

ENERGY FLOW BALANCE (EFB) – a category of corrections in their own right

The Energy Flow Balance category of the HK Energy Correction Factors balances the flow of energy through both the physical body and the Energy System. **Need to know:** In EFB: Sensory Energy Function corrections we are addressing the stress along the sensory pathway as the sensory information comes from the environment through the sense organ along the sensory pathway to the brain. The External Sensory Functions provide us with information coming in from the external environment.

EXTERNAL FUNCTIONS

Vision	Audition	Cutaneous	Olfaction	Gustation	Vibration	Magnetic
Each category has specific aspects to consider:						
Glasses? Single, Both or Alternating Eyes		Active or Passive	Check for disturbed reactions	Check for disturbed reactions		
Eye Position	Sound Source	Source	Source	Which taste?	Source	What part of the body?
Eye Movement	Sound Quality	Where to touch?	Combination	Intensity	Where applied	Which polarity of the magnet?
Near / Far *2 possibilities Focus and Convergence	Point of Origin	Quality of touch	Intensity	Combination	By what? / By whom?	Which ECF from the menu will correct it?
Co-ordination	Mono or Stereo	Touched by?		Sweet	Quality	
Peripheral Movement	Combinations			Sour	Intensity	
Light / Dark				Salty	Combination	
Black				Bitter		
Colour				Pungent		
Patterns				Astringent		

The internal sensory functions. These allow the correct transmission of information to the brain from feedback signals originating within the body. This category of corrections can include feedback about hormones, blood pressure, internal chemical balance, metabolism, peristalsis, respiration, and cell mitosis. The body also needs constant feedback about its orientation in space, vestibular function and spatial awareness. **The physical body needs constant feedback for our bodies to function optimally.**

INTERNAL STRUCTURES

INTERNAL SENSORY FEEDBACK	KINESTHESIA
Aspects to consider	Aspects to consider
What part of the body is involved?	Body Position
What is the stimulus?	Co-ordination
- Heat	Balance / Vestibular Function
- Cold	Orientation in Space
- Pressure	
- Ingesting a substance*	
* Check for energetic disturbed reaction first	

Need to know: All EFB: corrections facilitate (i) the processes of receiving and understanding physical sensory input (ii) the smooth flow of Energy from the physical body out through the rest of the Energy System and (iii) the smooth flow of Energy through the physical tissues and organs.

For all EFB: SEF we usually hold NVs so ask about them first.

When doing the EFB: Sensory Energy Functions we have **three** possibilities to consider.

(1) Simple groups

(2) Mixed Groups

(3) Combination Groups

- (1)** In simple groups, all the items within the group will come from just one type e.g. all Vision items, all cutaneous items, all one of the internal senses etc.
- (2)** In Mixed groups, individual items come from different senses e.g. one from Olfaction and from Cutaneous and one from the Internal Sensory Feedback etc.
- (3)** In Combination groups, the individual items will have more than one aspect and the aspects come from the different external senses and from the internal senses.

Simple

<ul style="list-style-type: none"> - Look up right - Look up right then down left - Watch a moving target i.e. pencil at 14" moving anticlockwise 12 inches from body - Look at blue, pink, green paper fanned out at 30 degrees - Look at map of inner London - Taste salt* (TW 21 TL ↓ salt on CV 6 - tapped) - Taste sweet (maple syrup) - feel hard plastic manual cover pressed against side of arm - rub ball of wool on same arm - place hands in a bowl of cold water 	<ul style="list-style-type: none"> - heat pad on right posterior forearm - light pressure on mid right posterior forearm - firm massage on right posterior forearm - stand with knees slightly bent arms by side - stand with knees slightly bent and swing arms at waist level around the body back and forth – right to navel and left to mid-back and reverse - walk along a straight line one foot behind the other - walk backwards with eyes closed in as straight a line as possible - walk forwards balancing a light tray on head
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Mixed

