from them, she usually needed two days in bed and isolated to recover.

After several sessions of treatment, the woman came to his office one day with a migraine that she had not been able to neutralize with the medication she was taking.

And that meant that she would, for the next two days, have the aches and pains of a migraine.

Still, she chose to receive the acupuncture session she had that day.

After the acupuncture session, the woman had a face that expressed that she was very surprised and, perhaps, somewhat frightened; and she told him that her migraine symptoms had disappeared.

He was glad that the help he had given her had been effective and began to think about a treatment plan for future therapy sessions.

However, the woman never returned to his office. And he, at the time, did not understand why she abandoned a treatment that had worked for her.

He later understood that the woman's own self-deceptions may have been the cause of her never returning to his office.

Perhaps she discovered that she could be cured. And it was possible that some of her non-conscious thoughts were trying to prevent that from happening.



---ooOoo---

In a course we were teaching, we were asked for an example of a situation in which someone has non-conscious thoughts that seek to maintain a state of illness.

We suppose we were asked because, at least on the surface, this situation does not seem very logical.

We clarify that what we narrate below is a possible story, although fictitious; it is a story that we invented for didactic purposes. In this imagined situation, it happens that:

A person, convalescing from an illness, gives us permission to stress test him or her so that we can locate indications that this person had thoughts that reject the possibility of healing.

We perform the Stress Test on that person several times and we believe we confirm the suspicion that he or she may have thoughts that reject the possibility of regaining health.

Then we have a conversation with that person and he tells us that his life had changed a lot after he started suffering from the disease.

Before he had the disease he was a person who was ignored by the rest of his family; they paid very little attention to him or her, and other family members hardly communicated with him or her.

However, after he contracted the disease, he had noticed that the attention and personal treatment he received from his closest relatives had increased in quantity and quality.

This person now felt much more integrated and recognized in his family, which gave him great satisfaction.

Perhaps because of this, a non-conscious part of this person's mind harbored thoughts that rejected or hindered the return to health.

This could be due to the fact that this person, in a non-conscious way, fears that an improvement in health could produce a return to the situation before the disease; when this person hardly received any attention or personal treatment from the rest of his family.



Balancing Level 2

Balancing Level 2 is an improvement of Balancing Level 1. This improvement consists of adding the possibility of locating and eliminating self-deceptions related to the situation or Goal being balanced.

To do this, we read a series of affirmations that check if there is any self-deception related to those affirmations in our mind.

An example of an affirmation is "I want to balance this situation". In the event that there are thoughts, both in the conscious mind and in the non-conscious mind, that disagree with that statement, there will be a response in the muscles that will indicate the existence of stress.

By doing the Stress Test, these thoughts will be "flagged".

In this way, a list of affirmations is pronounced. After reading each affirmation, we do the Stress Test.



In doing so, thoughts that are in disagreement with those statements are "checked off".

The affirmations that are included are intended to always be beneficial. Therefore, any thought in disagreement with these affirmations will be a thought that harms the person.

The list of affirmations seeks to locate the self-deceptions that may be most frequent or important in order to activate them and mark them. So that we can correct them by performing exercises that favor Hemispheric Synchronization.

You can add or remove statements from that list. In fact, that is what we have done for a long time. The list we now have has had many changes, in an attempt to improve it.

Each statement includes a part that says: "this situation or goal". This is because, in the third part of this manual, we explain what "goals" are and how they are useful for correcting stress in different areas of our lives.

In a certain way, self-deceptions are something like the roots of a plant that we want to eliminate from a plot of land or a garden.

This plant itself harms us or can harm us, in this imaginary example, because it is full of spikes and is dangerous for small children.

However, when uprooting or cutting the plant, we have to keep in mind that the plant will grow back if we allow its roots to continue to exist.



Therefore, if we seek to completely eliminate the plant and nullify its ability to reproduce, we must also pull out the roots.

In this imagined scenario, the plant represents the situation to which we want to correct the stress and the roots represent the self-deceptions that keep the plant alive; since, even if we cut the plant at ground level, it will regenerate again through the roots.

In Level 1 Balancings only the "visible", or conscious, part of the situation we live with stress is acted upon. Self-deceptions are not eliminated.

Therefore, Level 1 Balancing would be the equivalent of pulling up a plant that we want to eliminate, but leaving its roots. So the plant will be able to regenerate more easily.

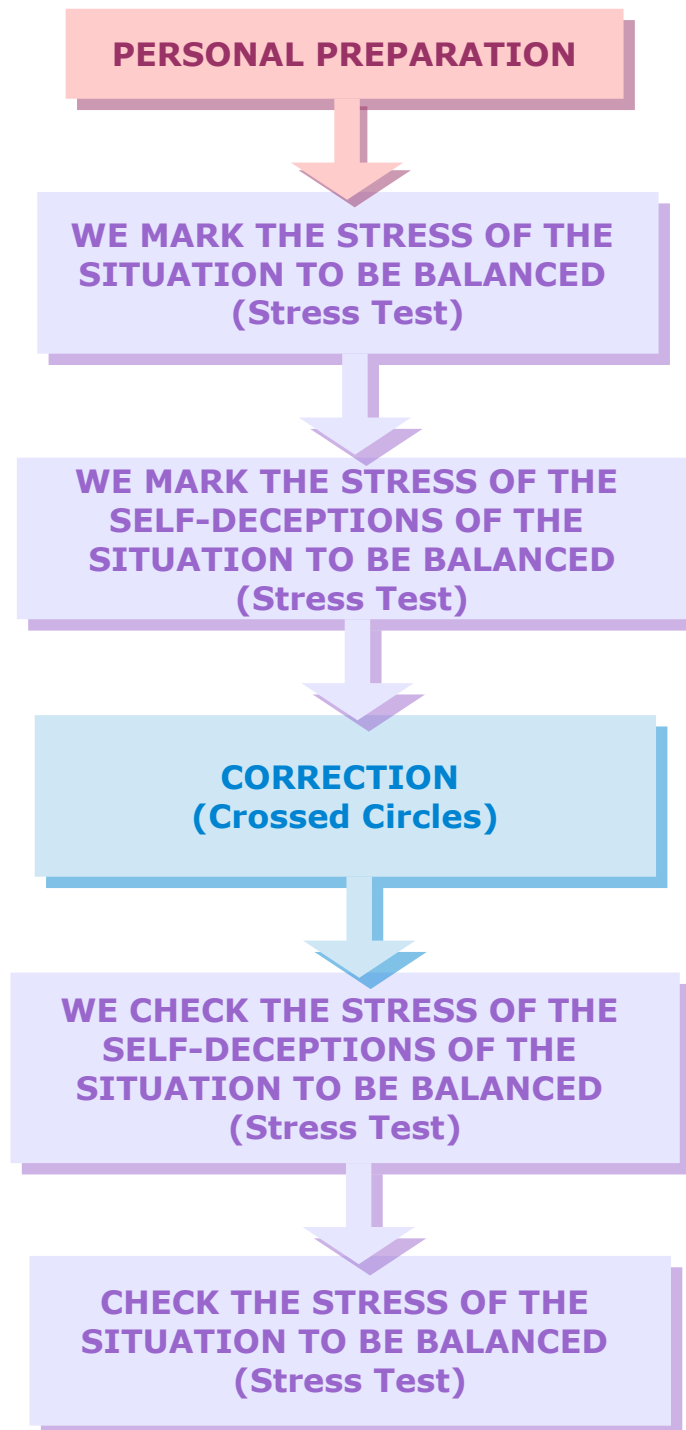
When we do a Level 2 Balancing to correct the stress of a situation, we act on the situation itself and we also act on the self-deceptions that maintain it.

Level 2 Balancing requires more time to perform, which makes it less attractive.

Therefore, in the third part of this manual, it will be explained **how a Level 2 Balancing can be performed in a simplified way**; in such a way that its duration is almost the same as that of performing a Level 1 Balancing.

Once we learn to use Level 2 Balancing, we stop performing Level 1 Balancing and replace it with Level 2 Balancing, which is more effective.

Schematic of a Level 2 Balancing



Balancing Level 2

1 - We drink a glass of water.



2 - We do the Crossed Circles exercise if we consider it necessary (due to tiredness, nervousness or other alteration).



3 - We prepare for the Stress Test.

We relive the situation or pronounce the goal and we do the Stress Test.



4 - We read each of the following statements and do the Stress Test (in each statement):

I want, I can and I am able to balance this situation or goal.

I accept, deserve and wish to balance this situation or goal.

I need and believe it is possible to balance this situation or goal.

I am responsible for what this situation or goal produces in me.

I know how to balance this situation or goal.

My circumstances and my time help me to balance this situation or goal.

I balance this situation or goal free of guilt learned or created by me.

I balance this situation or goal free of emotional disturbances.

I live this situation or goal free from external influences.

My inheritance helps me to balance this situation or goal.

My education helps me to balance this situation or goal.

The experiences I have lived through help me to balance this situation or goal.

The image and perception of myself in this situation or goal is balanced.

Failing to balance this situation or goal also benefits me.

5 - We do the Crossed Circles exercise.



6 - We make the preparation for to perform the Stress Test.

We read the statements (from point 4) and we do the Stress Test (in each one).

7 - We relive the situation or pronounce the goal and we do the Stress Test.

Which Crossed Circles exercise will we use in the Equilibrations?

When we are doing an Equilibration, in the section where we must perform the Crossed Circles exercise, we can choose whether we are going to do it as Standing Crossed Circles or Seated Crossed Circles.



The guide does not indicate which of the 2 exercises to use, so that each person can choose according to their desires and preferences.

Any of the 2 exercises is valid and effective.

Our recommendation is to alternate the 2 exercises, so that in some Balancing Exercises we do them in the sitting position and in other Balancing Exercises we do them in the standing position.

We think this is better than always doing it in the standing position or in the sitting position.

What if we do both exercises in one Equilibration?

Sometimes we use or advise to do the Balancing by doing the 2 cross circles exercises when doing one Balancing.

We follow this strategy when the Balancing addresses a situation or an issue that is very difficult for the person and it is an attempt to enhance the process of synchronizing the activity of the two brain hemispheres.

When we are going to perform both exercises in a row, we believe it is more appropriate to perform the Crossed Circles exercise standing up first and then do the Crossed Circles exercise sitting down.

If we doubt the result of the Stress Test

Level 1 and Level 2 Balances are effective even if the stress tester does not recognize the result of the Stress Test.

When we do an Equilibration, the process that takes place in us does not depend on whether or not we understand what we are doing.

It is something like objects fall, by gravity, whether the person knows the existence of the law of gravity or not. The law of gravity acts independently of the knowledge, opinions or beliefs of the people who are under its influence.

When performing an Equilibration, changes are produced that are based on principles, laws or rules that produce the effect of synchronizing the activity of the 2 cerebral hemispheres in the face of a stressful situation.

It is therefore possible to benefit from this sequence of actions to be able to eliminate stress, even if we do not know 100% of the fundamentals on which they are based.

This is similar to using a smart phone: few people know the principles on which these devices are based, although there are billions of us who use them.

If we do not recognize the result when performing the Stress Test; when we learn how to perform Balances with Goals (in the third part of this manual), we can do a Balancing with Goal using this statement as the Goal:

"I recognize the Stress Test response clearly and easily."

That can help us to recognize the response that our muscles give back to us.



Situations to be balanced

People like us, who believe in physics, know that the distinction between past, present and future is only an illusion (...).

*Albert Einstein.
In Few Words. Episode: The Passage of Time (Minute 17).*

(...) to get rid of the past, the badly assimilated, indigestible past that is still there in the stomach of the mind and cannot be digested well.

Aquí Amerrikua II. Domingo Díaz Porta.

To choose a topic or a situation to balance, the important thing is that the situation causes us stress.

Even if we consider that it is "impossible to fix" or live naturally that situation, because it is something that we find very conflictive to live or even if we think that it is normal to live it with stress.



In general, everything in our daily life that we dislike, reject or prefer to avoid, are situations that can be balanced.

The imbalances or conflicts that can be balanced are innumerable. Normally the subjects selected for balancing are situations that are lived in an emotionally or mentally altered state.

If we have any doubt to choose situations that can be balanced, here we include a list that may allow us to recognize some circumstance that we are living and that we can "balance" or inspire us some idea to select a situation:

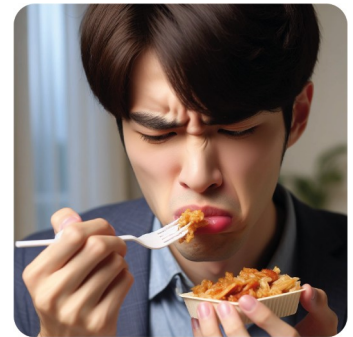
Talking or relating to someone with whom we find it difficult to do so:

- By their authority towards us
- For feeling uncomfortable in front of that person
- For feeling uncomfortable in front of that person
- Feeling antipathy, anger, jealousy, fear, dislike, etc. towards that person.

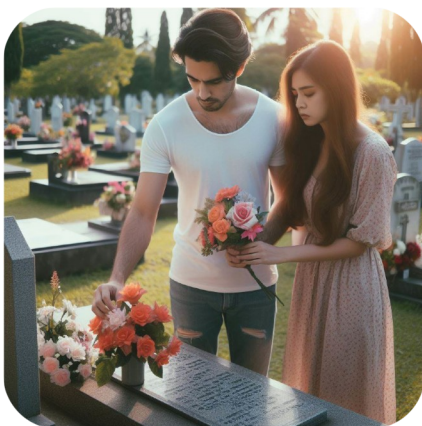


Performing an activity that we do not like or do not wish to do:

- Dishwashing
- Work
- Study
- Get up early
- Public speaking
- Performing certain tasks at work
- Consuming a food we dislike
- Waiting for someone who is late
- Acknowledging a mistake we have made
- Driving in a traffic jam
- Doing or receiving a certain type of caresses from our partner
- Practicing a sport or doing physical exercise.



Correcting stress associated with a PAST REMEMBRANCE:



- The memory of an accident
- The memory of a mistake in relationships with other people
- The memory of a mistake in relationships with other people:
 - Physical blows (from peers, strangers, family members, etc.)
 - Verbal aggression (insults, disqualifications, etc.)
 - Sexual Assault
- Any traumatic or painful situation for any reason
- The memory of grief for a loved one who has passed away

Eliminate the stress we feel before a FUTURE SITUATION (a situation we have not yet experienced):



- A test
- Performing a public activity being the center of attention
- A test of:
- Driver's license
- A job interview
- A sporting competition
- Taking a trip by plane.
- Have an interview with:
 - Someone who will make a very important decision for us.
 - Someone to whom we will make a declaration of love, a labor demand, an important request, etc.

Recognizing the situations that can be balanced

The above is a simple list of possible situations in our lives in which the stress response can be corrected. However, any other situation that is not included in this list can also be balanced.

Some simple ways to know what can be "improved" in our lives are to know how to recognize in ourselves whether:

- When we experience that situation, we feel altered in some way.
- When we experience that situation, we feel uncomfortable.
- We try to avoid the situation.
- We think about that situation very often.
- We imagine ourselves acting differently in that situation than we normally do in real life.



We must remember that **it is enough to be able to imagine or relive that situation or the memory we have of it, and thus we can correct the stress response associated with that experience.**

We can even balance situations in which we suffer physical discomfort or pain.

This is applicable to such diverse circumstances as digestive problems, muscular tension in some part of the body, headaches, muscular weakness in some part of the body, etc. And to chronic health problems, such as fibromyalgia.

The above does not assure us that the Balancing we do will correct our, for example, heartburn in a "miraculous" way. However, we can make the stress that is related to that heartburn, headache or any other discomfort disappear.

Sometimes, after reducing or eliminating the stress that we live with a health problem, the symptoms that we suffer in our physical body are also reduced.

And it will have a favorable impact on the restoration of health, albeit indirectly. Let us remember that the state of mind, attitude and beliefs of people are very important in the recovery of an illness.

It may seem strange that what is mentioned in the previous paragraphs is real or effective. However, we suggest that we do it 2 or 3 times with different situations, so that we can check by our own experience if it is really useful for us.

Possible effects of performing Balancing



By doing an Equilibration, an inner change in a person's way of thinking is produced. That change directly or indirectly affects the mind, emotions and body. It also brings with it the need to make an internal adjustment to adapt the mind, emotions and body to the new situation.

This adjustment may be something that goes unnoticed or it may be clearly noticeable.

The intensity with which this adjustment is felt cannot be anticipated.

The symptoms of this adjustment are usually short-lived.

And there is something important to note:

When the symptoms pass, the person feels better than before doing the Balancing.

In fact, when someone tells us that they are feeling these symptoms, we try to make them see that what they have felt is possibly a part of the process of "eliminating" something they were carrying inside, even if they were not aware of it.

For example, a person who, after doing an Equilibration, feels intense sadness. In that case, the person "kept" that emotional state within him or herself, even if he or she was not aware of it, and after doing the Balancing, the symptoms are the indication that he or she is totally or partially eliminating it.

In addition, if the person is asked if he/she remembers having experienced a similar state some time ago (although usually less intensely), the answer is usually affirmative.

Generally, when people establish this relationship and understand the cause of the process they are experiencing, they realize that it is something natural and that, in the long term, it has a beneficial effect.

Here are some effects that we have felt in ourselves or heard from students and patients when using Neo-Kine.

We remember that it is normal to feel only an increased need for rest, that it is rare for these symptoms to appear, and that it is very rare for a single person to have several of these symptoms at the same time.:

- At the physical level: appearance of pain, discomfort, fatigue,... that were not felt previously.
- At the emotional level: Beginning to feel altered and more or less intense emotional states (anger, anguish, fear, etc.), which are felt for a short period of time.

A woman who attended this course told us that, after receiving the first class and for 2 or 3 days, she felt a deep sadness.

When we asked her if in the more or less recent past she had felt a similar state, she told us that it could be related to the death of her father, which occurred some time ago, and in which she did not allow herself to express the sadness she felt.

One gentleman told us that, after the first class of this course, while lying in bed, he had felt a rage and anger that he would never have thought he could be carrying "inside himself".



- At the mental level: Having difficulty in reasoning, poor lucidity, frequent absent-mindedness, etc.

A student in this course told us that, after taking the course and at the time she practiced it, she was constantly absent-minded. For example, she often lost the keys that she used to use.

- It is also normal that the person remembers what he/she dreams more often than usual. Sometimes, these dreams give clues that allow us to understand situations that we experience in our daily life.

A patient who was having a lot of trouble sleeping because of an allergy told us that, after receiving a Balancing oriented to that situation, he had a dream that he found very interesting to understand aspects of his life.

In the dream, he opened the doors of his house and the elevator and told his father to leave his house.

His parents had separated or divorced from his mother during his childhood or adolescence and he had lived through that process quite intensely.

One patient told us that, after doing an Equilibration, she had started to remember all the dreams she had.

And previously she never remembered what she dreamed.

- An increased need for sleep and rest is very common.
- Forgotten memories of situations experienced in the more or less remote past often appear.
- Understanding and explaining what is experienced in situations that were previously interpreted differently.



A man who was receiving the Neo-Kine course, shared with the people present, that for him it was frequent to get angry with his partner.

However, after doing a Balancing of that situation, he understood that what he really felt was jealousy, which he "disguised" unconsciously as a bad mood.

- Yawning more frequently than usual.

A representation of the process of starting to suffer from stress and eliminating it

Starting on the next page, we are going to show a sequence of images that seeks to visually represent the consequences for a person who suffers a traffic accident and the subsequent effects that this event has on their daily life.

It also represents how that person can reduce or eliminate the stress and anxiety that he/she suffers every time he/she remembers that accident and how, after doing so, his/her life returns to a situation in which the traumatic memory that he/she had, becomes a memory that he/she lives in a natural way.

In relation to this sequence of images and the comments associated with them, we must bear in mind that what is represented in the images of the supposed experience of an accident, is only a graphic representation that serves as a support to convey an idea in the clearest and simplest way possible.

This does not represent the objective reality that we perceive through our senses and surely does not completely conform to reality. This is because reality is much more complex than what is represented here.

However, this simple representation has been used to make it easier to share our vision of the process that this person is going through.

What is represented here is a simplification of what happens in reality.





This woman, when she walks down the street or when she rides in a vehicle on the street, lives it as a normal experience for her.

Therefore, in her brain there is no mark that indicates that she is experiencing the situation with some kind of mental or emotional disturbance.

Unexpectedly, this woman has a car accident; she has a very hard and difficult experience; with great risk for her.

In this accident she feels a lot of fear, anxiety, anguish, etc. and the memory of this moment remains engraved in her memory.





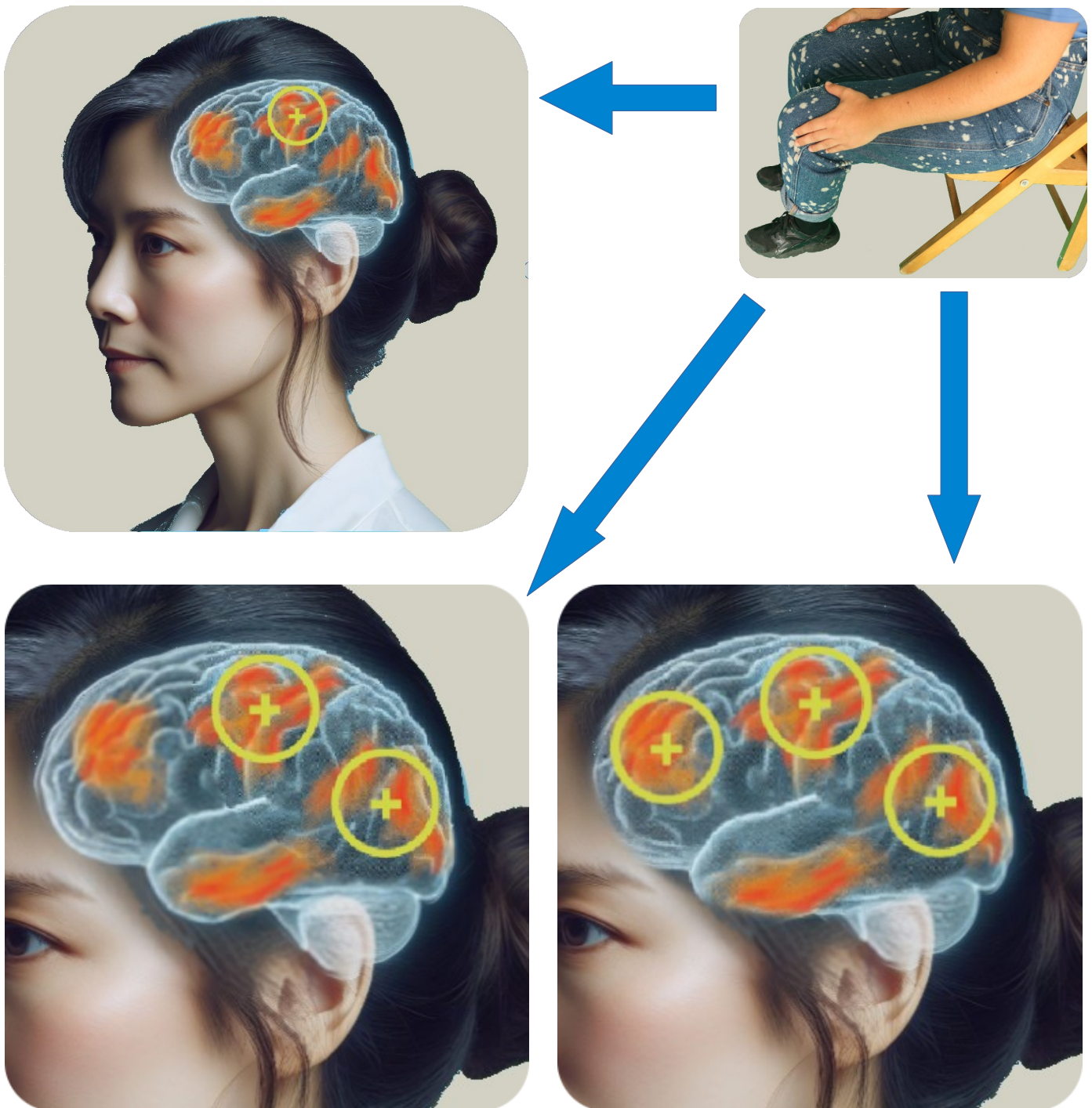
When that woman remembers the experience of the accident, the instinctive responses of fear, anxiety, anguish, etc. are triggered in her.

The person has the same intense impression every time she remembers the experience of the accident (although it is not a real experience; it is the memory of a real experience).

With the passage of time this memory remains and seems to be more and more intense and more frequent.

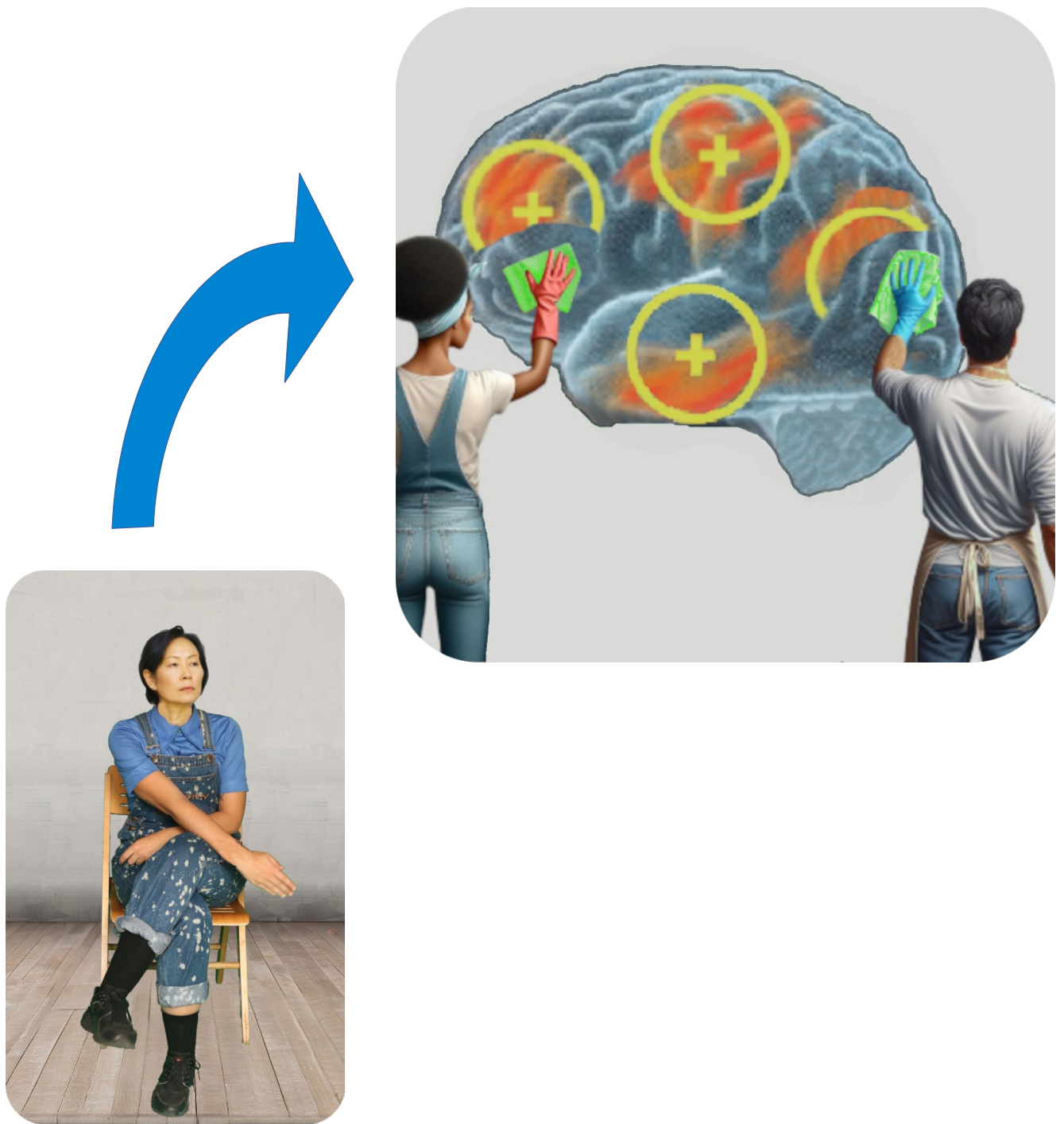
Moreover, now all those sensations she has, she also feels them when she walks down the street and when she rides in a vehicle on the street.





She performs a Level 2 Balancing, to correct the stress she suffers every time she remembers the accident she experienced and every time she feels the sensations she experienced during that accident.

To do this, she must relive the situation by doing the stress test and she must also mention the affirmations included in the Level 2 Balancing to mark the areas linked to the stress she has related to the memory of the accident.



After activating and marking the stress-related areas, she performs Cross Circles to erase the traces of stress she has.



When the person finishes balancing, it is very possible that she will have difficulty remembering "clearly" the experience she lived.

The "incomplete" memory of the accident experience is due to the fact that the emotional intensity associated with that memory has been reduced or eliminated.

In this way, the memory of the accident before was "inflated" and she felt it as "more important", as the memory was linked to stress, anxiety and other sensations and memories of that experience.

Although after doing Level 2 Balancing, that memory is no longer "inflated" by fear, anxiety, etc.; and it seems to be a rather more objective memory of what that accident was like and how she experienced it.





Now, in this woman's memory of the accident there is no longer fear, anxiety, distress etc. and therefore she believes that the memory she currently has is "less important" than the memory she had before doing Level 2 Balancing.

And in her daily life, she has returned to the natural way of walking on the streets or driving a car.

The current situation is similar to the one she was in before the accident.



Recommended practices at the end of Part Two

Crossed circles



*Standing Crossed
Circles (*)*



*Seated Cross
Circles (*)*

- We make them once a day.
- It is advisable to rest at least 1 day a week.

Balancings



Stress test



*Cross Circles
standing or sitting (*)*

- It is advisable to rest at least 1 day a week.

(*) In the practice of Crossed Circles and when performing the Balances; we recommend that you perform the Crossed Circles exercises alternating between doing them in the sitting position and doing them in the standing position.

Freedom is something - and perhaps this is its paradox - that is achieved through discipline.

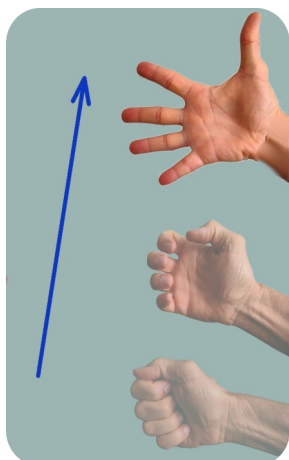
Fernando Savater. El valor de educar.

**Before continuing to read this text, we suggest you pause
and practice for 1 week what is explained in the
second part of this manual..**

PART THREE

The goals

When we move the fingers of one hand and when we imagine that we are moving the fingers of that hand, the same brain activity occurs.



This occurs in the brain activity of which we are aware, and we assume that it also occurs in the brain activity of which we are not aware.

In a way, by imagining the movement, we are "fooling" our brain, which is not able to recognize the difference between the real movement of the fingers and the act of imagining that such movement is performed.

Our brain confuses reality with the imagined.

Taking advantage of this "curiosity" of our brain, we can use a trick that will allow us to benefit from this "confusion".

We can introduce information with a bit of "trickery" to our brain.

For this, **we use affirmations that express what we want to achieve by doing a Balancing.**

That statement is the little "trap" that we intend to do to our brain and **we will call it GOAL.**

Let's see some examples:

- If we want to pass an important exam, we could use a goal like this: "I pass the next language exam".
- If we intend to exercise regularly, we can use the following goal: "I go to the gym 2 or 3 times a week".

Now, what do we achieve by making this "trap"?

What we achieve is that **our brain reacts to that statement as if we were really living what that statement expresses.**



We assume that this reaction also occurs in those parts of our mind of whose activity we are not aware.

It is the activity of the non-conscious part of the mind that this little "trap" is intended to trigger.

The reason for doing so is that those non-conscious resistances that our mind has about living what the Goal says, are "set in motion" or "react" to that statement (which our mind considers a real experience) and, in doing so, trigger a stress response in our organism.

This happens because there is no agreement between what that Goal says and what some ideas, thoughts, beliefs, etc. we have in our non-conscious mind hold.

The Goals help us to make the Balancings more precise, offering us the possibility to correct certain types of problems that are not related to concrete situations in our life.



Using Goals allows us to increase our ability to eliminate the presence of stress in our lives.

A possible example would be that of a person who has obesity and has failed with various types of treatment to balance his or her weight.

Possibly the person living this situation has some kind of self-deception that induces him to block the realization of an effective therapy for his obesity.

And, with what we have learned so far, if we use Level 2 Balancing (no Goal), it is difficult to imagine a situation in which the person is at a balanced weight.

However, using Level 2 Balancing with Goal offers several possibilities to correct this situation.

Some goals that we could use would be: "I have a weight that is adequate for my physical condition" and "My diet, my physical activity and my life habits allow me to have a weight that is adequate for my constitution".

Balancing a Goal

Since the external and internal worlds reflect each other, the process of clarity can come from either one of them.

Feng-Shui. William Spear.

By balancing a Goal, we favor that we can achieve something we wish to do, live, feel, perceive, etc., even though at the present moment we are not able to do it.

Some examples of this can be: to speak and write a language, to calmly take an exam, to express our opinion to our work superior, to show disagreement when expressing an opinion on a subject with someone very dear to us, to practice a sport, to carry out a task or a job that we usually avoid, etc.

To write a Goal, it is enough that we write a sentence that reflects what we want to achieve; that is to say, what is the objective we want to achieve.

That Goal must have some conditions when we write it:

- We write the text of the Goal **in the present tense**, as if we were living, doing, thinking, feeling, etc., right now.

For example, if we want to speak in public with ease: "I speak in public calmly and naturally". If what we want is to increase our physical activity in our daily life, the Goal could be: "I practice sports 2 or 3 times a week".

- We write the Goal **without conditions**. That is, we avoid expressions such as "I would like to...", "If it were possible...", "I will try...", "I would like to...", etc. The Goal should reflect that what we wish to achieve has already been achieved.

For example, instead of using this text (which only includes a purpose, not a goal already achieved): "I want to swim every week", a more appropriate Goal would be: "I swim every week".

- **We write the sentence as a statement.**

If what we want is to lose weight, then the Goal should indicate that we have a balanced weight, instead of denying obesity; for example: "I have an adequate weight for my constitution".



If what we want is not to feel anxious in a job interview, the Goal should mention that we feel calm; for example: "I feel calm and self-confident in job interviews".



If what we are looking for is to stop smoking, perhaps these Goals can be useful: "I have finished with the habit of smoking", "I have overcome the habit of smoking", "I have freed myself from the habit of smoking", "I have stopped smoking", etc.

- The Goal **should only affect us**. We can choose if we want to make a personal change, although we cannot change other people.

For example, instead of saying "My boss stops making critical comments about my jobs" (which requires a change in someone else), a Goal that only affects us could say "I accept my boss's comments about my jobs as a matter of course". In this way, only we have to make a "change".

