



# ☞ Gnosis ☞

Quarterly Newsletter of the Bioenergy Balancing Center East Bay

## The Physical Nature of the Unconscious

Sarah McCroskey

*As published in Open Exchange magazine Fall 2003*

Energetically, all things dynamically interface and intertwine to compose the world in which we live. Your body, your emotions, your spiritual inclinations are all subsets of the energy of all things.

Addressing physical, emotional and even spiritual dilemmas through energetic means - the very essence of their nature – can provide a key to resolution well beyond our conceptual reality and the parameters of a mechanical model of existence. For what occurs in the human process, within the body's biochemistry and physiology and into the realms of thought, feeling, intuition, belief and interpretation, is indeed an interwoven, sophisticated but often unconscious energetic affair.

*continued on page 2*



### Welcome

It is with great pleasure that I share the first edition of **Gnosis**. The purpose of this newsletter is to share wisdom as well as information that may be of use to those who already enjoy Bioenergy Balancing and those who would like to learn about it. Our publication will include nutritional advice, Balancing Center discoveries, general features and whatever else I dream up. The idea is to share and assist my clients, friends and colleagues in living an engaged and inspired life based in principles of health, nutrition and one's very own guidance.

*Blessings to you,*

*Sarah McCroskey*

*Director, Bioenergy Balancing Center East Bay,  
Editor and Chief Bottle Washer*

## INSIDE THIS ISSUE

- 1 The Physical Nature of the Unconscious
- 3 What We've Discovered - Allergies
- 4 Getting Out the Fluoride
- 4 To Your Health: Tips from the BBC  
Upcoming Events
- 5 Conversations with Spirit/  
Techniques for Communicating with Spirit
- 6 What is Bioenergy Balancing ?



### \* About our Name...

Word: **gno-sis**

Pronunciation: 'nO-s&s

Function: *noun*

Etymology: Greek *gnOsis*, literally, knowledge, from *gignOskein*

: esoteric, inner knowing of spiritual truth. An individual's wisdom and awareness - held by the ancients to be essential to the experience of personal freedom, peace and sovereignty (Gnostics)

For detailed information on Bioenergy Balancing please visit our website at [www.biointegration.com](http://www.biointegration.com)

## *The Physical Nature of the Unconscious*

*continued from page 1*

The clues to the source of physical and emotional symptoms are often in the discomfort itself. Are sensations of discomfort in a particular part of the body? Are these symptoms joined with certain emotional experiences and compulsive or generalized thought processes? These are all indicators pointing to a source.

Unfortunately, although we may be able to describe in detail the physical symptoms, thoughts and feelings and may even have a strong intuitive sense that these ailments may be a product of a historic trauma in our lives, the knowing of this does not always provide access to healing. Why is this?

One of the most fundamental protective mechanisms a human being possesses is the ability to drive a traumatic experience from its consciousness. Thankfully this is so, as it protects countless people from indescribable experiences of trauma, abuse, grief, shock and abandonment stemming from events in their lives.

The concept of the unconscious, attributed to Sigmund Freud, is commonly understood to be a psychological process existing in the brain or mind only. But, in fact, the body plays an enormous role and is key in the process of healing trauma and illness.

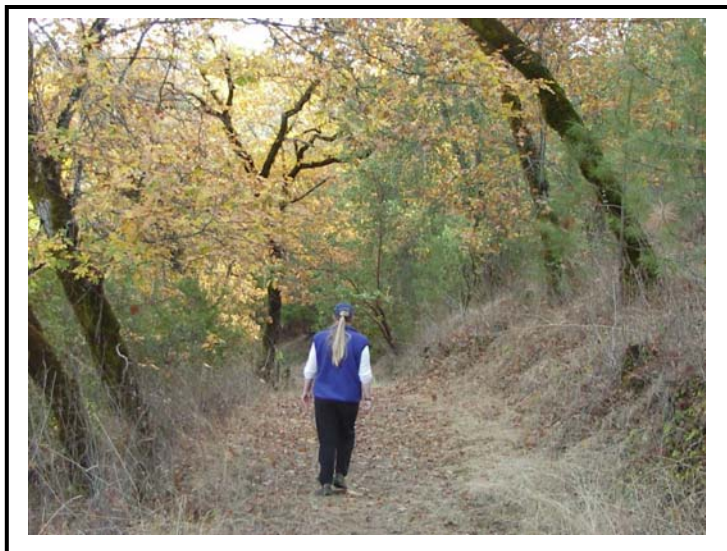
Have you ever noticed that when you experience something fully it goes away? This explains why people are not burdened with their positive experiences – they are experienced and one moves on. So what does that mean? It means that the experiences you are willing to have move right on through. The unconscious is composed of the events that were painful, traumatic, overwhelming or otherwise “not advised” as an experience. These incidents and all their contents cannot disappear, for they were not experienced. Instead they get caught in the body’s energy systems.