<ul style="list-style-type: none"> - Sniff rosemary - Look at black - Feel a hot cloth against left knee - Taste a combination of bitter and sweet - Look up right and down left - Look straight ahead while someone walks back and forth 3 feet off to the side - swing a tennis racquet as if serving - do cross crawl right hand to left knee and left hand to right knee 	<ul style="list-style-type: none"> - Look at a mandala with concentric circles - balance on right foot raising left knee to 90° - Taste salt * (TW 21 TL ↓ salt on CV 6 – tapped) - Medium heat applied to swollen joint on left middle finger - Rub the area gently in a slow stroking action - Gently stretch the finger - Sniff lavender
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Compound

- E Look at Mandala
Taste bitter and astringent
Listen to 'The lark ascending'
- E Sniff rosemary
Client grips their left thumb firmly
Look at a fan of red, blue, orange
Bend knees and stretch arms upwards
- E Taste sweet
Look at red
Feel silk
- C Sniff fairy liquid
Client rubs forehead
- E Look at diagram of local bus routes
Taste bitter, salt and sweet in equal proportions
Listen to children humming
- E Sniff chamomile
Look at fan of colour – red, blue, yellow
Feel the smooth skin of a banana
- C Taste sour
Client holds forehead in both hands
- E Balance on left leg right foot 6 inches off floor
Hold hair dryer and feel the vibration
Listen to engine running outside

EFB: COGNITIVE SENSORY ENERGY INTEGRATION

Need to know: EFB: C-SEI corrections address the stress generated as the brain attempts to interpret the information coming from the senses. The processes of remembering and understanding do involve various aspects of sensory information - how it looked, smelt, felt etc. Although in these corrections we are asking clients to think in some way it is important that there is no underlying psychological stress generated.

EFB: C-SEI PROCESS OF THINKING TOPIC

With this C-SEI the client thinks around a specific topic. Very similar to the EFB: C-SEI Process of Remembering correction below but in this case, you need to test out the required topic as this will take the client into one specific part of the brain to find the information to decode.

Examples: Think through the points you might put forward for justifying your decision to move house
Think about how you would explain how HK works to a potential client

EFB: C-SEI PROCESS OF REMEMBERING

This deals with stress generated when we attempt to recall information that is already laid down. No one knows for sure how memories are first stored away by the brain perhaps as a hologram or an energy pattern. For this correction, we have to recover the encoded information and decode it so we can bring it to the surface to 'remember' it. Providing the information is embedded in the brain then this EFB: C-SEI correction will help to recover it as we attempt to recall (remember) the details around the suggested topic. Check out these possibilities for the item – it is possible any or all of them would do:

- Family events or the plot of a film, TV drama, play, opera or book recently seen or read
- Directions to a specific place so they could tell someone else how to get there

EFB: C-SEI PROCESS OF UNDERSTANDING

Remember what we choose in itself must not generate the stress pattern. It is the process of understanding how we do something / how it works / about it generally that highlights the pattern of stress. Check out these possibilities for the item:

- Simple puzzles work really well here. It is the process of understanding how the pieces fit together that makes the pattern of stress. The client does not have to crack or complete the puzzle for the correction to work. Hold the points as usual until the energy changes and locks in.
- Filling out forms – good idea to collect and photocopy a variety of forms that people encounter on a daily basis. However, if filling out forms freaks a person out then this would not work.
- The London Underground map or bus routes. Download your local bus routes.

Example: If you wish to travel by underground how many different routes could you take from High Street Kensington to Covent Garden?



EFB: C-SEI PROCESS OF MEMORIZING / LEARNING

With this C-SEI you need to explore with the client how they learn and memorize new information. Here we are dealing with not just the laying down of information but laying it down in a way that the client can easily access it and recall it to the forefront of their brain. Encourage them to get as many senses as possible involved. **Preferably work with something with which they wish to deal.**

Look, Say, Cover, Look, Write and Check.