However, in relation to what was discussed in the previous paragraphs, sometimes inexplicable things happen; it is as if, as we change internally, there is also an adaptive change on the outside. As one woman who received the course wrote to us about her experiences:

The first Equilibration I did was in relation to a co-worker, with whom I was always stressed, and although I wanted to ignore her, in many moments I did not succeed.

The Balancing was Level 1, I did it the first day of the Neo-Kine course and what was my surprise when on Monday I arrived at my work and this colleague, who until recently was twisting her head when I passed by, came to my office and started talking as if we were old friends, my attitude was with a smiling face and listening to what she was saying, but thinking I can't believe it, I have not done anything to change the situation....I didn't look for her, I didn't pretend to be nice, I just stayed in my place and she was the one who changed her attitude. From then on I'm not going to tell you that we are inseparable, but I'm not stressed about her attitude anymore.



- Some Goals **should include the frequency with which they are performed**. That is, how often they are performed.

For example, if we intend to go out to the countryside regularly, then we should mention this in the Goal.

Saying only "I go out to the countryside" may not be adequate, since doing so only once in 1 year DOES meet the Goal; however, it does NOT satisfy the desires we have.

In this case, we can use the Goal "I go out to the countryside 1 or 2 times a month"), which DOES meet the Goal and DOES meet our desires.



Balancing Level 2 with Goal

The process to follow to perform a Level 2 Balancing with Target is the same as the process we use to perform a Level 2 Balancing (without Target).

Therefore, to perform a Level 2 Balancing with Target, we use the guide to perform a Level 2 Balancing, which is included in the second part of this manual.

Suggested goals

In this chapter we include a list of Goals that could help us to locate "zones" with stress in our life.

We believe that these goals are valid for any person. However, since we do not all believe in the same thing, we may find some of them inadequate. If so, we ignore them and only use those that seem convenient.

The way to use these goals is simple. We select those that we consider most appropriate. We read the Goal we have selected and do the Stress Test.

If we perceive stress in the response, that indicates that we can do a Balancing using that statement as the Goal to balance.

List of Goals to balance:

I love myself.
I accept myself.
I trust myself.
I feel security in myself.
I am at peace with myself.
I am happy.
I love life.

I trust in life.
I am in good health.
I show myself as I am.
I deserve to be happy.
I solve my problems.
I accept what I live.
I understand what I live.
I love what I live.

I love what I live.
I feel the joy of living.
I love my father.
I have integrated, in a balanced way, in my life what I received from my father.
I love my mother.
I have integrated, in a balanced way, in my life what I received from my mother.
I accept the people around me.

I understand those around me.
I love those around me.



I love women.
I love men.
I transform the beliefs that limit my life.
I live my feelings in a natural way.
I think and communicate in a natural way.

I perceive my sensations in a natural way.
I am free of guilt transmitted by other people.

I am free of guilt created by me.
I am free of regrets.
I am free of worries.
I have the time I need.
I am humble.

I am patient.
I act in a peaceful manner.
I am an honest person.
I am free of resentment.
I am free of envy.
I am free of jealousy.
I am free of greed.

I am free from greed.
I am free from arrogance.
I am free from pride.
I am free from wounded pride.
I am free from fear.
I am free from uncertainty.



The Belief System

*The world is as full of opinions as it is of people (...) Everyone has an opinion, but opinion is not truth; therefore do not listen to mere opinion, no matter whose opinion it is, but find out for yourself what is true.
Opinion can change overnight, but we cannot change the truth.*

Jiddu Krishnamurti.

The jealous person is not jealous because of what he sees, what he imagines is enough for him.

Quote attributed to Jacinto Benavente.

The battlefield of the Maya warrior is the mind.

Aquí Amerrikua II. Domingo Díaz Porta.



What is the Belief System?

The adult is baked clay, the child is ductile clay, it is moldable.

Aquí, Amerrikua II. Domingo Díaz Porta.

I don't think I can change my beliefs just like that. [...].

The good place. Season 2 Episode 10, minute 15.



The Belief System is the set of all the beliefs we have, including conscious and non-conscious beliefs.

Its influence is very important in our way of interpreting and living life.

The belief system is formed by: family influence, education received, social treatment and the personality of each individual.

There are always differences in the beliefs that each person has, since all the mentioned factors come into play.

Normally a person's belief system is modified throughout his or her life, especially when the person undergoes a major change, such as moving from adolescence to youth, from youth to maturity, having children, becoming financially independent, etc.

All this brings with it a change in the scale of values and in the way the person sees the world.

In other words, the belief system is modified to adjust to each new reality that the person lives.

These changes in the belief system are made with greater or lesser ease; depending on the flexibility or rigidity that the person has in each new situation he/she lives. The younger a person is, the easier it will normally be to change his/her views and beliefs.



As a general rule, as a person's age increases, the flexibility in his belief system is reduced and he will have a greater resistance to any change in it.

The beliefs that a person holds can both harm and benefit him, since the Belief System, in itself, is neither "good" nor "bad". In fact, the normal thing is that many of the beliefs of each person benefit him and many others harm him.

Each culture maintains its own belief patterns. Although these belief patterns may not be shared by other cultures or societies.

For example, commenting on some aspects of the type of foods consumed and accepted by very different cultures: in China it is normal to eat dog, in the Arab countries pork is not consumed, while in India what is not eaten is beef.



All these dietary rules or customs are strange to us in the western culture, since most of our society does not share these beliefs. In Europe and America, pork and beef are normally eaten, although dog meat is not consumed.

And, of course, also the customs of the western countries are strange to the people who belong to the Chinese, Arab, Hindu, etc. cultures.

Socially, people tend to unite according to the affinity of their beliefs in terms of political opinion, religious beliefs, profession, sports hobbies, etc.

Within these groups that are formed, an environment is created that is conducive to the communication and exchange of these beliefs.

Thus, the members of a group of astronomy or ballroom dancing enthusiasts form clubs and associations in which the realization and promotion of these activities is the main objective.

Since the emergence of social networks on the Internet, the landscape has changed in terms of the way people communicate, although in essence the same basic activity is still carried out: people get together based on affinity and proximity of their interests.

Thus, on social networks, it is easy to find groups of people interested in specific topics who communicate, share, exchange information, etc. A common way of doing this is through specialized forums, social networks, etc.

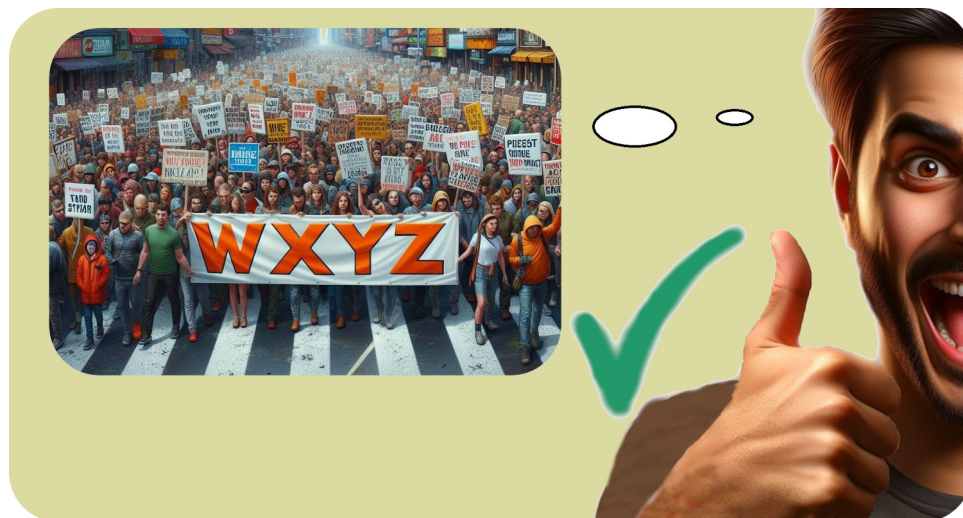
Many people create video channels that address specific topics or disseminate opinions on religion, politics, economics, lifestyle, cooking, history, etc. and, when a large group of followers of their videos is formed, they create specialized groups in those social networks that they consider most appropriate and popular. In this way, they create virtual communities among people who may live thousands of kilometers away from each other, although they have common interests or motivations.

This has led to a change in our perception of social and personal relationships, since it has opened up the possibility for people living in different countries and continents to meet and establish relationships with each other.

All this with the advantage that information can be shared instantaneously, even if these groups include people living on opposite sides of the planet.

At the same time, political borders are beginning to be perceived differently since this international exchange has become possible.

People continue to identify with the countries of which they are citizens, although it is becoming increasingly popular to form groups of people who do not have a common nationality, but who share a common motivation, such as an interest in certain forms of hobbies, art, poetry, science, religion, economics, professional knowledge, musical tastes, interest in antiques, etc.



Our belief system values the information it receives according to whether it has affinity or rejection towards the source of the information.

Thus, our belief system is very receptive to those ideas, opinions, actions, etc., that are in tune with our way of valuing and interpreting reality.

Thus, if we have an affinity, in terms of political ideals, with the government of our country, we will tend to see as "good" and "justified" the decisions made by that government.



In the opposite situation, our belief system is quite critical of ideas, opinions, actions, etc. that are different from our opinions about reality.

Therefore, if our political opinions are opposed to those of the government, we will have a clearly critical attitude and opinion towards the decisions made by that government.

As a result of the above, groups of people are formed in which their members hold a series of common beliefs. And this occurs in any gathering of people with similar interests or purposes; be it a hiking club, a political party, a religious group, a social club, etc.

Moreover, nowadays, this meeting of people does not have to occur only between people who live close to each other, since it can occur between people who are far away from each other, even if they live on different continents.

This is the consequence of the existence of the Internet, videoconferencing, forums, social networks, etc.

Some features of the Belief System

We all consider our own opinions to be correct and free of prejudice.

*Arnd Florack y Martin Scarabis. Prejudice.
Mente y Cerebro, número 8, 2004.*

The main constraint to thinking is ego defenses, which are responsible for most of the practical errors in thinking.

6 Thinking Hats. Edward de Bono.

No image or sound arrives pure to our head. Any signal captured by the senses is instantly evaluated by the brain, even when it is the first time we receive it and has no meaning. (...) the brain emotionally qualifies the perception as soon as it is made, before the person is conscious of the information.

*The brain decides our tastes
Tu Salud. Octubre 1995.*

These are some of the "peculiarities" that we believe are important in the Belief System:

- The Belief System always seems correct and appropriate to the person who has it and, therefore, that person will hardly recognize that his or her beliefs include thoughts that can harm him or her.



- The belief system favors the person to be aware of that part of reality that coincides with his preferences.

And it exercises the work of censorship, limiting the person's knowledge of the areas of reality that are in disagreement with its approaches.

Therefore, we tend to see only the reality with which we agree and we are quite blind to everything that disagrees with our ideas and beliefs.

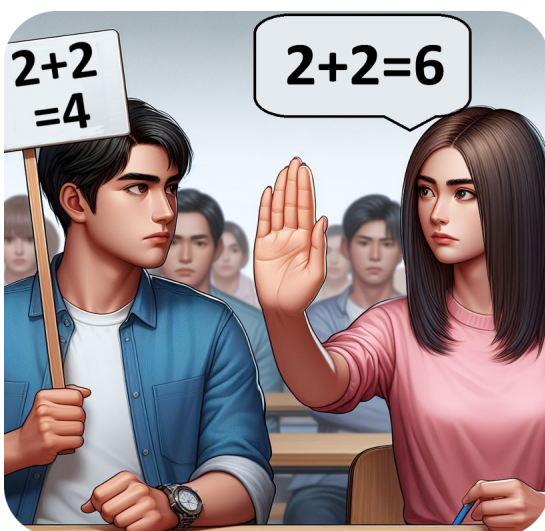


It is as if we had the earmuffs, which are put on some pack animals to prevent them from seeing to the sides.

So that these animals can only see what they have in front of them and it prevents them from seeing the objects, animals or people, that they have at their sides.

- The Belief System "defends" itself. That is, a person will normally try to maintain his or her Belief System without modification.

Each person considers that his or her beliefs are the best possible and do not need to be changed or adjusted.



This will be so, even if there is objective evidence that indicates that the person's beliefs are not adequate in some aspect; for example, lack of health due to inadequate living habits (very sedentary life, unbalanced diet, excessive consumption of alcohol or tobacco, etc.).

Therefore, even if a person has a belief that objectively harms him/her, that person will think that it is not so and will try to maintain that belief; possibly justifying it in some way.

It is rare for people with different political or religious beliefs to exchange their opinions and thoughts about these issues in a natural way.

It is quite common that, instead of dialoguing, they argue trying to make it clear, each side, that their beliefs are "better" and "more correct".

Many years ago, an old man whose doctors had forbidden him to drink alcoholic beverages (for health reasons), explained to us that he had been forbidden to drink alcohol, but had been

allowed to drink whisky.

He told us all this while preparing a glass of whisky, which he then drank.

After hearing that explanation he gave us, we thought it was not in line with reality.

In other words, it was a belief that was detrimental to him, even though he was trying to maintain it.

In extreme cases, the belief system's defense of its thoughts and opinions can even cause or promote the person's death.



A possible example of this is that of the well-known Jamaican musician Bob Marley; who refused to have a toe amputated after a tumor was found in his toe.

This amputation was recommended by his doctors to prevent the tumor from spreading to other parts of his body.

However, the famous musician's religion rejected or forbade amputations and it is assumed that this was the reason why Bob Marley did not follow the medical advice.

In a situation like this, the person's belief system (in this case, his or her religious beliefs) places a higher value on maintaining his or her own beliefs than on adapting those ideas to favor the person's survival.

Years ago we met a person who worked for a major national electronics company.

He told us that he had a co-worker whose religion was strictly pacifist, who rejected any relationship with military objects.

It so happened that this company manufactured electronic components that were to be used in military aircraft.

The pacifist worker openly expressed that he was not going to participate in the manufacture of these electronic components, since this action was against his religious principles.



His colleagues knew that he would be fired from the company if he did not do that job and that it would be difficult for him to find another job. And they talked to each other about the situation, to find a solution to avoid the layoff.

Finally, when the time came for the pacifist employee to assemble the components for military use, one of his colleagues told the pacifist worker to go to work at another table; to do a different job, which was compatible with his religious beliefs.

In the meantime, the co-worker assembled the military electronic

components on the table that corresponded to the worker who refused to assemble them. Thus, apparently, it was the pacifist worker who did the work.

In this way, the employee who rejected the use of weapons continued to work in that company with the support of his colleagues.

The majority belief system is not always shared by all people in each society.

Therefore, people whose beliefs deviate from the majority accepted beliefs, very often experience conflicting or difficult situations.

And this happens with common things, such as the type of diet. When a person follows a diet different from the most popular in the society in which he lives, it is frequent that he has difficulties to find food; especially when he travels and does not have the support of his closest environment.

What is related to armies and military service also shows that it is expected, from governments and also from society, that the person actively participates in any war in which his country is involved. This is increasingly questioned by the youth of Western countries.

Another case that has recently come to our attention is that the search for higher income as a work priority is being replaced, in the younger generations, by the search for more free time. This represents a very important change of priorities in the Belief System of these people in relation to what previous generations have maintained for a long time.

We believe that, in general, we are witnessing very profound changes in the priorities that people have in relation to the purpose of our lives and the way in which we should live them.

In fact, we believe that today, in June 2024, we are in the midst of an intense modification of our Belief System on a personal and societal level and that this change will be much more intense than the usual generational clash that has been occurring constantly for hundreds of years.

The following is an imagined situation included as a possible example of the influence of beliefs; it is not an actual experience.:

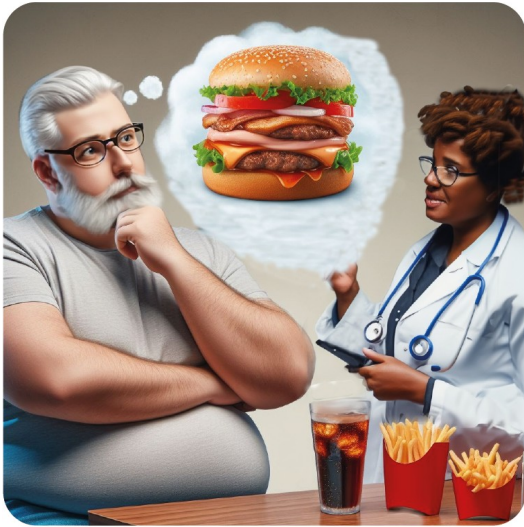


A 15 year old believes that "fast food" based eating is well suited to his palate and the way he eats.

This idea is incorporated into his belief system and will influence him for decades in the food choices he makes.

During those years, the idea will remain in your mind and you will only have small changes, to adapt to the new types of food offered in the restaurants where you usually eat.

That person still holds that thought 28 years later and continues to eat fast food on a very regular basis, even though his personal circumstances have changed a lot.



Now, unlike when he was a teenager, his doctor has recommended that he stop eating this type of food, as it is harming him.

In spite of the medical advice received, this gentleman continues to consume a lot of fast food; since he does not want, does not know how or is not able to change his dietary habits.

In this situation, it would be very convenient for him to make an update of his beliefs about the convenience of consuming fast food; taking into account his current health situation and the medical recommendations he has received.

One possible way to encourage this change would be to perform a Level 2 Balancing.

This imagined example includes several aspects already discussed in this text:

- 1 - The belief has remained almost unchanged for many years.
- 2 - At the present time, this belief is "obsolete" and detrimental to that gentleman's health.
- 3 - In spite of the medical recommendation received, the person has many resistances to change their beliefs and habits, even though their health is being harmed.

The Belief System as a limit

It is easier to disintegrate an atom than to disintegrate a prejudice.

Albert Einstein.

The brain is designed as a "recognition machine". It is designed to establish patterns, use them and condemn anything that does not "fit" these patterns.

6 Thinking Hats. Edward de Bono.

If you close the door to all errors, you will leave out the truth.

Rabindranath Tagore.

In practice, the Belief System forms a kind of boundary (like a barrier or a wall) that prevents a person from having any interest, desire or curiosity to live any of the experiences that are located on the other side of that boundary.

In turn, that limit leaves within it experiences that, because they are within that limit, seem "normal" to that person and, therefore, he/she will live those experiences in a natural way.

In other words, everything that the person experiences "within" that limit is considered "normal", "adequate" and "acceptable" for that person and what is "outside" that limit is considered "abnormal", "inadequate" or "unacceptable".

That boundary is "constructed" with beliefs and, therefore, by thoughts alone.

It may seem that this barrier can be easily modified because it is "constructed" with thoughts.

However, reality tells us that the opposite is true, since the Belief System "tries" to remain as it is, without being modified.

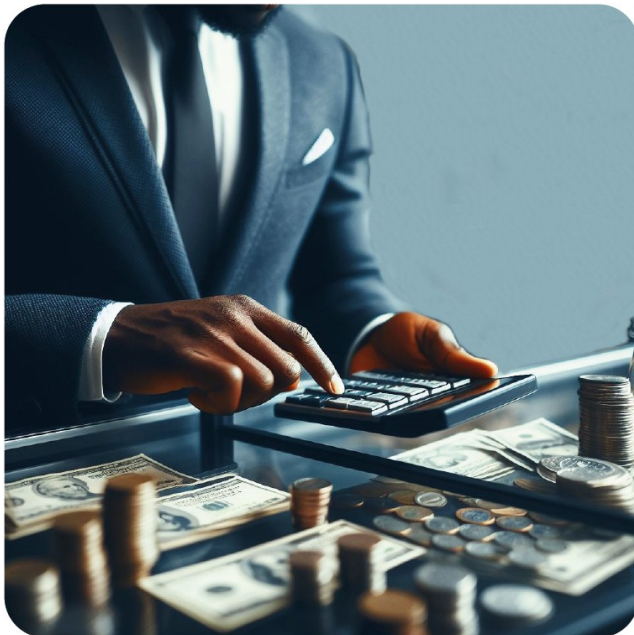


Changes in the Belief System are not easy, since the person himself resists this happening, even when this resistance to change is detrimental to him.

On many occasions, the Belief System resists changing, even though there is clear evidence that its thoughts do not conform to reality.

A man who took the Neo-Kine I course and had a rather critical point of view about this technique, told us about an experience he had had.

He worked as a cashier for a company in which he had about 15 colleagues doing the same job.



His job demanded a very high level of attention, since they handled important amounts of money and, if he made a mistake and money was missing, he was the one who had to pay out of his own pocket the amount of the error.

The time of greatest anxiety for all cashiers was the accounting close at the end of the day, as this was the time when possible errors would be discovered.

He did a Balancing to correct the stress he felt when doing the accounting close each day.

From that point on, he noticed that he no longer felt nervous when performing this activity at the end of the day.

However, he could see that his colleagues were still quite anxious at that time.

For us, the most curious thing about this experience was that, in spite of what he had told us, he did not believe that this technique really worked.

We suppose that his Belief System did not allow him to do so.

The Belief System "filters" the information of the reality that the person lives.

In this way, each person usually knows, of the reality that surrounds him, that part that is in tune with his beliefs and usually ignores or pays very little attention to the rest of that reality. The person makes an emotional classification of all that he perceives of the world, although he is not aware that he is doing so.

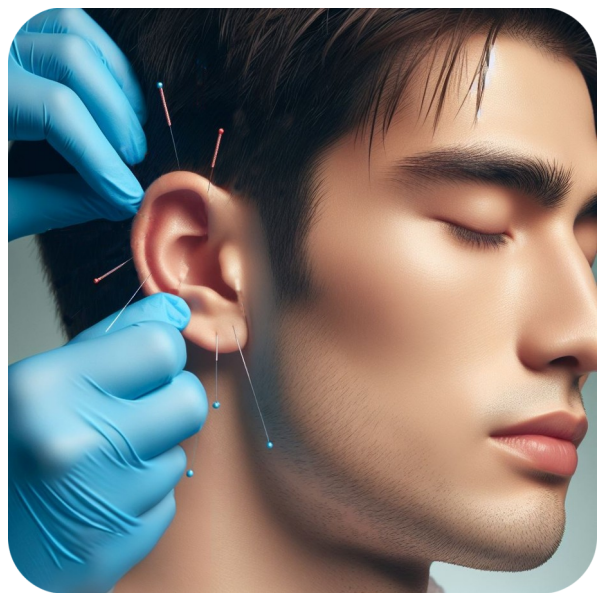
And in this emotional classification, what is in agreement with his ideas he values positively and, what is different from his opinions, he considers something unimportant, annoying, unpleasant, etc.

In relation to health care, the Belief System also exerts an important influence.

We have been able to observe it in relation to the techniques that are known as "alternative therapies" to the official western medicine. Among them are acupuncture, kinesiology, flower essences, foot reflexotherapy, etc.

We have known cases of people suffering from health problems that could be healed or improved with certain alternative therapies; although we have seen that some sick people did not benefit from those treatments because those people "did not believe" in those alternative therapies and refused to receive treatment with those kinds of health techniques.

In this way, the Belief System of those people prevented or hindered them from improving their health, because it "demanded" that their healing should be done only with the therapies that their beliefs considered adequate (usually they were "officially recognized" therapies); even though those therapies considered "official" had little success in healing their health problems.



This is one of the "negative" aspects of the Belief System; since, in their eagerness to maintain their beliefs unchanged, the person loses the opportunity to live experiences that could benefit them.

Evolution of the Belief System and Personal Maturity

*Time does not matter, Mr. President.
Only life matters.*

*The Fifth Element.
Luc Besson y Robert Mark Kamen.*

(...) understood that what you are afraid of is never as bad as what you imagine it to be. The fear that accumulates in the mind is much worse than the situation that actually exists.

Who took my cheese?. Spencer Johnson, M. D.

The Belief System can be represented as a wall that surrounds a piece of land and is "built" with thoughts.



And the land inside the wall represents the experiences that the person lives without alterations and without stress. It is something that the person experiences without giving it importance, because it is natural, habitual, daily, etc., and that are the experiences assimilated by the person.

These thoughts mark the person's attitude towards the world and include his or her preferences in politics, religion, friendship, hobbies, etc.

In the outer zone of the wall are the experiences that the person lives with stress and some kind of alteration.

If the person's beliefs change, the wall that forms the Belief System will be modified, allowing to contain more or less assimilated experiences within it.

How important is the amount of assimilated experiences inside the wall?.

We believe that, from the point of view of personal development, **a person's maturity is manifested in the amount and variety of assimilated experiences that person has.**

The more mature a person is, the more assimilated experiences he or she will have.

Therefore, a person who seeks to mature will try to expand the number of experiences he or she is able to live without stress.

When we speak of assimilated experiences, we are referring to experiences that enrich and help that person mature, and we are not referring to experiences that endanger his or her integrity (activities that put his or her life or health at risk, for example).

As stress is eliminated from different situations, the Belief System adapts to the new situation and includes within it all those new assimilated experiences. In this way, the maturity of the person increases little by little.

Rigidity in the Belief System

When the Belief System is very rigid and accepts few changes, the person lives as if locked in a prison, with few possibilities of movement and living with little freedom.

In this case, it is one's own opinions and ideas that limit free expression and manifestation.

This happens when beliefs are taken towards extreme tendencies, which is very common in people with radical thoughts in religion, politics, etc., whatever their orientation.



Flexibility in the Belief System

Another measure of a person's maturity is given by his or her flexibility in the face of the events he or she lives through. Therefore, the lack of personal maturity is often reflected in the rigidity and strict adherence to certain rules or behavioral guidelines.

For example: When applying the rules of coming home in the afternoon or evening to children and adolescents, it is possible to relate greater flexibility with greater maturity and understanding.

When the child begins to stay alone in the street playing with his or her friends, he or she is instructed to return home before dark and to play only in the street where his or her house is located.

However, when he grows up and becomes a teenager, the area where he can be with his friends expands to a group of streets near his home and, instead of returning at dusk, he can do so later, but at a certain time.

Some time later, when he or she has greater autonomy, the adolescent can go to other areas of the city or to more distant towns, as long as he or she notifies his or her parents where he or she is going, with whom he or she is going to go and clarifies the approximate time of return.

Some time later, he no longer notifies his parents where he is going and returns at the time he deems convenient.

This is an example of how the rules of life evolve and that evolution is related to the maturity of the person.

Priority objective of the Belief System

Although each person's Belief System is different, we believe that **a great value to which the Belief System can or should aspire is to maintain life**; since protecting life is above any type of belief.

Rigidity in beliefs may cause that, in extreme situations, some people are able to accept death rather than modify their opinions or beliefs about what they should and should not do.

An example of this is that of a plane crash in the Andes Mountains, which occurred in 1972 and which produced a situation in which a group of surviving passengers, in order to survive, ate the remains of people who died in the crash.

At least one of the surviving passengers voluntarily refused to eat the remains of the deceased and died of starvation.



A similar example is that of the Jamaican musician Bob Marley, who is supposed to have refused a medical recommendation because it contravened his religious beliefs; which was a very important decision, since it caused his death.

A case of flexibility in the Belief System in the face of life's circumstances, which caught our attention years ago, came to our attention from an anecdote we were told about a spiritual Master.

He propagated the practice of a vegetarian diet and rejected the consumption of alcoholic beverages as basic rules in his life.

However, he was asked about what he would do if he had to consume meat and drink alcohol in order to save his life in a situation of extreme need.

The answer he gave was that, in that situation, he would eat meat and drink alcoholic beverages.

The conclusion we draw from this anecdote is that this gentleman gave priority to saving his life over the beliefs he held. And that conclusion seems to us to be very appropriate (for our beliefs, of course).

By the way, do we know what we should do if we were in a desert, with little or no water, and our life was in danger due to dehydration?

From the idea that we have, in a situation like that, the most convenient thing to do is to drink our own urine to save water, avoid dehydration and increase the chances of survival.

Suppose we find ourselves in such a situation, what would we do, what would be more important for us, to have a better chance of survival by drinking our own urine or to continue with our beliefs and customs about what to drink or not to drink?

We try to propose a reflection about the validity of certain rules and when to respect them and when it can be important to ignore them.



Variety of experiences

What should a person who seeks to improve his life and mature do?

If a person wants to mature consciously and intends to make an effort to achieve it, he must take into account that the type of experiences he must live must be varied. Specialization will not help us to increase our maturity.

For example, a person who is fond of sports, physical culture, etc. will increase his maturity little if he increases his training and lives without stress many experiences mainly related to physical effort.



To mature, you must also live without stress many experiences of other characteristics; such as personal relationships with your partner, family, co-workers and friends, study and knowledge, taking care of your health and diet, work effort, helping people in need, etc.

In general, specialization in the experiences we live does not lead us to greater personal maturity.

It is the variety of assimilated experiences that leads a person to increase his or her personal maturity.

When does the Belief System change?

He now realized that it was natural for change to happen all the time, whether one expects it or not. Change only surprises you if you don't expect it or count on it.

Who took my cheese?.
Spencer Johnson, M. D. .

When I do not choose; I choose to let circumstances or others choose for me.
When I choose to see my fears and not work through them; I choose to let my fears choose for me .

Signos, planetas, casas y aspectos: las creencias y su transformación (youtube.es).
Martín Ochoa.

The reality that surrounds us, the world in which we live, is in a process of permanent transformation. This means that our Belief System has to be constantly renewed.

This adaptation takes place every day, although it goes unnoticed because it is something that normally has little transcendence for us.

From time to time there are moments in life that bring about transformations that have a significant impact on the person.

These stages in his life mark a "before" and an "after" in relation to how that person relates to the world around him.

An important change in the belief system brings with it that the person relates to the reality that surrounds him/her in a different way.

This means that some or many of their ideas about important issues are modified or transformed; such as family relationships, friendships, hobbies, life goals and priorities, political affinity, religious beliefs, etc.



It is something like the person has been wearing glasses with lenses of one color and changes to wear other glasses with different lenses.

The reality that surrounds that person will remain the same, although the person will perceive it in a different way, because his way of seeing things has been transformed since he changed the color of the lenses of his glasses.

There is no specific date or precise moment that can be anticipated, although we can expect, roughly speaking, that these transformations occur in the most common stages of maturation in the person. For example, in the passage from childhood to adolescence, or from adolescence to youth, etc.

In these stages, which are predictable, the belief system undergoes profound changes.

However, there are other stages of life in which our way of relating to each other and our way of interpreting the world changes significantly and these moments cannot be easily anticipated.

An example could be that of a person who manages to survive an accident in which he is about to die and who, after returning to his normal life, the people who know him and with whom he had regular contact, notice that something has changed in his way of seeing the world or relating to it.



One woman told us that she almost died while giving birth to one of her daughters and that, after that experience, her scale of values in life changed profoundly.

Before it happened, she had highly valued certain aspects of her life, which later became things that she hardly considered important.

She told us that, for example, she no longer cared so much about everything related to financial management.

Generally speaking, we can say that life always has important changes in store for us, and although we cannot anticipate when they will occur, what we can do is prepare ourselves on a personal level to face these changes in the best possible way.

We believe that changes in life are inevitable and that, if we anticipate these changes and we ourselves produce changes in our lives, this will diminish the importance of changes outside of us, so that our action and initiative will reduce our dependence and passivity in the face of external events.

It is a matter of "updating" ourselves, seeking to improve ourselves as persons, and this will attenuate and reduce the effects that any external change may have on us.

Some people have expressed the idea that when someone, at an inner and personal level, does not have a change and dynamism in his life and in his way of seeing and acting before the world around him, then it will be the external events and situations that will produce the change in that person.

In such a way that, although the person seeks to maintain his life without modifications, the circumstances that surround him will produce the fact that he will have to make these transformations, even when he resists it.

We believe that change always happens in our lives; although we can choose if we make that change consciously and with a purpose to improve our lives or if we want to wait for life to provoke the inner change in us through external events that will shake the foundations on which our thoughts, beliefs and emotions are based.

We mentioned earlier that people tend to bond according to their affinity in the Belief System. Therefore, when a person has an important change in his or her Belief System, it is very frequent that this personal change is accompanied by a change in the social groups to which he or she belongs.

In the third class of this course, during the explanation of the Belief System, we asked:

"During the time we have been practicing Balancing and Cross Circles, have we lived, done, thought, felt, etc. anything that we previously thought we would not wish to or could not do, live, do, think, think, feel, etc.?"

If the answer is yes, possibly that person has had a change in his or her Belief System, which will be of greater or lesser importance depending on his or her personal circumstances.

If the answer is negative, it may be that nothing has changed or that some change has occurred that the person has not consciously recognized.

These are some experiences that were transmitted to us by students who took this course:

One student was not able to dive headfirst into the pool and associated it with having suffered a very unpleasant joke in a pool years ago.

She did a Balancing about it between the first and third class of the course and then she was able to dive headfirst into the pool.

We believe she shared this experience in the third class of the Neo-Kine course she was attending.



---ooOoo---



A man who was receiving this Neo-Kine course, told us that he was giving courses in his professional activity.

And he was giving an explanation to a group of his students, whom he considered good connoisseurs of the subject he was explaining to them.

This caused him to feel self-conscious and insecure on the first day he taught them.

When he finished the first class of the course he was teaching and before the second class the following day, he made an Equilibration of that situation.

The next day, in the second class, he explained with a calmness and naturalness that surprised him.

In addition, he mingled with the students, walking among them while he was giving the explanation, which he would hardly have done a few days before, under "normal" conditions.

The modification of the Belief System must be done little by little. If these modifications occur abruptly, the person will experience it as something traumatic, difficult and unpleasant.

By performing Balancings, small changes of the Belief System are produced.

If we perform Equilibrations regularly, a gradual change of our Belief System is favored; which will help us to manifest ourselves, express ourselves and live in a fuller and more satisfactory way.

A reflection

I must continually change in order to remain myself.

Teilhard de Cardin.

Change and maturity

We assume that the ability to experience different situations naturally (i.e. without feeling stress) is associated with the degree of maturity of a person. Thus, the greater the number of different situations that a person can naturally experience, the greater his or her maturity.

Maturity normally increases as the person is living new experiences in a natural way. In adolescence the person has greater maturity than in childhood, in youth he/she has greater maturity than in adolescence, etc.

Each time the stress of a daily situation, of a memory, etc. is eliminated, the level of maturity of the person increases. Therefore, **when we do Equibrations, we support our personal maturation process.**

Although this is not something exclusive to Neo-Kine; because any other technique or practice that produces similar effects, will also help to mature the person who performs these practices.



Now, by applying Neo-Kine or any other technique with similar effects, can we ever live completely stress-free in our lives? We believe that this is not possible.

As stress is eliminated in a person's life, that person's maturity increases, that is, he or she will become more and more capable of dealing with various situations without feeling stress.

However, as a person's maturity increases, so does the difficulty of the circumstances that person is experiencing.

This may seem somewhat disappointing, but just look at the maturational development of any person and we can see that this increase in the difficulty of the circumstances experienced is a constant that repeats itself continuously.

For example, a child wants to have the autonomy and security that he observes in the adolescents he knows.



When that boy becomes an adolescent, he will have those desired skills, although he will also have to face the problems of adolescence, which are usually more complex than those experienced as a child.

In other words, the new stage they are living will give them more skills, although they will also have to face greater challenges in their daily lives. So there is a new balance between their new abilities and the new challenges they have to face.

And this will continue to be repeated in each maturational change that person experiences.

In the process of personal maturation, one constantly has to face circumstances that are lived with stress and that are at the level of personal maturity that each person has.

Therefore, the greater or lesser the maturity of the person, so will be the "difficulty" of the circumstances that person lives.

If so, why not put aside any purpose of personal maturation and settle for living situations of lesser "difficulty"?

We believe the reason is simple, stagnation in life is painful (in one way or another).

Whenever we want to feel in "harmony" and in a state of "happiness", we notice that the circumstances around us lead us to live a change and adaptation.

Harmony and personal happiness are more related to change and renewal than to passivity and stability.

At any moment in life, a person who intends to make an effort to activate his or her maturation process can consciously accelerate his or her maturational development. How can we do this?

To achieve this we must take into account an interesting "idea":

The conditions that occur when a person is happy are very similar to those that occur when a person is undergoing a personal maturation process.

They are so similar that we think there could be a close relationship between living a process of personal maturation and feeling happy.

The conditions that favor feeling happy are discussed in the next section of this text.

But before we continue reading, we can do a test.



How about remembering a very happy time in our life? (that time should be at least a few days or maybe a few weeks).

Have we already done it? Well, now we should remember what we did in that stage that brings us such a good memory... and then continue reading this text; to see if really what is indicated in the following pages has some relation with our memories.

The happiest moments

What brings us closest to happiness is letting go of our mental images and views

*David del Rosario, neuroscientist.
<https://www.telva.com> (26-05-2024)*

The main basis of happiness is to unfold what you are, to give the maximum of yourself.

*Robert Martínez, political scientist, astrologer and popularizer.
La Matrix Social. (youtube.es)*

You decided not to rely on chance to find the clover, and preferred to create the circumstances for it to come to you (...) You decided to be the cause of your Good Luck.

*Alex Rovira Celma, Fernando Trías de Bes.
La Buena Suerte.*



We may have accompanied another person on a road trip to a destination and, on that short trip, we were the companion of the person driving.

Since we were not driving, we did not pay attention to the route to follow and only remembered small parts of the route. For example, a building with a very beautiful façade, a tree that stood out because of its large size, a crossroads controlled by traffic lights, etc.

Perhaps it has happened to us that, some time later, due to some circumstance, we have had to repeat the route that we did before as companions, but now we do it as drivers of the vehicle and without the guidance of another person to indicate the route to follow.

In these circumstances, the normal thing to do is to try to link the memories that we have left from when we did the route as companions. In this way, we will be able to rehearse until we complete the road that leads us to the destination we are looking for.

Some time ago, we went through a similar process trying to discover which were the "steps" or conditions that made us feel the sensation of happiness.

In the past, on several occasions, we had felt happy, although we did not know what was the cause or causes that produced that feeling of happiness.

Therefore, we tried to do a little "research", based mainly on introspection and reviewing the events and circumstances that occurred before we had that feeling of happiness.

In doing so, we realized that there were a series of personal circumstances and attitudes that were usually repeated when we had a sense of feeling happy.

Gradually, we made a list of the personal circumstances that we had when we felt a state of happiness.

That list was initially shorter than the one included here and, over time, it has been completed with our own personal observations and with the experiences, comments, contributions and suggestions of others.

We hope that this list is useful and that it is related to our experiences.

This is the list of circumstances that tend to be present in the moments of greatest happiness:

- There is a lot going on; there is a lot of activity.
- The activities carried out are different and varied.
- You act with passion in everything you do.
- It acts in a relaxed manner.
- One lives in the "Here and Now". The past and the future exist, although it feels more important to live in the present.
- Difficult circumstances are faced and usually resolved. Things are not left unfinished.
- The relationship with other people becomes easy and direct; even for those who normally have difficulty in doing so.
- The needs of other people are perceived more clearly.



- You try to help other people. You feel satisfaction in helping other people feel good.
- The need to eat decreases. With little food, satiety is felt.
- In a way, you act with the joy and spontaneity of a child.
- It is recognized that something that had been habitual in one's life for quite some time can be improved or replaced. For example, the order or cleanliness in the room or workplace, the functioning of an appliance or object that has small deficiencies (which were previously unrecognized), the style of clothing worn, etc.



- One has the sensation that one lives longer than the clocks show. As the number of experiences increases, the feeling is that more time has passed than has actually passed.
- Time is used much better in everyday life. In such a way that you find ways to optimize time differently than before. You also find more satisfactory ways to act in different situations in your daily routine.
- The simplest things cause us to feel joy and satisfaction. It can be drinking water or eating a piece of bread, seeing the smile of a person in the street, observing a landscape or the clouds in the sky, contemplating a flower, talking to someone, etc.
- Sometimes we experience unusual synchronicities; for example, when we meet, walking down the street, a person who appeared in our thoughts a few minutes before. Or we remember someone and the next day we see that he or she sent us an e-mail or called us on the phone.
- We feel a sense of harmony and inner balance that modifies our vision of the reality around us, allowing us to perceive more harmony than usual in our environment, even in the most unfavorable conditions.
- It increases our capacity to visualize and anticipate the events that we will carry out in the immediate future; which allows us to better organize our next actions.

If in our daily life we act trying to favor what is commented in the previous list, we will facilitate to feel that state of happiness in our lives.

A moment that is very similar to those "happiest moments" occurs when a person lives a stage in which he/she is in love and it is even more intense if he/she feels that this love is reciprocated by his/her partner.

In addition, we can also do a Balancing of the Goal: "I am happy" and thus correct some self-deceptions that keep us away from living that Goal in our daily lives.

In the third class of a course, we discussed the characteristics that define the moments of greatest happiness in a person's life.

Following this explanation, a participant who had attended the second and third sessions, but not the first, commented that during the previous week, between the two classes, she had experienced an unusually positive mood, feeling greater joy and satisfaction.

Initially, she did not seek to identify the cause of this well-being, she simply enjoyed it without looking for an explanation.

However, as she listened to the characteristics of the happiest moments and those moments that mark a personal transformation, she recognized that her experience of the week largely matched the description offered in the course.



And we believed that she began to relate the state of well-being she had had the previous week to her participation in the second class and to the practices of the Crossed Circles exercise, which we assume she did between the second and third sessions of the course.

Simplify the reading of affirmations

While the process for Level 1 Balancing is fairly quick, perform a Level 2 Balancing take more time, since you have to read and stress test each of the affirmations.

The process is effective, although it takes more time and can feel tedious.

Another detail to consider is that, in order to do Level 2 Balancing, you must have the list of affirmations at hand.

As our non-conscious mind retains the information of the affirmations we make and as these affirmations are always the same, we can simplify the process by referring to all of them using a single affirmation.

To do this, instead of reading and then doing the stress test with each affirmation; what we will do is to group all the affirmations into a single affirmation. For example:

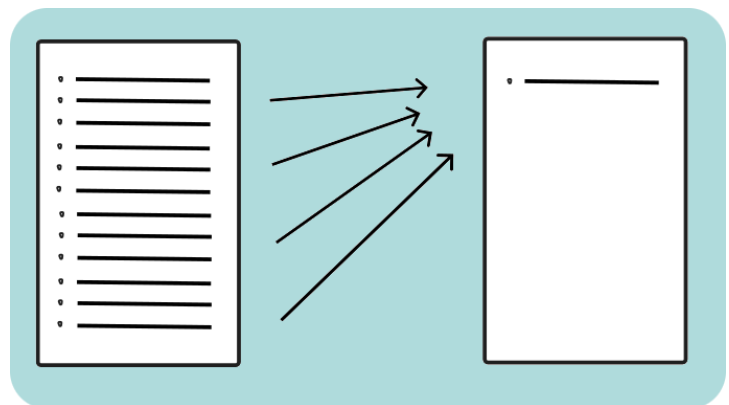
"All affirmations of this Balancing".

And then we do the stress test.

This is equivalent to reading each of the affirmations and then doing the stress test.

We suggest using the simplified phrase once we have done 3 Level 2 Balancings.

In reality, after having done a single Level 2 Balancing, it is more than enough to make that one affirmation work that lumps all the other affirmations together.



However, our own beliefs might consider that such a reduction in affirmations would cause us to forget several of those affirmations, and that would produce a stress response when using that one affirmation that represents all the others.

According to our beliefs, it will probably seem more reasonable to consider that our non-conscious mind will remember it well after doing some Equilibrations reading each one of the affirmations.

Therefore, we suggest that the Level 2 Balances be done 3 times; and then start using the single assertion.

And, finally, add that the simplification using this single statement brings with it an advantage and a disadvantage.

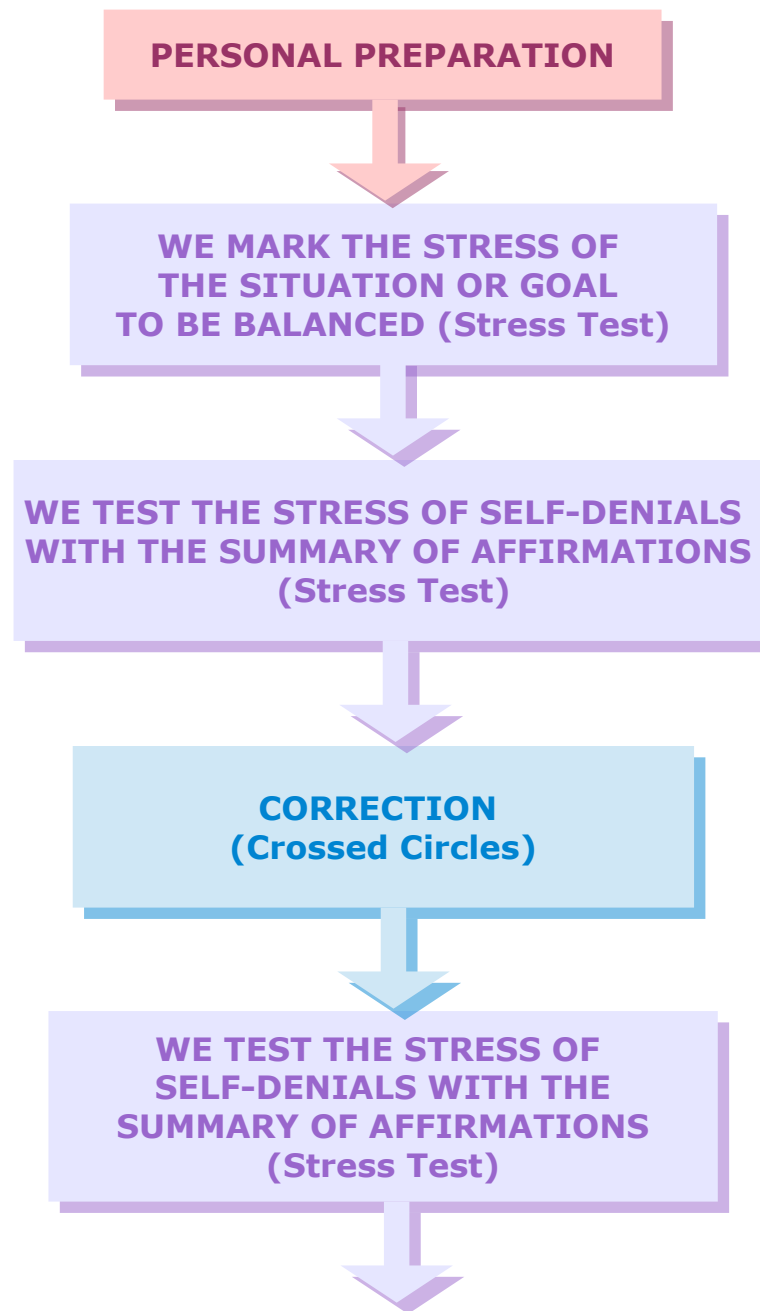
- The advantage is speed, since the time needed to do the Balancing is reduced, so that the time needed to do a Level 2 Balancing is almost equal to the time needed to do a Level 1 Balancing.
- The disadvantage is that we lose detailed information on each statement, since we cannot know in which statements there is a stress response.

And, associating the content of an affirmation with the stress response it produces makes it easier for us to understand what may be the cause of feeling stress in that situation.



The following is a guide to performing a Level 2 Balancing using the affirmation that summarizes the list of affirmations:

Outline of a Level 2 Balancing with summarized statements.



Balancing Level 2 with the summarized statements

1 - We drink a glass of water.



2 - We do the Crossed Circles exercise if we consider it necessary (due to tiredness, nervousness or other alteration).



3 - We prepare for the Stress Test.

We relive the situation or pronounce the Goal and do the Stress Test.



4 - We read the summary of affirmations and perform the Stress Test:
All affirmations of this Balancing.

5 - We do the Crossed Circles exercise.



6 - We prepare for the stress test.
We read the summary of affirmations and perform the Stress Test:
All affirmations of this Balancing.



7 - We relive the situation or Pronounce the Goal and do the Stress Test.

What can we do in very difficult times?

If we are going through a very difficult time on a personal level; we can use the benefits of the practice of the Crossed Circles to lessen the impact of those moments on us.



At such times, practicing the Crossed Circles more regularly will help us feel more able to cope with the circumstances we are experiencing.

For example, if we are going through difficult personal circumstances, we could do the Crossed Circles exercises 2 times a day, leaving 1 or 2 days a week for rest.

If we were going through extremely difficult personal circumstances, we could practice the Crossed Circles exercises 3 times a day; with a break of 1 or 2 days a week to rest.

A question that comes to mind is: Which of the 2 types of exercises should we do? The answer is that it is convenient to perform the exercise in the 2 ways we know.

The ideal is to alternate the performance of the exercise; so that, one time we do it standing up and the next time we do it sitting down.

This is the "ideal". However, if the ideal conditions are not met, it may be better to practice the crossed circles, even if we only do them standing or sitting.

In the case that we are trying to help another person who is going through a very hard or difficult time, we recommend explaining how to do the Seated Crossed Circles. And tell them how often they should practice it. For example, do it 2 times a day and do it 5 or 6 days a week.

This is because we think it is the easiest, fastest and most effective way to apply this technique.

Recommended practices at the end of Part 3

Crossed circles



Standing and Seated Crossed Circles ()*

- We suggest doing an exercise once a day. And rest at least 1 day a week.
- We recommend, for special circumstances, that each person try to find a practice frequency that fits his or her needs.

Balances



Stress Test

Crossed Circles ()*

- We do a maximum of 1 per week

(*) In the practice of Crossed Circles and when performing the Balancing Exercises, we recommend that the Crossed Circles exercises be performed alternately in the sitting position and in the standing position.

Farewell

I think the tools explained are of great value and I have found them to work. I am amazed at the ease with which everyone can solve important problems in their lives in an autonomous way.

Anonymous comment (made in the opinion survey, at the end of a Neo-Kine course).

Now that we have finished reading this text, we want to comment that everything explained in it will always be useful to us.

Even if the years go by, if we continue practicing the exercises of Crossed Circles and Balancing, we will continue to benefit from them.

The effectiveness of these techniques has no expiration date and they will be useful to us as long as we practice them.

We hope that this text will serve you as another tool to improve your life.



SHARED EXPERIENCES

In matters of culture and knowledge, you only lose what you keep; you only gain what you give.

Antonio Machado.

When we were finishing the update of this manual, in 2023; we found (in the hard disk of the computer) a folder with many text files belonging to different contents that we collected and grouped years ago.

Many of these files contained experiences that had been shared with us by different people after practicing Cross Circles and Balancing.

Other files contained notes that we had made ourselves, trying to preserve this information from experiences that we had seen or that other people had shared with us.

We read some of them, and then we realized that this small collection of information was important.

These stories are something like an application in the daily lives of these people, of what is explained theoretically in this manual.

To the original texts, some written by the people who shared their experiences, we have made small modifications to make them easier to read, understand and translate.

We have selected those experiences that seemed to us to be the clearest and most interesting.

Several of the stories included were written specifically for this text because, although we heard them many years ago and have talked about them on many occasions, we had never converted them into a written text.

However, there are many more stories that were transmitted to us orally and, although they surprised and interested us, we did not transcribe them into text and forgot them with the passage of time.



We felt that these interesting experiences should be included as a section in the text of this manual..., and we have added them.



For us it was as if, after almost completing a very tasty meal, we were unexpectedly offered a dessert with an exquisite taste.

That is the feeling we had when we added this section to the text of this manual when, until a short time before, we thought that the text was already complete.

Our most sincere thanks to the people who shared their experiences with us.

Both the experiences that are included in this section of the text, as well as those that have been discussed throughout the text of this manual.

Fortunately, she did not follow our recommendations

The following text reflects an experience transmitted by a woman who took the Neo-Kine course and shared this experience:

One day, she had an argument with her son; who was young, though tall for his age. At the moment of the argument she felt a trembling and an alteration that surprised her.

A moment later, being alone in her room, she did a Balancing about the sensation she had felt when arguing with her son.

As she did the Balancing, she remembered that she had felt a similar sensation in certain situations she had experienced with her former husband (they had been separated for years).

Therefore, she did another Balancing related to the situations she had experienced years ago with her husband.

When she finished the Balancing related to her former husband, a new memory came to her related to situations she had felt with her father, which seemed similar to those she had experienced with her son and with her husband.

She performed a third Equilibration in which she balanced the stress of the memory she had of her experiences with her father.

The next day, or a few days later, she received a call from her former husband proposing to resolve some issues that had been pending for years.