These experiences, energetically remembered by the body, are held as energy blockages, which the body must work around. Unfortunately, a work-around for the body can result in some less

---

---

***"Life is not about accomplishment, it is about the awakening of the fully conscious being."***



---


---

than optimal functioning, for instance, biochemical error, allergy, blockage of enzymatic processes, amino acids, vitamins and minerals. Then there is the lack of oxygen, blood flow and nutrition that often results from such energy blockages. That’s the physical level.

The emotional content of an unconscious experience also lives and is often re-triggered by our current environment – this is the source of repetitive patterns.

The human body provides access to all aspects of the human instrument: the body, mind and spirit. As the ancient Chinese discovered, the energies of all experience and function flow through the meridians and chakras of the body. These energy circuits harbor the unconscious emotions and cellular memory.

Just as unconscious experience and energies are accumulated over a lifetime and held in the body’s circuitry, so can they be released through the vehicle of the body, comfortably and permanently.

History is not a life sentence. What it provides, in fact, is a compelling draw toward consciousness, release and living in the present. 



# What We've Discovered...

## The Body's Unique View on Issues and Ailments

Allergies have begun to plague greater numbers of people throughout the world in recent years. Food and substance allergies can produce extreme limitations for sufferers. The Bioenergy Balancing Center (BBC) approach to allergies is not one of avoidance or rotation diets, but instead enlists the body consciousness of the client to decode the matrix of experience and association that underlie allergic reaction.

Occasionally allergic reactions stem from a toxic exposure that renders the client "super sensitive" to even modest amounts of everyday substances such as cosmetics, perfumes and environmental fumes.

More often allergies stem from a negative association to a substance or food resulting from an emotionally difficult or traumatic incident from the past

At inception an allergic reaction is created in the body's attempt to avoid discomfort or the repetition of traumatic experience. If, for example, a child is thrown from a horse on a spring day when the acacia trees were blooming and the lawn was freshly mown, the body will associate the pollen of the acacia tree and grass clippings with the physical/emotional trauma of being thrown by a horse.

If an allergic reaction develops out of this incident it will likely be to acacia tree pollen, grass AND horses.


---

***"In a Bioenergy Balancing session we de-couple the allergen from the trauma... Once this is completed the body can return to a non-reactive response...."***

---

As with any trauma, if it is fully experienced at the time, the incident will live merely as a memory, if that. If, however, the incident was overwhelming, the body will harbor the content energetically in the meridians, chakras and tissues of the body -- the cellular memory.

As with any trauma, if it is fully experienced at the time, the incident will live merely as a memory, if that. If, however, the incident was overwhelming, the body will harbor the content energetically in the meridians, chakras and tissues of the body -- the cellular memory.

In a Bioenergy Balancing session we de-couple the allergen from the trauma by identifying the incident and then releasing the trauma from the body through a gentle tracing of the meridians holding the helpless fear, anger or sadness associated with that overwhelming experience. Once this is completed the body can return to a non-reactive response to the pollen, grass and animal - free from the out-of-date, negative association. 

## UPCOMING EVENTS

<b>January 27</b> 7:30 - 9:30 p.m.	Intro to Bioenergy Balancing	Mandana Community Recovery Center 3989 Howe @ 40th in Oakland
<b>Spring Workshop</b>	How to Clear Energy: Using the Pendulum and Working with the Body	For details, contact Sarah ( biointegration @yahoo.com)

## EASY FIXES FOR CELL PHONES AND MONITORS

Surprisingly, a most common household item provides a screen or shield from EMFs emitted from cell phones and computer monitors. **Baking soda** tests consistently as an effective block to EMFs. Simply place a small packet of baking soda in the back of your cell phone (between the phone and battery pack). For computers, place a sealed container of baking soda on or near your computer monitor. Try it, muscle test it and see if you *feel* the difference.