- Look at what is to be memorized
- Say it out loud and perhaps touch it
- Cover it and recall it
- Look at it again
- Cover and write it out
- Check what has been written
- Repeat these steps until client feels confident they have it.

EFB: C-SEI Foreground / Background: (Focus / Distraction)

Seeing / Looking

If you were in your garden and paying conscious attention to some specific plant then you see all the fine detail of that plant but if you are looking around generally but not focusing on any specific part of the garden you would not see fine detail.

Listening / Hearing

If you are consciously listening to a piece of music then you notice all the various subtle variations in the rhythm, tonal qualities and cadences whereas if there is music going on in the background although you may hear it, you do not pick up the fine details of sound that you would, if you were paying the conscious attention to it.

Feeling / Touching (Feeling as in physical touch)

Parts of our bodies are touching and being touched by many different surfaces including the fabrics we are wearing but we do not normally pay conscious attention to how our clothes feel against our skin. However, if you were to consciously feel a piece of fabric then you become aware of its texture.

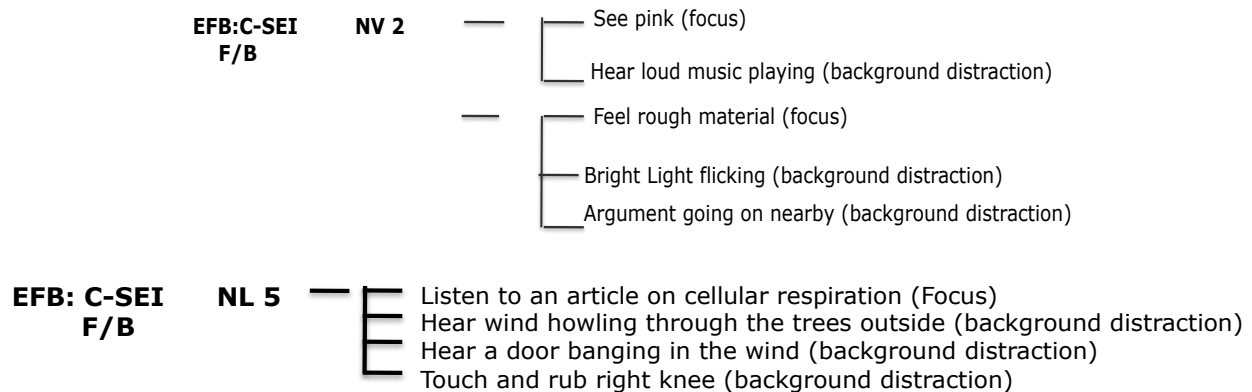
Speaking / Talking

A tutor attempting to put across information to their students is in speaking mode as that is where their conscious attention is. If the tutor's mind wanders because they have become distracted then they switch into talking mode as they are no longer giving conscious attention to what they are saying.

Each of the first words in the pairs above is where the focus is and Dr. Scott calls this foreground. The second word in each of the pairs Dr. Scott calls background. Background requires no major thought or conscious attention and is often a distraction to the conscious input.

Energy Flow Balance – Sensory Energy Function and Cognitive Sensory Energy Integration

Need to know: For all EFB: C-SEI items the stress occurs as the brain attempts to interpret the sensory signals it is receiving from input along the nerve pathways. The groups tend to be 1-3 items and each item will have one focus and any number of distractions. It is easier in a clinical situation to find and do each item one at a time.



This correction helps people to multi-task more easily and without being stressed by all the distractions in their daily lives when they need to pay conscious attention to some particular job in hand. It is particularly good for stress in the workplace – where there are many distractions whilst the person is trying to focus on the task in hand. Open plan offices are becoming more common within the working environment and many people find them stressful. Over the years, I have noticed that the more distractions within an item the fewer separate items the group will contain.

Further thoughts on ENERGY FLOW BALANCE SENSORY ENERGY WORK

For some clients, the ECF is a combination of both the SEF and C-SEI aspects. This correction could be set up as a P/OM or if you had been led to EFB on the menu and it wasn't one of the regular ones then it would be an EFB: Other i.e. a combination of SEF and C-SEI

Many people are stressed in a working or learning situation. It can be because of the angle from which they are looking at or hearing the person speaking to them. This can be compounded by the need to take notes on the information they are listening to or the graphic presentation they are seeing. It could also be the background noise levels or the quality of the lighting.

Absorbing lots of information from closely printed text, particularly in bold black can also cause EFB stress. This would be both SEF and C-SEI stress.

Musicians often suffer both SEF and C-SEI stress when playing in a group where they are both watching a leader or conductor and reading their own music.

If your next ECF is EFB and it is not one of the Chakra corrections **ask**, "Is this a standard* EFB?" If not, ask for what task is that the client needs to perform to highlight the stress. You could have an EFB with a number of items ranging from simple tasks in SEF or the C-SEI categories and then graduating into items with more than one aspect and including both.

Examples:

1. Eight-year old boy struggling to read simple paragraphs, whose spelling was confused and writing illegible – he was dyslexic.

First session after doing a group of ECS: BBEI and two Ψ groups next thing to do was an EFB: Other

- Look at the print symbol for 'b' and let him say the sound and let him be aware that the bulge was going forward

- Print it several times on lined paper

- Look at a cursive 'b' and let him say the sound

- Write it out several times

- Read out loud the following words – bat, bag, ball, bay, baby, boy, boom, brain

- Look at the print symbol for a capital 'B' and let him say the sound

- Print it several times on lined paper

- Look at a cursive Capital B

- Write it out several times

- Look at the print symbol for 'd' and let him say the sound and let him be aware that the bulge was following the stroke.

- Sound out 'b' several times and then 'd' several times

Homework: Asked parent to go through the same procedure as above for 'd'

Next session: A week later after doing some other ECFs worked through the same process with the letters 'p' and 'q'

2. Ten-year old whose writing was appalling. She just scribbled to get whatever had been set finished as soon as possible. One young lady who was always in a hurry to move onto the next thing!

Initially did ECS: MC and ECS: BSE followed by two Ψ groups including the first two sentences below then

- Copy out 'If I take more time when writing I could improve it' three times

- Copy out 'If I really want to improve my writing I just need to slow down and be careful.'

3. Jane did an Update to HK 5 after Jimmy changed the training from the old 6 day beginners, and thee follow-on 6-day Ψ courses, 4-day SET and 4-day EFB. The practitioner next to me was struggling to listen and take notes. I was repeating so as to qualify to teach the new HK 4 and 5. For two of the new corrections I held NV 0, touched her leg as she made the notes until I could see her was coping ok.

Examples from the practice sessions in the breakout rooms

Simple

- two fingers above and below rib above left breast moving back and forth sawing motion.
- palm softly massaging area above left breast in clockwise direction

Process of Understanding:

- Getting from A to B on a London cycle map

Simple

Kinesthesia

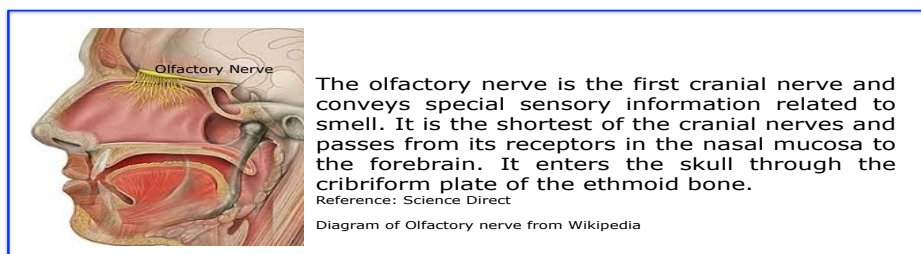
- a cross crawl action keeping body upright and lifting my legs, keeping them straight, to touch each knee alternately with the opposite hand
- standing on my left leg in a yoga pose (tree pose) and balancing

<p>Simple</p> <p>Audition</p> <ul style="list-style-type: none"> - Listen to music - Listen to practitioner speaking <p>Cutaneous.</p> <ul style="list-style-type: none"> - Massage between 2nd and 3rd rib left side with index and middle finger - With a palm of R. hand stroke circularly clockwise previously massaged area <p>- Gustation - sour (flesh of lemon in mouth)</p> <p>Internal Sensory Feedback</p> <ul style="list-style-type: none"> - Chest Right side - full hand - firm touch <p>Gustation</p> <ul style="list-style-type: none"> - a piece of lemon for sour taste in the mouth for the correction, didn't swallow it <p>Internal Sensory Feedback</p> <ul style="list-style-type: none"> - Left Hand on right side of chest, normal pressure, - right hand on the chest firm pressure <p>Process of Remembering</p> <ul style="list-style-type: none"> - Remember all the Foreground / Background aspects and which is which! <p>EFB: SEF Magnetic</p> <p>SS Magnet towards Heart Chakra ↓</p> <p>ECS: BBEI</p> <ul style="list-style-type: none"> - fear of sudden changes - fear of not being wise <p>EFB:C-SEI Process of Remembering</p> <ul style="list-style-type: none"> - Remember all the Foreground / Background aspects and which is which! 	<p>Simple</p> <p>Internal: Kinesthesia</p> <ul style="list-style-type: none"> - cross crawl SHIPP: Repeat 5 mins a day / 7 days <p>EFB:C-SEI Process of Remembering</p> <ul style="list-style-type: none"> - Remember all the Foreground / Background aspects and which is which! <p>Thinking Process -Topic</p> <ul style="list-style-type: none"> - 'starting a new year...' <p>Focused Topic – Thinking modes</p> <ul style="list-style-type: none"> - Think what are the different thinking modes and the key words for each one to help with the process <p>Creative – imagination/fantasy</p> <p>Systematic – Methodical</p> <p>Evaluative – Values/conclusions</p> <p>Logical – Cause/effect, order</p> <p>Rational – Reason</p> <p>Subliminal – Outside conscious awareness</p> <p>Problem solving</p> <p>Evaluative thinking - cooking a meal what ingredients were needed and the process</p> <ul style="list-style-type: none"> - Vibration. Tapping on thymus with index finger (rhythm 4 beats tap then rest one). - Vision. Sliding eyes right to left. <p>-Olfactory smell rose oil</p> <p>-Magnet SS on Spleen End points** so an ECS: EMF</p> <p>Compound</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <div style="border-left: 2px solid black; height: 40px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px;"></div> </div> <div> tuning fork C4 taste honey sniff roman chamomile cold on pubic bone </div> </div>
<p>Foreground/Background NB: Focus is the first aspect and the distractions have longer dashes</p> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;"> <div style="margin-right: 10px;"> <div style="border-left: 2px solid black; height: 40px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px;"></div> </div> <div> flickering light to the L (holding a torch and waving hand across it quickly) listening to me reading the manual about SEF some random music playing on the phone practitioner's husband making noise in the kitchen next door </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;"> <div style="margin-right: 10px;"> <div style="border-left: 2px solid black; height: 40px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px;"></div> </div> <div> Fondle soft wool sweater with left hand Practitioner scrapes feet loudly on the floor Look at symbol 'Blossoming Heart' </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;"> <div style="margin-right: 10px;"> <div style="border-left: 2px solid black; height: 40px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px;"></div> </div> <div> Speak about Hip Flexors Look at 'Seeing Eye' Third Eye Chakra </div> </div> <div style="display: flex; align-items: flex-start;"> <div style="margin-right: 10px;"> <div style="border-left: 2px solid black; height: 40px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px; margin-bottom: 5px;"></div> <div style="border-left: 2px solid black; height: 20px;"></div> </div> <div> place vibrating phone on thigh memorize the acu-points listen to vibration frequency's music in background. </div> </div>	

ENERGY FLOW BALANCE: SEF – OLFACTION The sense of smell is 10,000 more sensitive than all the other senses. Smells travel faster to the brain than either the sight or sound senses. The sense of smell is much more accurate and sensitive than any of the other senses. The ability to smell comes from sensory cells, called Olfactory Sensory Neurons, found in a small patch of tissue very high in the nose. Those cells connect to the brain. Each of those sensory neurons has one odour receptor – and molecules released by substances in the environment stimulate these receptors. Once the neurons detect the incoming molecules, they send messages to the limbic lobe of the brain.

The limbic lobe is a group of brain structures that is below the cortex of the brain – it includes the amygdala and the hippocampus. The limbic lobe (system of brain structures) is directly connected to the parts of the brain that control many aspects of the physical body – hormone levels, stress, memory, breathing, heart rate, and more.

The Olfactory bulb is the most forward part of the brain, and has several layers. It helps to transmit that smell information from the nose along the olfactory nerve to the brain and is necessary for sense of smell. Hair cells are the receptors in the olfactory that are what respond to particular chemicals – humans have about 40 million olfactory receptors. These receptors react to a chemical molecules shape, size or electrical charge carrying those signals to the brain areas that are part of the limbic system. The incoming smells can evoke a memory in a matter of milliseconds. The limbic system then influences your emotional behaviour and memory – which is part of the reason that when you smell something, you trigger memories that bring back memories that relate to that smell.



If a particular smell or combination of smells **cause a sensory energy disturbance** along this pathway it will interfere with the signals being received by the limbic lobe. This is what we are addressing with the Energy Flow Balance: Sensory Energy Function – Olfaction corrections.

Essential Oils and the Emotions - The right essential oil/s used in specific situations can have a profound effect on emotions – because the stimulation of hormones and chemicals can drastically affect physiology and behaviour. The 'emotional brain' can only be stimulated by smell, one of the reasons why Essential Oils can work so incredibly well. Feelings of depression, fear, anger, happiness, joy and even anxiety all originate from the limbic lobe of the brain and as a result, essential oils can help those feelings and struggles surface so that we can release them effectively.

Energy Flow Balance – Sensory Energy Function and Cognitive Sensory Energy Integration

Procedure for doing the Olfaction SEF corrections

Steps	What to ask/say	What to do
1. Find the number of items and the points as usual	Ask , "For this group of EFB: Olfaction there is at least one item? "At least two?" ↑ "At least three?" ↑ etc Confirm, "So, there are?" ↑ Ask , "Are we holding NVs?" If ↑ go straight into asking which Element/s	Groups tend to be 1 or 2 items. Monitor IM and record
2. Check for disturbed reactions and clear if necessary	Say , "Before we can clear the energy disturbance associated with this/these smells we must first check that you do not experience a disturbed reaction (allergy) to them so first I will place the oil on your body and check the response. Could you please indicate your navel? If necessary we will then clear the disturbed reaction before proceeding with this correction." Check each smell/oil one at a time. Remember to use H 1 for permission to tap	Check for a disturbed reaction (i) Place the bottle/s on CV 6 - If TW 21 TLs ↓ with the oil or smell on CV 6, this disturbed response must be cleared first by Synergy Tapping before you offer the oil to the client to smell. After tapping recheck TW 21 should now be ↑. (ii) Being smelt – Only now check TW 21 with client smelling the substance, if TW 21 TLs ↓ now clear this disturbed response by Synergy Tapping. Then recheck TW 21 should now be ↑.
3. TL	Now offer the oil/smell to the client and with palm over the navel TL – 2 possibilities <ul style="list-style-type: none"> • If ↑ the Synergy Tap has also cleared the Sensory Disturbance • If ↓ do with the SEF correction 	
4. Do the Correction	Client continues to smell the oil/substance and you hold the points tested in no. 2 and ReTL ↑	Then Ask , "Is this item robust?" Move on to next item
5. Complete?	Ask , "Is this Energy Flow Balance: Sensory Energy Function Olfaction now robust and complete?" ↑	

EFB: SEF: GUSTATION For each item, there can be individual tastes or a combination of tastes Consider the intensity of the combination so what proportions are you making the mix – 1:1, 1:2?

SEVEN TASTES: If you have several possibilities for the taste check which will be the most effective	
Sweet	– Sugar, Honey, Maple Syrup etc. Do not use artificial sweeteners.
Sour	– Lemons, Vinegar or Anything acid.
Salt	– Himalayan Rock Salt, sea salt or table salt but if you have a number of alternatives test which one will be best for the correction
Bitter	– Swedish Bitters, Bitter greens (Endive, Chicory), Tonic Water, Turmeric, Fenugreek.
Pungent	– Spicy foods, Hot peppers, Ginger, Garlic, Cumin, Horseradish.
Astringent	– Alcohol, Pomegranate, Green pear.
Umami	- Broth or cooked meat (Savory taste)

Energy Flow Balance – Sensory Energy Function and Cognitive Sensory Energy Integration

Procedure for EFB: SEF Gustation

Steps	What to ask/say	What to do
1. Find the number of items	Ask , "For this group of EFB: Gustation there is at least one item? "At least two?" ↑ "At least three?" ↑ etc Confirm, "So, there are?" ↑	Groups tend to be 1 to 6 items. Monitor IM and record. Check which tastes you are using and find them and also the number of clear glasses you will need for the number of items
3. Find the points as usual	Ask , "For this group of EFB: Gustation are we holding NVs?" If ↑ go straight into asking which Element/s If ↓ to holding NVs ask , "Regular circuits?" If ↑ ask, "NL / EP / Sed / Act?" Identify which Reflex and then find which Element/s to hold	For all EFB: SEF we usually hold NVs so ask about them first Monitor IM and record
4. Check for disturbed reactions and clear if necessary	Ask , "For the first item is it an individual taste?" If ↑ test through the ones you have collected. If ↓ ask , "Which of these tastes are we mixing?" Set them aside and ask "Equal proportions?" etc Then say , "Before we can clear the energy disturbance associated with this/these tastes we must first check that you do not experience a disturbed reaction to them, so first I will place the food substance in a glass on your body and check the response. Could you please indicate your navel? If necessary, we will then clear the disturbed reaction before proceeding with this correction."	Check for a disturbed reaction (i) Check the glasses you are intending to use for the items, to ensure they won't change the energy pattern (ii) Put the food substance/s in the glass on CV 6 - If TW 21 TLs ↓, this disturbed response must be cleared first by Synergy Tapping before you offer the oil to the client to smell. After tapping recheck TW 21 should now be ↑. Check each single or combination of food one at a time. Remember to use H 1 for permission to tap
4. TL	Now offer the food substance to the client and with palm over the navel TL – 2 possibilities <ul style="list-style-type: none"> • If ↑ the Synergy Tap has also cleared the Sensory Disturbance • If ↓ do with the SEF correction 	
5. Do the Correction?	Client continues to taste the food substances and hold the points tested in no. 2 and ReTL ↑	Then ask , "Is this item robust?" Move on to next item
9. Complete?	Ask , "Is this Energy Flow Balance: Sensory Energy Function Gustation now robust and complete?"	

Information abstracted from 'The Ayurvedic Cookbook' by Andrea Morningstar published by Lotus Press

SWEET, SOUR, SALTY, BITTER, PUNGENT and ASTRINGENT have their own qualities – light or heavy, moist or dry. These specific characteristics influence how they will affect us both right now and in the long term. Generally, tastes that are light are easier to assimilate and digest while those that are heavier use much more Energy for the digestive processes. Moist tastes lubricate the body while dry tastes taken to excess will cause dehydration.

SWEET – Elements EARTH and WATER

The immediate effect on the digestion is to cool it down a bit and be mildly inhibiting. Sweet tends to be heavy and moist. When taken in moderation sweet can be both grounding and **stimulate feelings of love and well-being**. Taken in excess it can induce complacency and inertia.

SOUR – Elements EARTH and FIRE

Sour has a mildly warming quality and stimulates digestion. Sour has a mild sort of heaviness and moisture. Sour in moderation can convey a sense of realism on the emotional and mental levels. Taken in **excess sour can promote pessimism “sour grapes”**. As with everything in life, balance is important – a bit of sour awakens consciousness and stimulates digestion while large amounts can cause irritation.

SALTY – Elements FIRE and WATER

While salty tastes are initially warming, its long-term effects are more moistening and grounding. Small amounts of salt are excellent for digestion. Large quantities of salt can create a waterlogged and immobile system while for some people it makes them irritated and low in Energy. Salt stimulates the adrenals.

BITTER – Elements AIR and ETHER

It is the coldest and lightest of the tastes and tends to be drying to the system. Bitter is an excellent balance for the heavier, moistening qualities of sweet, sour and salty. Bitter tends to be in short supply in the western diet – dark leafy greens are bitter and they can lighten and enliven a meal while providing generous amounts of Vitamin A, iron, calcium, and magnesium. **Bitter can stimulate a sense of slight dissatisfaction that helps us to see things how they really are**, but taken in excess, bitter brings a chilling sense of disillusionment.

PUNGENT – Elements AIR and FIRE

Pungent is the hottest of all the tastes and the most stimulating to the digestion. It is light and dry. In moderation, pungent taste can get a body moving, warm it up, and get the person motivated. It can help to clear out the dross on all levels. In excess, pungency can create unreasoning anger, aggressiveness and resentment.

ASTRINGENT – Elements AIR and EARTH

Astringent taste can have a contracting effect on the digestion slowing it down. It is light and dry in quality and has a cooling effect on the body. Small amounts are good for drying up excess emotionalism and bringing the person back to a more even keel but in excess can promote a nihilistic approach to life.

Other information that was shared to day

Effects of aromatherapy on patients with Alzheimer's disease

<https://pubmed.ncbi.nlm.nih.gov/20377818/>

Sources of vibration

Sitting with laptop in lap comes often in my correction for vibrations
use You Tube videos with the sounds of Dental drilling and pneumatic drilling
Sitting in a car with the engine running
Leaning against the frig or washing machine

Easy jigsaw online

https://www.roomrecess.com/search.php?zoom_query=Jigsaw&x=0&y=0

SYB Laptop Pad, EMF Radiation Protection Shield & Heat ...

www.amazon.co.uk › SYB-Radiation-Protection-Blocke...

Our SYB **Laptop Pad** uses universally accepted scientific principles to **Shield** Your Body against harmful **EMF** radiation from **laptops** and tablets. Inside each SYB **Laptop Pad** is a mesh of ferro-magnetic steel & aluminum plating to deflect harmful **EMF** radiation, working in much the same way as a Faraday cage.

Proven anti-viral aides:

Josie Donaldson's **Ease virus and bacteria**

Josie texted me with "It was labeled
a biocide by the MHRA so that means
it kills viruses 'and' bacteria.

Investigated during the first lockdown
by both trading standards and the MHRA
so I was pleased that it stood up to their testing
Available from

<https://www.easeme.co.uk/product-tag/immune/>



Available from
<https://www.oliveleaf.co.uk/>



Available from Amazon or
<https://www.highernature.com/>