We believe that she had an exceptional opportunity to resolve, partially or totally, a personal conflict that she had been dragging since childhood.

Fortunately, in an exceptional situation, she knew how to act in an exceptional way and did those 3 Equilibrations in the same day, taking advantage of the opportunity that life had put within her reach at that moment.

Although we believe that, in "normal" situations, it would be excessive to perform that number of Equilibrations in a single day and we advise against it; we are very happy that she knew how to forget the "rules" and "suggestions" in that special situation she lived and acted the way she did.



Going to the gym and swimming pool

[The original text of this contribution was provided by a student who attended the course. This student was not completely fluent in Spanish, as her mother tongue was another language; we have corrected small errors in the original text to make it easier to read].

Here is my little story about my experiences with the NEO-KINE:



As a Balancing theme I chose "going to the gym regularly". I had never understood why I postponed going to the gym since I really enjoy going, and afterwards I feel great in body and mind. So why didn't I do it, otherwise I would make excuses: no time, my knee hurts, my back hurts, tomorrow I'll go,etc. Well, after doing the Balancing, it suddenly came to my mind that as a child, when I was between 6 and 8 years old, the other children in the neighborhood made fun of me because I could not do some gymnastic exercises that we practiced on the lawns of the houses where we lived. I felt so ashamed and hurt inside me at that time that I never did gymnastics with the other children anymore. As an adult, I had given little thought to that incident, if ever.

So the day after the first Balancing, I repeated the Balancing, this time imagining the situation as a child years before.

The day after I had no problem going to the gym. The inner barrier had completely disappeared and now I only felt joy in going to the gym.

The next day I was planning to go to the pool, but how great was my astonishment to see that I still felt the same as before with the gym. I felt very uncomfortable just thinking about going to the pool. Until I remembered that to clean up situations I have to clean up each scene [situation] by itself. In my case: go to the gym, go to the pool, go to the beach. And so I did it.

In the text, the phrase "Clean up a situation" has the meaning of: "To correct or remove stress from a situation".

Tobacco and me

A woman who practiced Neo-Kine techniques shared this experience with us:

My relationship with tobacco is like a love story, somewhat stormy, of many comings and goings.

[...] I decided to give up the habit, I succeeded for three years; I didn't smoke a single cigarette, but I took up the habit again after breastfeeding my daughter. Then I quit again for a year and I took it up again, until a month ago, I decided to use the tools I had at my disposal, [...] I did a Balancing with the Goal: "ABANDON THE HABIT OF SMOKING".



What was not my surprise that, from that moment to this, I only smoke 7 to 9 cigarettes a week and before that I smoked a box [20 cigarettes] a day. The funny thing is that the one or two cigarettes I smoke a day, cause me no stress, no guilt for having smoked it, I just accept it and enjoy it.

She was very sleepy

Years ago we conducted a study (using Neo-Kine) with people suffering from fibromyalgia.

Since we had no previous experience in a treatment of this type; when we were starting the study, we mentioned to the people who were going to participate an idea that could allow them and us to establish some reference point in a treatment that was new to all of us.

And in one of the first talks we had with the people who participated, we talked to them about the fact that, if the treatment started to work, one indicator of that would be that they would most likely start to feel more sleepy and more need for sleep.



Since insomnia and ineffective rest are symptoms of fibromyalgia, we thought we saw, in the people who listened to us, many doubts and skepticism towards what we were telling them.

Some time later, after having weekly meetings that helped us to get to know each other better, it happened that many people began to feel a reduction and relief in various discomforts that are associated with fibromyalgia.

Due to the inertia of discomfort and health problems that these people had had for years; in many cases, they were initially hesitant to accept the improvement they felt and were slow to recognize that their symptoms were actually reducing.

And one of those changes they felt was that they were sleeping better.

A woman who was participating in the study and who had initially been quite critical of the treatment she was receiving, commented at one of the last meetings we had, that she was experiencing a very different situation from what had been usual for her for years.

She told us all that she was constantly very sleepy and sleepy, being able to fall asleep when she sat in an armchair.

And for us, her words were confirmation that the treatment we were doing was working well.

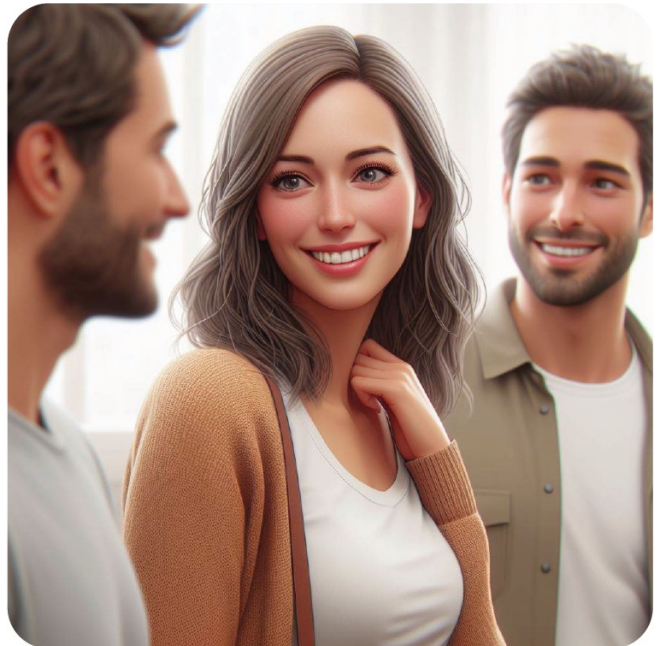
Experiences of a Neo-Kine course student

The author of these lines is a woman who took the Neo-Kine course and later participated in another course. She gave us a written text of which we reproduce here some parts:

[...] I balanced a whole bundle of chain reactions that were unleashed inside me every time I thought about my ex-husband and the circumstances surrounding us. A rather strong subject and one that I didn't dare to air [confront] before.

The effects were immediate, both in revealing dreams and in the way I faced the past, with a different point of view, and what I found most difficult was to recognize that, in spite of all the bad times I had, there were good and very good times. Perhaps, after this, I can now think about the past without any stress.

[...] I balanced the issue of my femininity, and in the same package came the pterygium of my left eye, my yang postures [dominant, masculine postures, etc.] in many occasions and my behavior or relationship with men. This big package took me a lot of work and awareness, I still believe that things come to me. But the results as always are not long in coming, they are many and varied. But as always if I change, my environment changes and in this case once again I see that the people around me see me in a different way. My eye has improved so much that what was a safe surgical intervention is no longer necessary, it is getting better every day. And my way of moving is more yin [more sensitive and feminine], but above all the acceptance I have now among men amazes me again, it is as if I was transparent before and now everyone realizes how beautiful I am.



[...] I have done a Balancing but it is still early to say its effects, I worked all my fears with the subject of men and my relationships with them, the barriers that we raise when we do not want to be hurt, when we fear to fail again in a relationship, etc All this is changing me physically, my stomach and my dreams are suffering alterations, but it is a good omen.

I hope you find my experiences helpful [...], I am finding them amazingly useful.

She only made Crossed Circles

In the following text we try to reproduce the words of a woman who recounted her experiences some time after having received the Neo-Kine course:



When asked how she had been doing in relation to the Balancing and the practice of the Crossed Circles exercises, she commented that she had done little or no Balancing, although she had been very regular in practicing the Crossed Circles.

She said that one day she realized that she was beginning to recognize that she herself had certain "things" that she never would have thought she had. (she did not specify what these "things" were, although she made a face like she was talking about something she strongly disliked.).

We didn't think it was the right time to elaborate on those "things" and then we didn't talk about it again. So we were only left with the impression that she had recognized certain aspects of her personality that, to some extent, horrified her; and that she would never have believed she had.

And, from what she said, she had achieved this mainly through regular practice of Cross Circles.

She did not like to do the standing Crossed Circles exercise

In one course, during the last class, a woman commented that she did not like to do the Crossed Circles exercise standing up; whereas, when she did it in the seated position, she did it beautifully.

We were a little surprised by the affinity and rejection so defined for each of the ways of doing the exercise; so we considered the possibility that there was a bad memory of that lady that went back to her childhood or adolescence.

Since the standing Crossed Circles exercise is supported by the hand of the arm that does not move, we thought that perhaps this woman had practiced ballet as a child and that, for some reason, she had a bad memory of that activity.

We asked her if she had practiced ballet as a child and she answered in the negative. We thought of a similar possible activity (in that it required support) and considered that it might be rhythmic gymnastics.

And, when asked if she had done rhythmic gymnastics as a child or teenager, she replied that she had.

We then asked her if it was something she liked to do as a child and she replied that she did not like it.



We believe that this was the reason why she did not like to perform the Crossed Circles exercise standing up. Since it reminded her of the gymnastics she practiced as a child, when she did not want to do it.

We didn't explain it well the first time

A student who had received the Neo-Kine course, in which she had difficulties to understand what had been explained, phoned us shortly before the start date of a new course that we were going to do.

She told us that she was hesitating about doing the course again and that she had the feeling that she would be better off repeating it.



We told her that we thought it was a good idea for her to participate in the course for the second time and encouraged her to do so, which she did.

At the end of that second course, she told us that, on that occasion, we had explained clearly.

She also added that, in the first course she had attended, we had not explained it well and, therefore, she had not been able to understand it properly.

We told her that the way we had explained it was practically identical and that the contents explained in both courses had been the same.

We asked her if she had regularly performed the Crossed Circles exercises during the time between the two courses she had received and she confirmed that she had.

We then told her that, in our opinion, what had happened was that, by regularly doing the Crossed Circles exercises, she had found it easier to understand what had been explained in the course.

We believe that she may have increased the hemispheric synchronization in her brain and, if she also performed Equilibrations, she must have done a "cleaning" of self-deceptions that made it difficult for her to assimilate what was explained.

We think that one of these two reasons, or both at the same time, produced that she could have a better assimilation of what was explained when she received the course for the second time.

A separation without communication between each party

A woman who had taken the course told us the following experience:

She had separated or divorced her husband in circumstances of little agreement between the two parties.

Her former husband took something that he knew she valued greatly. It was all the notebooks and notes she had from courses she was taking.

The situation had become blocked between both parties, since they did not communicate and did not reach any agreement on the common things they both had to share or the pending issues to be resolved, such as the return to her of her notebooks.

She chose that situation to correct his stress and performed a Balancing on it.

The next day or shortly thereafter, upon returning home, she found (hanging on the handle of the front door of her house) a bag with all the notebooks that her former husband had taken from her and was returning them to her that way.

He also told us that, after the return of her notes, communication between them had resumed and that, with regard to the car they both owned, they were reaching an agreement on how they were going to arrange to sell it or put it to another use.



She did not want to be healthy



A young woman who was studying for a music degree had to take an exam in which she was to use an instrument similar to the violin. However, she had a muscle contracture in her forearm and was unable to practice for the exam.

We attended her in consultation and, after a short conversation about the situation and the circumstances she had, we helped her to do a Balancing guided by us.

When we did the Stress Test on the self-deceptions statements, she gave a response indicating the presence of stress in a statement that made us think that: she had some non-conscious thought about her getting a benefit from having the muscle contracture in her forearm.

When we finished doing the Stress Tests in the first part of the Balancing and before doing the Cross Circles exercise, we paused and had a brief conversation. We asked her if she had benefited in the past from having that muscle contracture.

She answered us in the negative and was very surprised that I asked her that question; since it was clear that this muscle contracture was causing her significant damage.

However, a few seconds later, she had a change in her facial expression; as if a forgotten memory came to her mind. And she told us that, in the past, there was an occasion when she had to accompany other people to a musical performance and she did not want to do it.

To avoid that commitment, she excused herself from participating by arguing that she could not go to the performance because she had a contracture in her arm. In that way, she avoided attending the engagement she wanted to avoid.

After she had become aware of the possible cause of the existence of this non-conscious thought, we completed the Balancing process.

We never met again after that consultation and, some time later, the person who had introduced us to each other told us that she had been able to practice normally for the exam after performing the Balancing.

He could not enter an elevator, nor travel by plane

A gentleman was having difficulty being in small enclosed places.

He was getting married a few weeks later and planned to travel by plane on his honeymoon trip.

The woman manager of the travel agency, who knew us, recommended to him to come and see us, since, due to the difficulty he was having, it was unlikely that he would be able to travel on an airplane.

This gentleman told us that in the past he had had a problem in which he had been locked in an elevator and since then he had been panicking about the possibility of that situation happening again.

In his daily life, he avoided using elevators and it was common for him to always take the stairs, even when going to an elevated floor of a building.

We assisted him and helped him to perform a Balancing on that situation.

After that consultation he continued with his life normally, with the difference that he began to use the elevators.

Coincidentally, a few days later, he suffered another unexpected circumstance in an elevator in which he got stuck; although he was able to use the elevator again to go down to the first floor of the building, as he told us later.

After this last event, he returned a second time to our office; because he wanted to feel more confident about the proximity of his plane trip and we helped him to do a second Balancing.

We never met again after this second consultation.

Some time later, we chatted with the manager of the travel agency and asked her if she knew how the man's honeymoon trip had gone.

She told us that he made the plane trip without any problems and that he was quite comfortable. While his wife was more worried and nervous than he was.



She was an overeater

Years ago, when we were beginning to use the Neo-Kine technique in the treatment of the people we were treating in our office, a close person came to see us, a woman we had known for years, whom we helped to do a Balancing session aimed at normalizing the excessive consumption of food.



This person was overweight and we had suggested to her the possibility that she could encourage changes in her dietary habits by performing a Balancing on that subject.

Shortly thereafter, she did the Balancing with our help.

After some time, we met and asked her about the effect the Balancing had had on her daily habits.

She told us that she had noticed that she had less anxiety in her desire to eat when she sat at the table.

Now she could see clearly

In a course we taught, a woman who was attending as a student and who was possibly in her 60s came to talk to us.

She thanked us for what she had learned in the previous class and told us about her next experience:

She found it difficult in her daily life to see clearly what was around her, since she had the feeling of being enveloped in a kind of fog, which prevented her from observing things and people normally.

However, as she told us, since she had started doing the Seated Crossed Circles exercises, she had noticed that this problem had disappeared and now she could see well.



We believe he made this comment to us in the second class of that course, although it could also have been in the third class.

A Balancing for a group problem

Years ago we had occasional contact with a group of people in which one person, who was very influential within the group, had left it.

From what we gathered, this person continued to influence many of the group members and tried to organize or control their activities and functioning without being present in the group.

This meant that the people who belonged to the group spent a lot of attention and time talking and giving their opinions about the comments and actions of the person who had left the group.

Although we had never done it before, we thought that the people in the group could do a Balancing to help them overcome the distraction they were experiencing.

We proposed it to them and everyone in the group agreed to do it.



We advised them on how to do the Balancing and helped them to do it, guiding them step by step. Everyone in the group participated.

We seem to remember that, to ensure the effect was greater, we asked them to do Standing Crossed Circles and then Seated Crossed Circles.

When the Balancing was completed, we concluded the experience and later said our goodbyes.

Shortly thereafter, we chatted with one person in the group and asked him if they had had any change regarding the situation they had balanced.

He told us that they had not spoken to each other about the person who had left the group since the day they had done the Balancing.

This we considered a successful outcome, as they had achieved what they were looking for when they did the Balancing.

Ended repetitive thoughts

In one course we taught, during the second class, a woman who was attending commented on an experience she had had.

According to what she shared, she often had repetitive thoughts that absorbed her attention, which would go on for hours and, as a result, she was in a low and discouraged state of mind.

And she said that, that day when she woke up in the morning, she had these repetitive thoughts and that she took the initiative to do Crossed Circles sitting down.

We presume that she did this to try to reduce or eliminate the discomfort caused by these thoughts.

When she performed the Crossed Circles, she noticed that the repetitive thoughts "went away" automatically, "as if by magic" and did not return.



Her mood changed radically, because the thoughts that were affecting her mood disappeared.

She then commented to all the attendees that she felt it was not so important to fully understand or comprehend what was being done; since she had realized that by simply doing [what she had learned in the previous class], she got the result. Even if she did not fully know the mechanism by which this was occurring.

He did not say he planned to go out to eat

The story we tell below is not something that is linked to the application of the Neo-Kine technique; however, we found it to be such an interesting true story that we could not resist including it in this section of experiences.



A retired man, who dedicated an important part of his time to taking care of his mother, told us about a situation he was going through:

His mother was over 90 years old and needed help in her daily life.

He said that every time he went out to lunch with someone or had a social or personal commitment at noon the next day, he did not tell his mother.

And this was because, when he had informed his mother in the past, she usually woke up the next day feeling sicker than usual and in worse health.

And, under those circumstances, he felt compelled to cancel his appointment, in order to take care of his mother.

Besides, she used to feel that her state of health and well-being improved just before the noon meal.

And that used to happen every time.

He explained to us that the coincidence between his mother's worsening health condition and his having informed her that he was going to have a personal engagement was too clear to be a mere casuality

We think that his mother, unconsciously, felt sick, hoping to provoke her son to stay at home; although it is only an assumption that could be wrong.

APPENDICES

An investigation in an educational center

During the 1998-1999 academic year, we carried out an investigation in an educational center to find out the effects that students would obtain if they practiced the Crossed Circles exercises for a period of time.

It was carried out in the Centro de Enseñanza Bethencourt y Molina, which included both Primary Education and Compulsory Secondary Education levels. This center is located in the municipality of Santa Cruz de Tenerife (Tenerife, Spain).

The data obtained were analyzed by a professor of statistics.

Here we summarize what we consider to be the most important aspects of the research:

- The purpose of the research was to test whether the performance of the Crossed Circles exercises produced an increase in the students' academic performance and a positive change in their attitude and behavior.
- The research was carried out in 2 different groups: Primary 6th grade (12-year-old students) and ESO 3rd grade (15-year-old students).
- At each academic level (6th grade and 3rd grade ESO), there was a classroom whose students formed the experimental group (the students did perform the exercises) and another classroom whose students formed the control group (the students did not perform the exercises).



In 6th grade and 3rd grade ESO, the experimental groups were considered, by their teachers, as the most conflictive in terms of behavior and the ones with the lowest academic performance.

In the study:

- The difference in the students' academic results and in the attitude evaluation (issued by each teacher) was verified.

This comparison was made between the first and second evaluations (the complete course has 3 evaluations and lasts from September to June).

The aim was to find out if there was a significant difference between the results of the experimental group and the results of the control group.

This process was carried out both in the 6th grade of Primary School (with 4 subjects) and in the 3rd year of ESO (with 5 subjects).



- The students were performing the cross circles exercises during the 2nd evaluation; that is, from the beginning of classes in January (after the Christmas vacations) until the beginning of the Easter vacations.
- During that time; each day, the students in each experimental group (in 6th and 3rd grade) did the exercise of crossed circles.

In total they did it 29 times in 6th grade and 30 times in 3rd grade of ESO.

They alternated between doing Seated Crossed Circles and Standing Crossed Circles.

- The results were different. In the 3rd year of ESO, there were no significant changes that indicated that, by doing these exercises, academic performance improved or that a positive change in attitude was provoked in the students.
- However, at least in terms of academic performance, the research obtained a good result in the 6th grade group. It was not possible to verify whether there was a change in the attitude and behavior of the 6th grade students due to circumstances beyond the scope of this research.

This good result in the 6th grade group, in academic performance, was found in 2 of the 4 subjects (Mathematics and Language) whose academic results were analyzed with statistical methods (each subject separately, with the t method of Difference of Means for Independent Samples).

The result indicated that there was a statistically significant change and that the experimental group outperformed the control group in Mathematics and Language.

When a statistical analysis was done in 6th grade (with the Multivariate Analysis of Variance) that included the data of the 4 subjects together (Mathematics, Language, Knowledge of the Environment and English), the results indicated a significant statistical change (above what would have been minimally necessary); also showing that the experimental group outperformed the control group.

The tutor also commented that, in relation to the group of students who practiced the exercise of crossed circles (which was the group that initially had a lower understanding of the subjects explained), it became the group that better assimilated the contents she taught.



And she gave us the example of a content, especially difficult to assimilate for students of that age, which was not assimilated by the students of the control group, while it was assimilated by the students of the experimental group, who practiced the crossed circles.

- With respect to the attitude of the 6th grade students, there is no measurable data, but certain comments led us to believe that there was a change in attitude, although it was not possible to demonstrate it with data.

For example, a comment that we received from a student teacher who did an internship in the experimental group of 6th grade:

When she was about to start her internship, she was warned by the teacher about a student whose behavior used to be very confrontational.

Initially, she did not understand why she had been warned, since this child's behavior was normal (she started her teacher training in the second evaluation, when the students were already doing the Crossed Circles exercises).

When the students finished the practice of the Crossed Circles exercises (i.e., when the third evaluation began), this student teacher could see that the child did begin to behave in a conflictive manner.

This led us to think that the regular practice of the Crossed Circles exercises produced an effect of "normalizing" the child's behavior during the time he was doing the exercise (during the second evaluation) and that, on the contrary, his behavior was conflictive during the previous evaluation (the first evaluation) and during the following evaluation (the third evaluation).

Another example: a part of the written comment given to us by the woman tutor of the 6th grade experimental group at the end of the course: "(...) it was, in my opinion, very beneficial because the children were calmer, more relaxed and their performance increased considerably".

A study conducted with people suffering from fibromyalgia

In 2007, between October and December and for 10 weeks, we conducted a study with a group of 15 people suffering from fibromyalgia who were supported with 2 alternative therapies.

This study was conducted in the city of Santa Cruz de Tenerife, in the Canary Islands, Spain and involved a group of people who belonged to the Fibromyalgia and Chronic Fatigue Association of Tenerife (AFITEN).

One of the two alternative therapies used was taking flower and mineral essences.

The other therapy used was the regular practice of Neo-Kine. This included regular sitting Cross Circles and the practice of Level 2 Balancing. These Balancings were performed at weekly meetings.

The people who participated in the study had never practiced Neo-Kine before.



Each week a meeting was held in which doubts were clarified, explanations were given as necessary and a Level 2 Balancing was practiced.

The results showed a general decrease in the symptoms suffered by the people who participated in the study; highlighting an increase in the number of nights in which people were able to sleep on a weekly basis.

The graph represents the results of the Symptom Questionnaire used in this study at the beginning and at the end of the study. The results shown are the mean of the values of all the people who participated in the study.

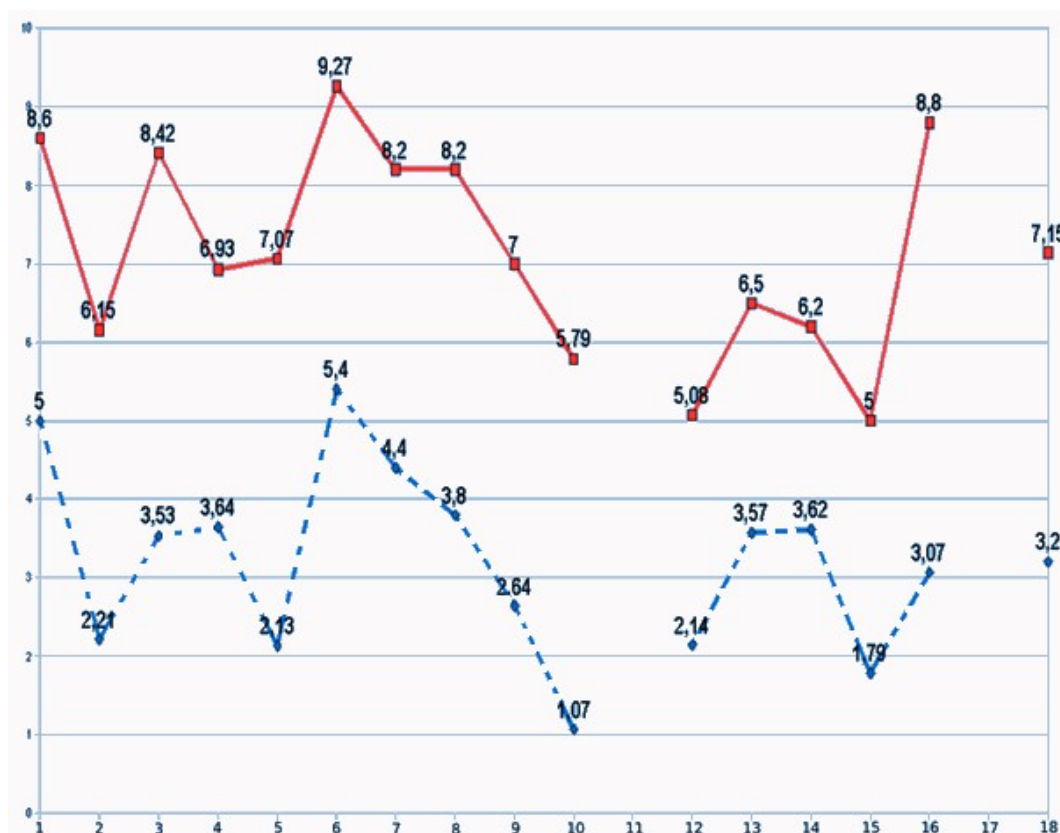
The results obtained **at the beginning of the study** (in the solid line) are represented in comparison to the results **at the end of the study** (in the dashed line).

The minimum value of each symptom is 0 and the maximum value is 10.

Results of the symptom questionnaire (higher values indicate greater discomfort and worse symptoms):

Values **AT THE BEGINNING** of the study: in the CONTINUOUS LINE (Red).

Values **AT THE END** of the study: in the DISCONTINUOUS LINE (Blue).



Symptoms represented in the graph:

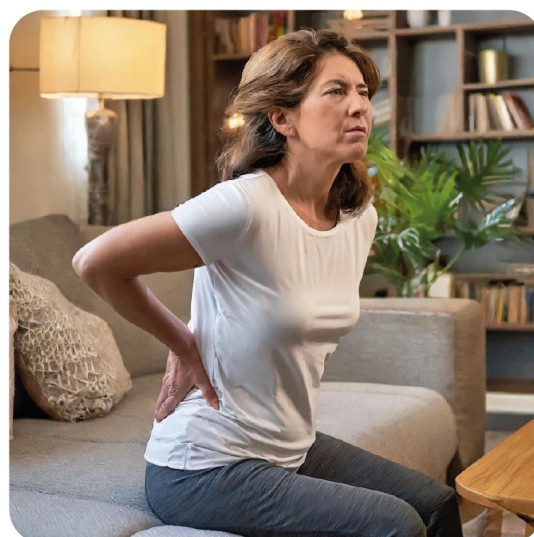
	Symptoms	At the beginning	At the end
1	Neck, shoulder and spine pain	8,6	5
2	Muscle spasms	6,15	2,21
3	Stiffness, especially when getting up in the morning	8,42	3,53
4	Feeling of swelling in hands and feet	6,93	3,64
5	Tingling (especially in the hands).	7,07	2,13
6	Fatigue	9,27	5,4
7	Poor quality sleep	8,2	4,4

8	Anxiety	8,2	3,8
9	Depression	7	2,64
10	Headaches	5,79	1,07
11	(Empty column)		
12	Irritable bowel syndrome	5,08	2,14
13	Dry mouth	6,5	3,57
14	Circulation disorders of the hands and feet	6,2	3,62
15	Restless legs	5	1,79
16	Waking up more tired than when going to bed	8,8	3,07
17	(Empty column)		
18	Mean value of the above values.	7,15	3,2

More information on the conduct and results of this study (in Spanish) is available on the Neo Kine website.

The link to this information is: www.neo-kine.com/fm

This QR code allows direct access to the web page with the information:



A thought: Why does hemispheric synchronization work, is there a trick to it?

When exercises that increase hemispheric synchronization are performed regularly, the person who does them may feel that his intellectual activity has improved, that he finds solutions to problems that for a long time he could not solve, that his emotional balance has increased and that he feels a greater personal satisfaction.

What could be the cause of this, has this person managed to develop some kind of "power" or ability in a "magical" way?

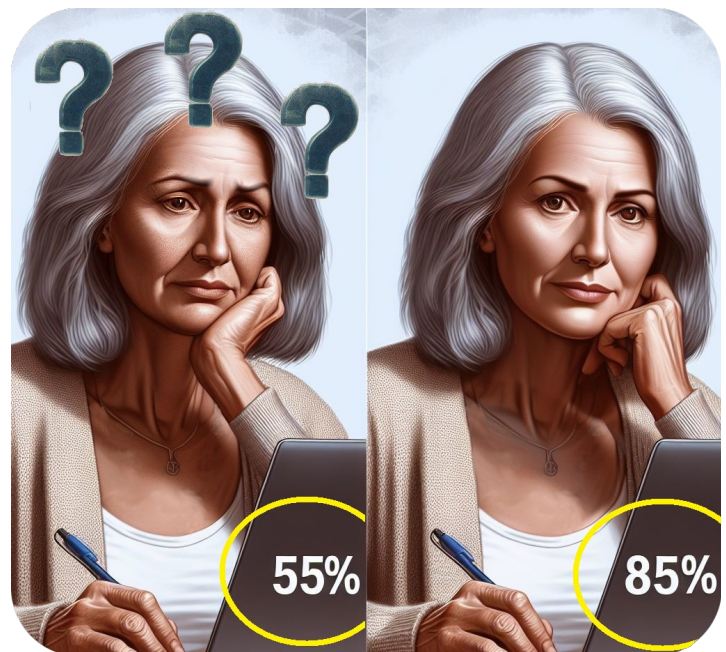
We believe that the explanation is something else; the person is simply able to better utilize his or her personal abilities.

As far as we know, there is no measure that values the development and use of the skills and abilities that each person has.

In spite of this, and to facilitate the explanation of this text, we will assume that there is a measure for it. And in that measure, the value 100% indicates that personal skills and capabilities are fully utilized.

Using this imaginary measure, we believe that, under normal conditions, human beings make use of between 55 and 65% of our personal skills and abilities.

When we increase our hemispheric synchronization, that percentage increases and possibly reaches a value that would be between 70 and 80% of our personal abilities.



That is what we achieve by synchronizing the activity of our cerebral hemispheres.

And we want to remember that increasing the synchronization of the cerebral hemispheres can be done in many different ways: walking, dancing, playing musical instruments such as the drums or the guitar, playing sports, etc.

Although, in the case of the practice of Neo-Kine, there is another factor that perhaps can justify the increase of abilities that we notice when practicing it: The realization of Level 2 Balancings allows us to reduce the non-conscious self-deceptions that we have.

Doing Balancings that act on self-deceptions brings about a reduction of limitations and an increase in the use and expression of our personal abilities.

Always keeping in mind that this is an assumption, we believe that the frequent practice of correcting self-deceptions would increase this imaginary percentage by 10 to 15% more.

In this way, a person who does hemispheric synchronization exercises and who reduces his or her self-deceptions on a regular basis, notably increases the capacity to express his or her personal abilities on a mental and emotional level.

We clarify that the values in percentages that we have included in this text are only used to transmit the ideas in a simple and clear way; because they are not real and are only our personal subjective estimations.



Years ago we gave a course in Mexico City and, during a break in the second class, a student commented that, after performing the standing crossed circles exercise, he had "fallen many twenties".

That phrase left us puzzled, since we did not know the meaning given in Mexico to the expression "me cayeron muchos veinte" (many twenties fell on me). Although, from the way he expressed himself, we understood that he considered the experience he had had to be positive and beneficial.

We did not ask him what his comment meant; although we discussed it with a Mexican friend when the class was over. She explained that it meant that he had understood something or that he had had a very good idea about something.

And that was the memory that stayed with us for a long time. However, now that we are preparing this second edition of the manual (May 2024), we have remembered that experience and thought of including it in this text.

Therefore, as the memory of our friend's explanation could be distorted by the passage of time, we confirmed it with a query to Gemini (an artificial intelligence model publicly accessible through a web page browser).

Below we include 2 paragraphs extracted from the response of that artificial intelligence model, to the question, "What does the expression 'Me cayeron muchos veinte' mean in Mexico?":

"The Mexican expression 'Me cayeron muchos veinte' is used to indicate that the person has finally understood something that he/she did not understand or did not grasp before".

"(...) Over time, the expression 'me cayó el veinte' spread to refer to any situation in which a person finally understands something that he or she did not understand before".

---ooOoo---

Years ago, in the third class of a Neo-Kine course, a student who was attending, looked at us and expressed himself in a way that seemed to us that he had discovered something and wanted to confirm it with the question he was asking us.

He made the following statement: "You explain this to us now (in the third class) because, if you had explained it the first day, we would not have understood it".

We answered that we were, with a nod of our heads, as we pondered his question.

That question made us realize that we were actually doing something similar to what he had stated, although we had never thought of it from that point of view before.

What we were looking for (with the week of separation between each class when teaching a course) was to help people to practice the Crossed Circles and the Balancings and that, based on their experiences, it would be easier and more natural for them to learn and assimilate what would be explained in the subsequent classes.



Although it was also true that, with this practice of Crossed Circles and Equilibrations along with having a few days to assimilate these experiences, we sought to promote the understanding and assimilation of what was explained in the course.

---ooOoo---

A man in his 60's, who knows and practices Neo-Kine, comments on an experience he had in his work environment. He has to resolve, in his workplace, a situation that depends on the decision of other people.



He has to wait for the administration of the place where he works to reply to a written request he made several weeks ago and has not received an answer.

Many important things depend on this answer.

He has been in a situation of restlessness and waiting for weeks, which is affecting him emotionally. He feels uncertainty, frustration and doubt.

At that moment, he realizes that he could perform a Neo-Kine Balancing on that situation; reliving the mental and emotional states he is having during the time he is waiting for the answer.

He does the Balancing and, before an hour has passed, he begins to consider new actions he can take, which he had not considered before and which may facilitate the process he wants to perform.

When he applies these new ideas, he notices that the blockage he felt is transformed and he begins to make progress in what he had been stuck on for weeks.

---ooOoo---

See also the comment "The first time we didn't explain it well" in the Shared Experiences section.

Can we maintain the state of hemispheric synchronization?

We believe that the state of hemispheric synchronization is something similar to the physical fitness that people who participate in international sports competitions must have.

Their training must be constant. Even when others take a break, these people maintain their training so that they can continue to compete at the highest level.

Years ago, a person who aspired to participate in the Iron Man (a sporting competition that requires extraordinary physical fitness), made the comment to us that, on Christmas or New Year's days, if we observed someone swimming in the sea, they were probably people who were thinking of participating in that event or in another similar event; since to maintain a high level of sporting performance, they needed to have constant training.



Something similar happens with Hemispheric Synchronization; if we wish to maintain it, we must regularly practice exercises or activities that favor it.

We recommend the practice of Crossed Circles and these exercises are complementary to any other practice, such as walking, playing the guitar or drums, dancing, playing sports, etc.

If we are perseverant, our regularity will favor that, little by little, our Hemispheric Synchronization will increase. The more regular and constant we are, the better results we will have.



An example that seems to us quite suitable for this topic is that of a helicopter.

This device, when it does not move its blades, is resting on the ground and, when it wants to rise, it has to move its blades very fast to be lifted.

The higher the helicopter wants to rise, the higher the speed at which its blades rotate and, as the speed of its blades decreases, the helicopter loses altitude and stays on the ground when its blades are still.

In this comparison, the state of Hemispheric Synchronization would be the equivalent of raising the helicopter to a high altitude, and the speed at which the helicopter's blades rotate would represent the regularity with which we perform activities or exercises that favor Hemispheric Synchronization.

---ooOoo---

A gentleman who regularly practices the Crossed Circles exercises, along with other personal practices, finds himself living in a moment of great mental clarity, clarity of thought, will and determination to achieve his personal goals.

However, one day he realizes that this state of clarity of thought, emotional balance and clear purpose begins to fail.

He no longer feels as much determination, nor as much will as he had in recent weeks; which surprises him a little. He also notices that he spends too much time on activities that he finds enjoyable, yet take him away from achieving his personal goals, and he notices that his mood is less balanced than in the past few weeks.

The next day, upon waking up, the idea occurs to him that there may be a relationship between the loss of well-being he began to recognize the day before and the practice of Standing Crossed Circles he had been doing for the past few days.

Months ago, he had decided to be very consistent by practicing Crossed Standing Circles 6 days a week and resting 1 day. And he had done so for months. However, in the last few days he had made an exception and had stopped doing Standing Cross Circles for many days.

From that moment on he resumed practicing the Standing Crossed Circles with the regularity he had set himself months before.

A few days later, he began to notice that he was regaining the level of personal well-being he had had weeks and months before.



GloFU, something different from Neo-Kine

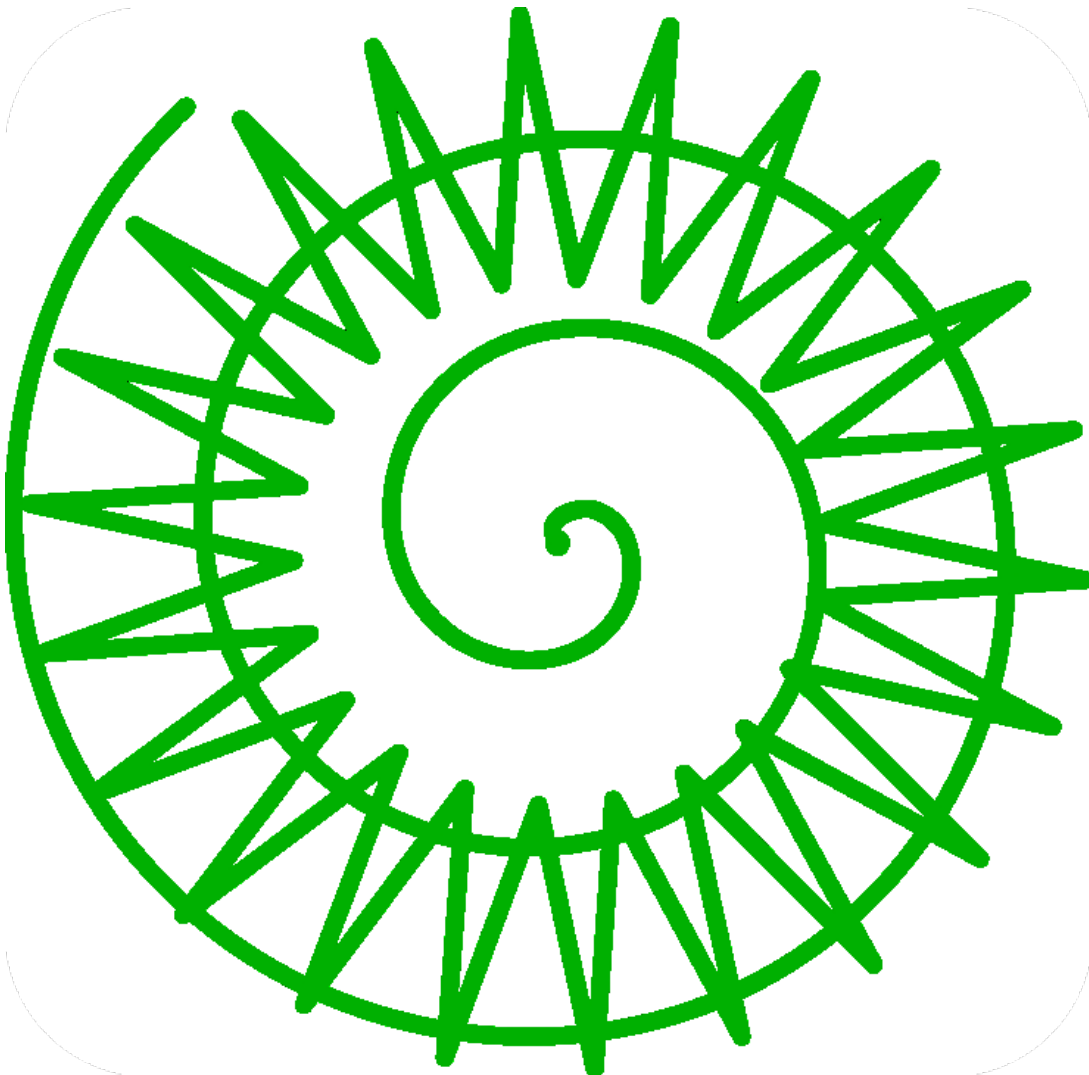
In addition to the Neo-Kine technique, we have worked and developed a system that is designed for those people who, apart from seeking to improve their lives, also have spiritual motivations.

For those people, we recommend the visualization of the GloFU symbol.

We can find more information about it on the web page: <https://glofu.eu>
(The QR code goes directly to that web page).



That information is less elaborated and organized than what we offer in this manual.



GLOSSARY

CROSS CIRCLES EXERCISES

These are exercises that are performed by simultaneously moving opposite limbs and eyes. The movements are performed by making circular displacements.

They have the effect of favoring Hemispheric Synchronization (the "integrated" activity of the cerebral hemispheres) and, with it, of reducing stress.

BALANCING

A Balancing is a process, which consists of several actions. The most important actions are the performance of the Stress Test and the Cross Circles exercise.

Their effect eliminates or reduces stress in a specific situation or statement.

This manual explains how to perform two types of Balancing: Level 1 and Level 2.

STRESS

A classic definition applied to Stress is: "A non-specific response of the organism to a given stimulus".

Another possible explanation of Stress is: "The state in which a person finds himself when he experiences more than he can assimilate".

HEMISPHERIC SYNCHRONIZATION

It is the simultaneous activity of the two cerebral hemispheres in a "coordinated" manner. When this simultaneous activity is present, the Stress Response is reduced or disappears.

Performing activities with opposite arms and legs, favors this state. For example, swimming, walking, dancing, playing the guitar, etc.



UNCONSCIOUS MIND

It is the part of the mind that performs mental processes that are unnoticed by the person. It also stores memories that are not accessible to the person's will.



Many of these mental processes are "neutral" or beneficial to the person, although other processes may be inappropriate to that person's desires or purposes, creating situations that he or she experiences in a conflicted way.

Thoughts considered "inadequate" on a social level, such as certain types of prejudice, are usually in this "zone" of the mind. For example, racist, violent, supremacist, etc. ideas.

These thoughts and attitudes (which are often not conscious to the person) are often rejected by people in their conscious thoughts.

GOAL

It is a verbal statement that describes the realization of a goal that a person has.

To optimize its effectiveness, it should be written following a series of rules: it is written in the present tense, it is written in the affirmative, it does not include conditions, etc.

Some examples of goals are: "I accept criticism of my job responsibilities as a matter of course", "I dedicate 5 hours a week to learning languages", "I speak fluently and naturally in public", "I benefit from a healthy diet", etc.

STRESS TEST

It allows to know, through the response of the muscles, if a person has a stress reaction to "something" (a real or imagined situation, a memory, a phrase, etc.).

The Stress Test allows:

- Detect the presence of stress before "something" (a thought, an emotion, a memory, etc.).
- To direct the effect of the exercises that favor Hemispheric Synchronization towards that on which the Stress Test is performed.

The practice of the Stress Test allows to discover the presence of certain types of thoughts in the non-conscious mind, in an indirect way.

BELIEF SYSTEM

It is the set of beliefs, opinions, tastes and interests that a person has about the world around him.

It defines the standards of conduct and values by which that person will be governed to organize and live his or her life.

It can have many important differences depending on the culture in which each person lives. Since each culture promotes its own values and beliefs.



SITUATION

A situation is something that the person is experiencing, has experienced, or is likely to experience in the future.

For example, conversing with another person, preparing food, speaking in public, going on an intimate date, driving a car, talking on the phone, taking your children to school, playing sports, cooking, using a computer, walking down the street, etc.

Any situation can be experienced as natural or stressful.

Sources of Information and acknowledgment

Much of the information that served as the basis for this manual was learned through the Touch For Health and Three in One Concepts schools of kinesiology.



Much of the loose data collected in this manual was received from people with whom we talked, from whom we received courses, or from people with whom we have had personal or professional dealings.

We have tried to accompany the quotations included with the names of the authors.

In the personal experiences included, we have maintained the anonymity of the people who told us about them or who gave them to us in writing.

Our thanks to all these people for the great help that, in many ways, they have given us in the preparation of this manual and to all those who directly or indirectly helped us to produce it.

Many of the images used in this manual were elaborated with Artificial Intelligence. And many of them were edited and modified to include them in this manual. The rest are images and photographs by a graphic designer or illustrations and photographs by the author.

Some of the images used have been made by combining real photographs and images generated by Artificial Intelligence.

With the exception of the images elaborated with Artificial Intelligence or made by a designer, of the cited texts and of the texts provided to the author by Neo-Kine practitioners, this manual is copyrighted by the author of this work.

Information about this text

This text was originally written in Spanish. Currently (February 2025), this text has been published in Spanish and English.

The content of this text can be downloaded in PDF format free of charge from the website <http://www.neo-kine.com>. This is the QR code that allows direct access to that web page:



This text, as a book published on paper, can be purchased online at Amazon.

The text, printed on paper, is aimed at those who prefer to read a traditionally published book. And its sale favors and supports the free dissemination of this manual in digital format.

Publication **in English**.



Publication **in Spanish**.



Authorization to copy this manual

The author of this text authorizes the copying and distribution of this text (in whole or in part), provided that such copies are made in digital format (PDF or e-book).

The author of this text does not authorize the free copying or free distribution of this text (in whole or in part) from the paper book format.

Author data

Ramón Ramos Fernández has a degree in Psychology.

He trained in Kinesiology at the schools Touch For Health with Fernando Muñoz Caravaca and Three in One Concepts with Francesca Simeón Roig.

After practicing Kinesiology for some time, he developed a therapeutic method with the intention of making it simple, self-applicable, easy to learn and oriented to the correction of psychological problems.

To do this, he used concepts, data and methods from traditional and alternative therapeutic techniques, especially from Kinesiology.

That is Neo-Kine.

---ooOoo---

Author of this text: Ramón Ramos Fernández
E-mail address: [**neokine@gmail.com**](mailto:neokine@gmail.com)

Cover design, layout and proofreading: Ada Malvada

Foreword to the 2024 edition: Alicia Díaz Paz

Photo models: Ramón Humberto Ramos Martín, Ada Malvada and Diana Ramos Martín

Web Page: <http://www.neo-kine.com>

Contents:

PRESENTATION 2024.....	5
PRESENTATION OF THE ORIGINAL TEXT.....	7
FOREWORD TO THE EDITION 2024.....	9
RECOMMENDATION FOR READING THIS TEXT.....	11
RESPONSIBILITY.....	13
 PART ONE.....	 15
LEVELS OF MANIFESTATION.....	15
BALANCE AND IMBALANCE.....	17
LEVELS OF THE PERSON AND TIME OF EQUILIBRATION.....	19
HEMISPHERIC SYNCHRONIZATION.....	22
HEMISPHERIC SYNCHRONIZATION AND STRESS.....	24
 CROSSED CIRCLES (SEATED).....	 25
HAND AND FOOT MOVEMENT.....	28
EYE MOVEMENT.....	28
WHEN TO DO THEM AND EFFECTS OF PRACTICING CROSSED CIRCLES.....	30
DOING CROSSED CIRCLES WHILE HAVING LIMITATIONS IN MOVEMENT.....	31
 THE STRESS TEST.....	 32
CHOOSE THE SITUATION TO WHICH WE ARE GOING TO CORRECT THE STRESS.....	32
WHAT IS IT FOR?.....	33
THE STRESS TEST AND THE UNAWARE MIND.....	35
STRESS TEST ATTITUDE.....	37
HOW TO PERFORM THE STRESS TEST.....	38
PREPARING TO TAKE THE STRESS TEST.....	40
 LEVEL 1 BALANCING.....	 42
WHAT IS A BALANCING?.....	42
SCHEMATIC DIAGRAM OF A LEVEL 1 BALANCING.....	44
BALANCING (LEVEL 1).....	45

THE RESULT OF PERFORM A BALANCING.....	46
WHY LIMIT THE PRACTICE OF BALANCING?.....	47
REVIEWING THE ENTIRE PROCESS.....	49
ACTIVATE, BRAND AND ELIMINATE STRESS.....	49
THE RETURN TO EQUILIBRIUM.....	51
UPS AND DOWNS OF SYMPTOMS ON RETURN TO HEALTH.....	55
NOTE THE BALANCES MADE.....	57
RECOMMENDED PRACTICES AT THE END OF PART ONE.....	60
PART TWO.....	63
CROSSED CIRCLES (STANDING).....	63
HOW TO PERFORM IT.....	64
THE CONSCIOUS AND NON-CONSCIOUS PART OF THE MIND.....	67
THE SELF-DECEPTIONS.....	67
CHARACTERISTICS OF THE SELF-DECEPTIONS.....	70
THE SELF-DECEPTIONS AND THE PERSONAL CHANGE.....	73
BALANCING LEVEL 2.....	77
SCHEMATIC OF A LEVEL 2 BALANCING.....	79
BALANCING LEVEL 2.....	80
WHICH CROSSED CIRCLES EXERCISE WILL WE USE IN THE EQUILIBRATIONS?.....	82
IF WE DOUBT THE RESULT OF THE STRESS TEST.....	83
SITUATIONS TO BE BALANCED.....	84
RECOGNIZING THE SITUATIONS THAT CAN BE BALANCED.....	87
POSSIBLE EFFECTS OF PERFORMING BALANCING.....	88
A REPRESENTATION OF THE PROCESS OF STARTING TO SUFFER FROM STRESS AND ELIMINATING IT.....	91
RECOMMENDED PRACTICES AT THE END OF PART TWO.....	98
PART THREE.....	101

THE GOALS.....	101
BALANCING A GOAL.....	103
BALANCING LEVEL 2 WITH GOAL.....	105
SUGGESTED GOALS.....	106
THE BELIEF SYSTEM.....	108
WHAT IS THE BELIEF SYSTEM?.....	109
SOME FEATURES OF THE BELIEF SYSTEM.....	113
THE BELIEF SYSTEM AS A LIMIT.....	119
EVOLUTION OF THE BELIEF SYSTEM AND PERSONAL MATURITY.....	122
WHEN DOES THE BELIEF SYSTEM CHANGE?.....	127
CHANGE AND MATURITY.....	131
THE HAPPIEST MOMENTS.....	134
SIMPLIFY THE READING OF AFFIRMATIONS.....	138
OUTLINE OF A LEVEL 2 BALANCING WITH SUMMARIZED STATEMENTS.....	140
BALANCING LEVEL 2 WITH THE SUMMARIZED STATEMENTS.....	141
WHAT CAN WE DO IN VERY DIFFICULT TIMES?.....	142
RECOMMENDED PRACTICES AT THE END OF PART 3.....	143
FAREWELL.....	145
SHARED EXPERIENCES.....	147
FORTUNATELY, SHE DID NOT FOLLOW OUR RECOMMENDATIONS.....	149
GOING TO THE GYM AND SWIMMING POOL.....	150
TOBACCO AND ME.....	151
SHE WAS VERY SLEEPY.....	152
EXPERIENCES OF A NEO-KINE COURSE STUDENT.....	153
SHE ONLY MADE CROSSED CIRCLES.....	154
SHE DID NOT LIKE TO DO THE STANDING CROSSED CIRCLES EXERCISE.....	155
WE DIDN'T EXPLAIN IT WELL THE FIRST TIME.....	156
A SEPARATION WITHOUT COMMUNICATION BETWEEN EACH PARTY.....	157
SHE DID NOT WANT TO BE HEALTHY.....	158
HE COULD NOT ENTER AN ELEVATOR, NOR TRAVEL BY PLANE.....	159
SHE WAS AN OVEREATER.....	160
NOW SHE COULD SEE CLEARLY.....	161

A BALANCING FOR A GROUP PROBLEM.....	162
ENDED REPETITIVE THOUGHTS.....	163
HE DID NOT SAY HE PLANNED TO GO OUT TO EAT.....	164
APPENDICES.....	167
AN INVESTIGATION IN AN EDUCATIONAL CENTER.....	167
A STUDY CONDUCTED WITH PEOPLE SUFFERING FROM FIBROMYALGIA.....	171
A THOUGHT: WHY DOES HEMISPHERIC SYNCHRONIZATION WORK, IS THERE A TRICK TO IT?.....	175
CAN WE MAINTAIN THE STATE OF HEMISPHERIC SYNCHRONIZATION?.....	179
GLOFU, SOMETHING DIFFERENT FROM NEO-KINE.....	181
GLOSSARY.....	183
SOURCES OF INFORMATION AND ACKNOWLEDGMENT.....	186
INFORMATION ABOUT THIS TEXT.....	187
AUTHORIZATION TO COPY THIS MANUAL.....	188
AUTHOR DATA.....	189