## Getting out the Fluoride

Historically, in the United States fluoride has been considered a victory in dental and public health for the prevention of cavities. When you scratch the surface, however, you see that fluoride's supposed benefits are based on specious scientific studies and the politics of a post WWII aluminum industry seeking refuge from environmental lawsuits. What resulted was a broad national campaign to add fluoride to municipal drinking water thereby providing a means of disposal to the industry of toxic by-products resulting from the manufacture of aluminum.


In fact, fluoride compounds can be toxic at even minute levels of exposure. Rather than preventing dental caries fluoride exposure can result in chalky or brown mottling of tooth enamel. Far beyond this, however, fluoride has been clinically implicated in a number of disabling affects on the brain, endocrine and skeletal systems of the human body.

As clinicians, we have found that fluoride: attaches to the neurotransmitter serotonin rendering it ineffective - resulting in "brain fog" and depression; prevents accurate synthesis of thyroxin resulting in low thyroid function; causes production of brittle bone; and affects immune system function by producing ineffective white blood cells and other blood particles. Other research implicates fluoride in arthritis and cancer as well.

The good news is that fluoride can be detoxified.

The first thing is to eliminate areas of exposure. 1) decline dental treatments (especially for your kids!) involving fluoride rinses, pastes or tray inserts. 2) Drink only purified water produced by reverse osmosis filters or bottled water (Arrowhead, Crystal Geyser are brands without fluoride). 3) Buy toothpaste that does not contain fluoride (some Tom's brands, but read the label). 4) Avoid commercially available sodas and juice drinks, typically made from fluoridated water.

Since fluoride is stored in the body its affects are cumulative. Therefore, you will want to detoxify childhood and any other past exposures. Fluoride toxicity affects from dental treatments and drinking water has been found in upwards of 60% of BBC clients throughout the Bay Area.

DMAE (dimethylaminoethanol bitartrate) is a precursor to the neurotransmitter acetylcholine and has been shown to effectively detoxify fluoride in the human body. It is also known to reduce wrinkles (see Dr. Nicholas Perricone's The Wrinkle Cure) and enhance brain function. DMAE can be found in the nutritional supplement section of most health food stores for about \$10 per bottle. Source Naturals is a good brand (351mg capsules), If you have any question about whether you're holding cumulative fluoride, call the Bioenergy Balancing Center East Bay (510.231.2425) and we can check it out over the phone for you. 

For more information: History and Adverse Affects of Fluoride and Water Fluoridation - J. Hegarty and J. Griffiths;  
<http://www.balancingcenter.com/articles/fluoride.html>; <http://www.curezone.com/dental/fluoride.asp>;  
<http://www.emedicine.com/emerg/topic181.htm>

***Each issue of Gnosis will include other "everyday" toxins, their health affects and effective protocols for detoxification.***



## Conversations with Spirit

*Guidance from Spirit, be they avatars, ascended masters, master guides or unseen friends - is available to everyone. Asking deep questions, "what is life's meaning", "why am I here" can yield assistance, wisdom and guidance beyond imagination. Does this knowing come from within or without; or is the source one and the same, ourselves as All That Is? Remembering one's spirit identity begins the process of awakening.*


What can you tell me about manifesting onto the 3<sup>rd</sup> dimensional plane? Is there a methodology?

Why yes, there is. It's the magic of the heartsong. What you truly engender in your heart as a reality you wish to promote into manifestation is what will occur. The art, if you will, is of having an intent delivered into the creative ethers, which is without ambivalence. You see, human beings spend much time second-guessing what they want. This may come as a surprise to you and others, but we in Spirit are keenly aware of the "not quite committed" nature of many requests and wishes. Even those seeking the assistance of Spirit and asking for our guidance often are uncertain, unclear or simply ambivalent about that which they request.

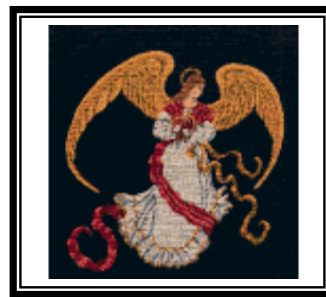
We in Spirit read between the lines, we see the holes, even though they may be mere pin pricks. Now of course, we are not the ones who grant you your realities – that is not our purpose or domain, but we can detect what diminishes your ability to manifest. You see most of us have been on the Planet Earth, physically embodied. But now, we are in Spirit, where all aspects of our personal existence are brought into our experience through thought.

Now on your plane, it is the same, however, your experience also contains the 3<sup>rd</sup> dimensional quality of form. Thought begets form on Planet Earth, and always has. My, but the agreed upon human perspective is far from acknowledging this!

So, the short answer is shape your intention into a heartfelt desire. Send the visualized concrete outcome out into the Universe, knowing its existence to be real. Then let go. It shall be yours.

Until your dreamed outcome is truly the one you ordain to come true – you are that sure – it will not be so. So develop your intentions wisely and thoroughly and set your will in motion. Thus, it shall be so. 

-- Diarra 4/03



***Soul-level connection and wisdom are always available - all you need do is ask. But ask you must, for Spirit only interacts when invited, otherwise they patiently watch and wait, respecting the bounds of the "free will" zone in which we live.***

### **How to Communicate with Spirit**

This technique may be used to communicate with Spirit Guides, Unseen Friends or those who have passed into the Spirit world.

1. Sit in a quiet environment with no interruptions.
2. Light a candle, preferably white or ivory.
3. Surround yourself with the protection and white light of Universal Love.
4. Align with your Higher Self. This is your soul-level self that communes most directly with Spirit and is always available to you. "I now align with my Higher Self" - puts you there, anytime, anywhere.
5. Request, either silently or out loud, for the guidance of your wise and loving Spirit Guides. (There are a lot of spirits about, you want to make sure to request guidance from those of wise and loving intent).
6. In writing, ask a question.
7. Skip a line and begin writing whatever comes into your head. Do not read, think, edit or seek to understand, just write whatever comes up. This is their communication.
8. Once you have completed your Question & Answer session, thank your Spirit Guides for their guidance.
9. Now you can read the content of their communication. You may want to re-read 3 days to a week later; you may be pleasantly surprised at how the wisdom of the message deepens.)

## Bioenergy Balancing: Therapeutic Results for the Body, Mind and Spirit

With precision, Bioenergy Balancing releases traumas and emotional incidents from the past. In a Bioenergy Balancing session you discover how these events, held as blockages of energy, affect your physical and emotional health. By releasing these incidents, the body is free to return to its natural state of health and vitality so you can truly become present in your life.

Your body consciousness holds the key to the mind/body connection. Through gentle questioning the body's cellular memory can be accessed to precisely identify old incidents that are being held in the body as energy blocks.

These blockages undermine wellness by limiting the oxygen and nutritional flow to the cells of the body. The blocks can result in physical symptoms; injuries/surgeries that won't heal; phobias; allergies; outdated patterns of behavior and biochemical errors.

Past incidents can be triggered by current events leading to a helpless sense of repeating the past.

Bioenergy Balancing is non-invasive and relaxing. As a client you lay, fully clothed (except shoes) on a massage table. Through the use of muscle testing methods developed in Applied Kinesiology®, we ask your body questions based on the matters you wish to address.

When you can access the wisdom of your body, you become more empowered and less worried in life. Once you clear out past traumas (from this life and before) your Spirit becomes free to explore from a broader, wiser perspective. Enjoy fundamental self discovery while recovering physical and emotional wellbeing. It's a gift everyone deserves. In person or by phone. **510-231-2425 or toll-free 877-3ASCEND**



Bioenergy Balancing **does not constitute treatment nor is it medical or diagnostic in nature.** It is not a substitute for qualified medical, therapeutic, or chiropractic care although it works in a complementary fashion with any or all of these disciplines.

---

---

### Bioenergy Balancing Center East Bay

Copyright 2004

---

---

**\*\*\* If you would prefer to receive this newsletter online or not at all, please send an email stating so to [biointegration@yahoo.com](mailto:biointegration@yahoo.com) \*\*\***

---

---



Bioenergy Balancing Center East Bay  
5346 Zara Avenue, Richmond Heights, CA 94805  
(510) 231-2425

BUILD RATE  
US POSTAGE  
PAID  
PERMIT NO.  
98765

ADDRESS CORRECTION REQUESTED

TO: