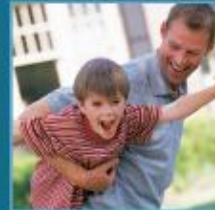


Meridian Laser Technique

Sandra Radomski
ND, L.C.S.W., DEP



www.allergyantidotes.com • www.askandreceive.org

This manual is dedicated to my Great Aunt Bela

May her LIGHT SHINE

This manual is a companion book to my Meridian Laser Technique DVD.

For more in-depth information on these concepts visit my web site

www.allergyantidotes.com and read my manuals:

Allergy Antidotes™ – The Energy Psychology Treatment of Allergy-like Reactions and *Allergy Antidotes™– Advanced Procedures* or visit my website

www.allergyantidotes.com.

Disclaimer

This manual is presented to healthcare providers for educational and research purposes. It is not intended to replace medical care. There is no guarantee that these treatments will be effective. Negative side effects of these treatments are not documented. However, there is no assurance that there will be no negative side effects for your patients. Patients who have severe allergic reactions need to stay away from the allergens following treatment unless given permission by their physician. Any consequences of the use of these techniques are the responsibility of the individual. The procedures presented are not intended to diagnose, treat or prevent any disease.

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To the reader:

I have been using lasers in my practice for over 15 years. I have found them to be both effective and fun. It allows quick and easy treatment without even touching the person which is especially nice for working with children. In our technological age it adds more credibility to your treatments. When I have polled people who have taken my Allergy Antidotes work, lasers were the favored treatment modality used. I often hear reports of people keeping a laser in their purse or briefcase for unexpected situations. Several years ago I fell and deeply gashed my right knee. You could see the bone. As people were running for ice and assistance my immediate response was to shine the laser in my wound. I cannot guarantee that it changed the outcome but it certainly healed beautifully and sooner than expected by the doctors.

The use of these healing light lasers is only limited by your imagination and creativity. They are being incorporated into more and more therapies. Once you have gained the concepts, you can use the lasers for whatever your needs are.

Have fun,

Sandi



Sandi Radomski is board certified in Social Work, a psychotherapist and a naturopathic doctor. Her background includes teaching in the medical school at University of Wisconsin for 8 years, doing biofeedback with pain patients for 10 years and conducting research in psychoneuroimmunology with children with cancer.

She is the creator and founder of the Allergy Antidotes™ system for identifying and treating sensitivity reactions with Energy Psychology techniques. She utilizes the application of these techniques to the treatment of autism, weight loss, learning and behavioral problems, anxiety and depression.

Laser Magic

Now you can create your own laser magic on your own in your own home. Lasers at 635nm are the frequency of a healthy living cell. Using a laser beam at that frequency heals the cells of the body and easily stimulates acupuncture points. Everyone can now have this tool available to treat themselves, their family and their clients. This booklet offers guidance for using the 635nm laser effectively for the following conditions:

Allergies

- Emotions
- Alignment with Positive Beliefs
- Working with Children
- Cut and Wound Healing
- Organ Balance
- Inflammation
- Tight Muscles
- Skin and Beauty Aid

What is a Cold Laser?

The lasers we are using are considered cold lasers or LLLT Low Level Laser Therapy. Light comes in various forms. The light that we see is the visible part of the spectrum of electromagnetic radiation while other parts of the spectrum are not visible to us. Low-level laser light has the wavelength from the cold, red part of the spectrum hence the name “Cold Laser”. The Cold Laser is very different from natural seen light. When natural light hits your skin, it produces heat that can damage your skin. Since a cold laser is only one color, it travels in a straight line, is a single wavelength and its’ beam can be concentrated in a small area.

Therefore, it penetrates the skin without heating or damaging it.

There are two types of medical lasers. High power lasers are used to cut through tissue while low-power lasers stimulate tissue repair and healing. Our lasers are completely safe and can be used as frequently or as long as desired.

Overview of Laser Ear Spray

Laser Spray Treatment entails stimulating the reflex points on the ears, hands, and feet with a laser beam to balance the body's energy system in relation to an energy toxin. An energy toxin is anything that weakens the acupuncture or energy system of the body. The energy toxin can be a reactive substance, negative emotion or thought, or traumatic memory. Slowly spray the laser beam over the entire ears (front and back), hands, and/or feet while the person is holding or thinking about the energy toxin.

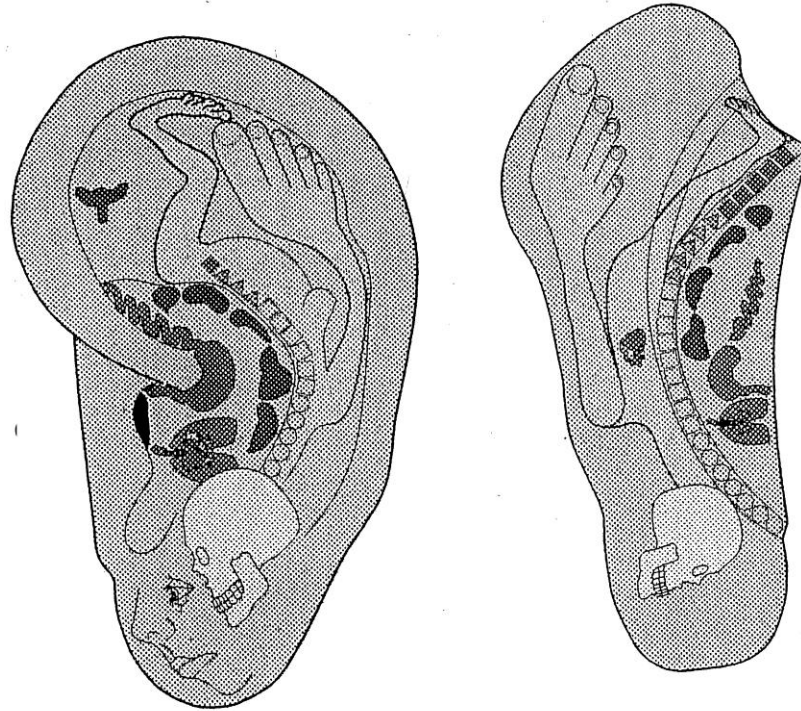
Laser Ear Spray Procedure



1. Hold or think about energy toxin.
2. Spray laser beam over every part of both ears.
3. You can also spray the laser on both hands and feet.

Ear acupuncture points have traditionally been used to treat sensitivity reactions. However, this practice was based on using very specific points in complicated, hard to learn patterns. In recent years, large chiropractic lasers have been used to stimulate the acupuncture points in the body by waving a large, cold laser over the entire body. The same results can be achieved by stimulating the reflex points on the ear. Acupuncture points on the ear represent all of the other areas of the body. The ear, like the foot and hand, is a hologram of the entire body. The ear points have the strongest response in the body followed by the reflex points on the feet and then the hands.

The following is the homunculus of the ear showing how the areas in the body are represented on the ear.



In Laser Ear Spray, all the reflex points on the ear are stimulated with 635nm frequency. The ear is “sprayed” or “painted” with the laser beam. The beam is shone in *all* parts of the ear. This technique is very different from the specific points used in auricular acupuncture. The result is effective treatment that is available to everyone regardless of their ability to diagnose specific treatment points.

Laser Ear Spray is therefore analogous to Emotional Freedom Technique (EFT). Gary Craig discovered it was sufficient to stimulate the endpoints of all the meridians rather than using Roger Callahan’s complex diagnostic procedures used in Thought Field Therapy (TFT).

In this same way, Laser Ear Spray stimulates all ear acupuncture points without diagnosis of the exact points needed. This comprehensive stimulation of all the points, makes laser work accessible to everyone. I am especially excited about parents using this work with their children

How to Use The Laser

- Shine laser approximately one-half inch from ear.
- Begin by outlining the ear and then “painting it in” with the laser light on all parts of the ear, both front and back and inside every crevice.
- Follow procedure for both ears, spending about 30 seconds to 1 minute per ear. Some therapists report success using up to 4 minutes per ear for sensitivities. If treatment is not complete, merely repeat the process.
- Use laser on organs for up to 15 minutes.
- Laser Spray for negative emotions can continue until emotion is cleared.
- It is not possible to overdo the use of these lasers. They are cold lasers that only heal. In fact, the Erchonia Laser is called the “Healing Light.” Do not confuse these safe, cold lasers with those of different frequencies that are used to cut and do surgery. These lasers are called Low Level Laser Therapy (LLLT)

Laser Both Ears / Front and Back



eTox Laser

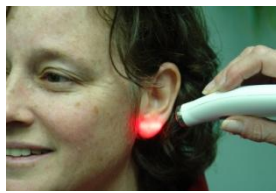


Advanced Laser

Top of ear



Bottom of ear



Back of ear



The Erchonia Laser is the large chiropractic laser first approved by the FDA. The results from this laser were so dramatic and easy that I ordered the small eTox laser with the same voltage and wattage. Soon after, I found the Advanced laser again with the same specifications as the large Erchonia laser which at this writing costs \$14,000.00. Although the eTox laser is more of a pen light it had an expandable beam which helps it to cover more area. The Advanced laser has an even wider beam and an on/off switch. All of these lasers are equally effective in treating allergies, emotions, pain, inflammation etc.

To order: http://www.allergyantidotes.com/etox_lasers.htm

Allergies and Sensitivities

Allergies are all about fear. Allergic reactions are PTSD (Post Traumatic Stress Disorder) or a cellular basis. Inflammation which causes the allergic symptoms is the only weapon our immune system has in its repertoire. Psychotherapists and especially Energy Psychology practitioners are experts at handling fear phobias and PTSD. Most of our energy psychology technologies build upon the behavioral strategy of Systematic Desensitization. Systematic Desensitization is based on the premise that you can not be anxious and relaxed at the same time – that you cannot be fearful and safe at the same time. In traditional Systematic Desensitization the person is put in a state of relaxation and then imagines the stressful scenes. In Energy Psychology the person imagines the scenes while tapping on acupuncture points which automatically relax the body. Again fear and relaxation are unable to exist concurrently. In our allergy work the substance is put in the person's energy field while acupuncture points are stimulated which again automatically balance and relax the body. The body has been exposed to "new" information about the substance, the body "learns" that it is OK to relax in the presence of the item. In Laser Allergy work we stimulate reflex acupuncture points in the ear, hands or feet as our method to promote relaxation and balance in relation to anything the person's energy field at that time. Using the laser is quick, efficient, effective and fun for all.

In allergies and sensitivities to various substances, your body is vibrating at a frequency that is not congruent with the vibration of the substance. The body views the substance as dangerous and sets up an immune system reaction to fight the substance and attempt to keep it out of the body. Often this reaction has been genetically inherited or conditioned by contact with the substance when the person was upset or traumatized.

This concept follows the research of Dr. Robert Ader. If a traumatic event is paired with a substance, exposure to that substance can trigger a reaction in the body. Ader conducted his experiment with mice. They were given an immune suppressant drug in a saccharine solution. As expected, the immune function of the mice declined. After a month, the mice were given the saccharine solution by itself. Amazingly the immune system of the mice went down without the introduction of the drug. In one pairing, the immune system had learned to react to the novel sweet taste.

Our bodies want us to survive. It will do anything to protect us. Creating an allergic reaction is the body's way of fighting for its life. Our job is to let the body know that the substance is safe and that the body does not have to respond aggressively to its presence. The laser beam at 635nm causes the cells on the top of the skin to vibrate like a healthy living cell. By resonance, the next cell and then next cell begin to vibrate at the frequency of healthy cell replication. Using the laser beam on acupuncture or reflex points on the body calms the system down and tells the body that it is safe to cease the allergic response.

This concept was derived from Dr. Devi Nambudripad in her NAET (Nambudripad's Allergy Elimination Technique) treatment. Dr. Devi tells the story of a discovery made through self-experimentation. For years she had been sickly and suffering from asthma, bronchitis, and muscle aches and pains. For 4 years before her discovery, she lost consciousness if she ate anything other than broccoli and white rice. One day she ate some pieces of carrot while waiting for her rice to cook and then immediately called for her husband to bring her acupuncture needles. She put in the needles to avoid becoming unconscious. She put in the needles and fell asleep on her bed. When she awoke 45 minutes later she felt better than she had in years. Dr. Devi realized that the bunch of carrots had gotten to the bed with her and, she reasoned, they were therefore in her energy field when she inserted the needles into specific acupuncture points. Having the substance in her energy field while the body was balanced gave the body the information it needed to turn off its immune reaction.

The concept of balancing the body in relation to the allergic substance is the foundation of the laser treatments.

With the laser, we stimulate the reflex points on the both ears while the substance is in the person's energy field. The reflex points on the ear relate to all of the acupuncture points of the body. Auriculotherapy, or Ear Acupuncture, has been highly effective. However, you need to use very specific, hard-to-learn points. In Laser Spray, we merely spray the entire ear while the substance is in the person's energy field. As you stimulate all of the points of the ear, you are clearly including the specific points that are needed. All of the points get to be balanced at the same time. Laser Spray technique allows everyone to be able to do the treatment. Mothers can do it on their children and husbands can use it on their wives. (For more treatments that are also user friendly go to my web site www.allergyantidotes.com and look at my Basic and Advanced manuals.

Putting the problem substance in the person's energy field can be accomplished by:

- 1) holding the substance in the hand or on the body
- 2) holding an energy frequency tube containing the frequency of the substance
- 3) holding a piece of paper with the name of the substance
- 4) thinking about the substance

This treatment is completely analogous to Energy Psychology techniques (Emotional Freedom Techniques, TAT, EdxTM, BSFF, Seemorg Matrix, BEAM). The premise of Energy Psychology treatments is that the person thinks about the problem and then points on the body are stimulated by tapping or holding. The body is therefore balanced in relation to the problem. The emotional charge is eliminated. The work with allergies is exactly the same except instead of a negative thought, the person is holding or thinking about the problem substance. In turn, the negative reaction to the substance is eliminated.

Laser Ear Spray Treatment of Sensitivities: Creating Energetic Alignment

Any symptom – emotional or physical – can be from a sensitivity reaction to what we eat, smell or touch. Your body is therefore exhibiting a lack of alignment or congruence with these substances. 635nm laser treatments are a wonderful way to bring your body into energetic alignment with the offending substances.

An energy toxin is anything that weakens or is “toxic” to the body's energy system. The energy toxin can be a reactive substance, negative emotion or thought, or traumatic scene. Holding or thinking about the energy toxin causes a disruption in the body's system that can be determined by muscle testing.

Acupuncture points on the ears, hands, and feet represent all the other areas of the body. The laser beam stimulates these acupuncture points and balances the body in relation to the reactive substance or negative thought. The body is now reprogrammed to no longer react negatively to the energy toxin.

Laser Spray is done by slowly spraying the laser beam over the entire ears, hands and/or feet while the patient is holding or thinking about the energy toxin.

Laser Ear Spray Treatment of Food or Environmental Sensitivities

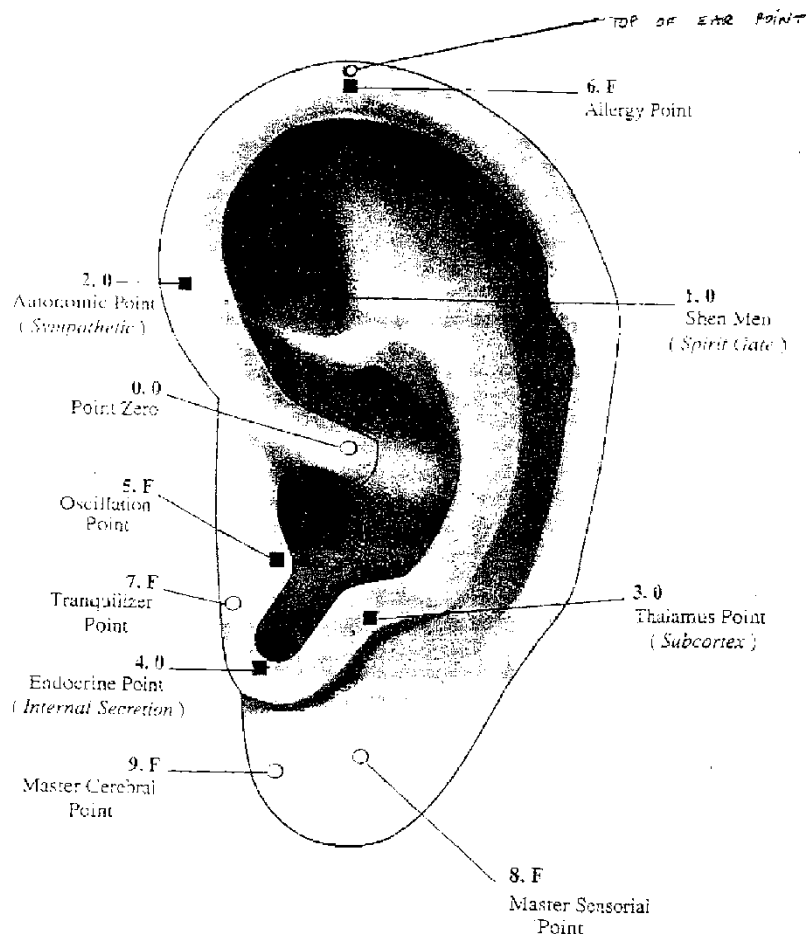
1. Hold substance or hold tube with energetic frequency of substance (or think or write on paper).
2. Muscle test.
3. If weak, use laser pen light to stimulate ear acupuncture points on both ears
 - Stimulate (spray) entire ear: Both ears front and back
4. Repeat muscle test.
5. If strong, muscle test
 - Treatment is now complete
 - It is complete 100%
 - It is complete 100% in the future
6. If weak, redo treatment.
7. Muscle test: You need to stay away from substance.
8. If *yes*, muscle test: 1 hour, 2 hours, 3 hours, etc.
9. Retest in more than 24 hours to check if treatment has held.
10. Retreat if needed.

Some other allergy treatments (such as NAET, BIOSET) require a 2 hour period of time in which the person is not in contact with the treated substance. I found this requirement extremely difficult especially for the many children I was treating. Several treatments for certain vitamins and minerals required only lettuce or olive oil for 24 hours. I began testing to see if this abstaining was necessary for the treatment to hold. First of all, I only test for foods since it is almost impossible to stay away from components of air or in the environment. The vast majority of the time, the person did NOT need to avoid the food. Others tested the need to avoid but often for 3-4 hours which is much easier for parents and children.

Laser Ear Spray can easily be used in conjunction with the other treatments to strengthen the work. Do not be frightened by the optimal points. Just point at the ears front and back with the laser beam being sure to reach all parts of the ears and all crevices. Every point on the ear refers to a part of the body.

Laser Ear Spray entails globally stimulating “all” of the ear acupuncture points on the front and back of both ears. The following information on specific acupuncture treatment points on the ear is included for your reference.

Ear Acupuncture Points For Laser Ear Spray (L.E.S.)



- Raised Ear Point:** Regions of the ear that are elevated ridges or are flat surface protrusions. Represented by *Open Circle* shaped symbols. ○
- Deeper Ear Point:** Regions that are lower in the ear, like a groove or depression. Represented by *Solid Circle* shaped symbols. ●
- Hidden Ear Point:** Regions of the ear that are hidden from view because they are perpendicular to the deeper, auricular, surface regions or they are on the internal, underside of the auricle. Represented by the *Solid Square* shaped symbols. ■

From: Oleson, Terry, *Auricular Therapy Manual: Chinese and Western Systems of Ear Acupuncture*, Health Care Alternatives, Los Angeles, 1996.

Holding or thinking about a reactive substance creates an imbalance in the body's energy system and stimulating the ear points balances the body's energy system in relation to that thought or substance. I use a red laser pen light with a 635nm frequency.

I recommend using a laser with the frequency of 635nm – the frequency of a healthy living cell. Spraying the 635nm beam on the skin induces the top cell to vibrate at the frequency of a healthy cell. By resonance, the next cell and then the next cell also begin to vibrate at that frequency; as a result the laser treatments actually add health to the body. My eTox Laser is 635nm and has an adjustable aperture that produces a wide beam. Produced in Germany, my Advanced Laser (produced by Beurer) is also 635nm. It has an on/off switch and a much larger beam than the eTox Laser.

Both lasers bring the cells of the body back to a healthy state by creating congruence with any substance in the person's energy field.

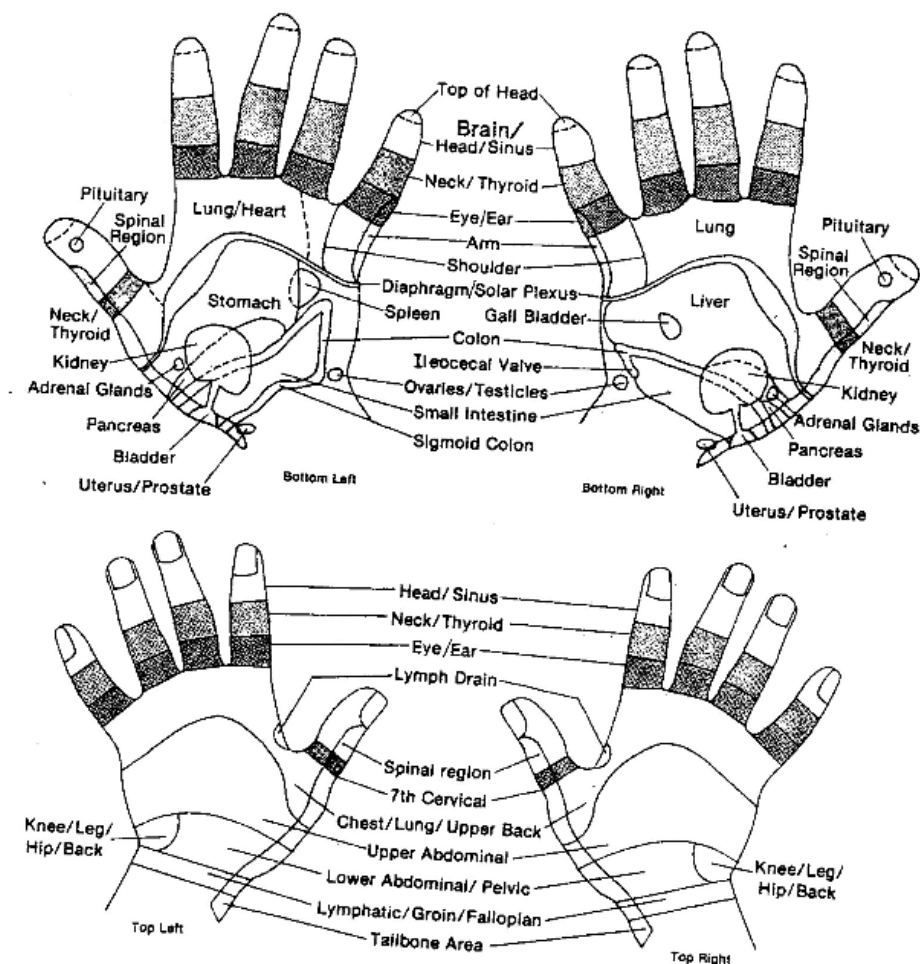
Dayawanti D'Su (Daya), a participant at my 2-day seminar at the 2002 Toronto Energy Psychology conference, gave an account of a miraculous use of Laser Spray to eliminate an allergic food reaction. On the morning of the second day of the seminar Daya's friend that was driving them to the session suddenly reported feeling dizzy and nauseous. She feared she was having a reaction to the peanut butter she had eaten for breakfast. Quickly, Daya took out her eTox Laser and began lasering her friend's ears and hands while she was driving and thinking about the peanut butter. The reaction subsided.

Daya later commented, *“Could a Laser Spray Treatment be this powerful?? Wow, Sandi! Just wow!”*

Laser Spray to Hands

Laser Spray Technique was developed using stimulation of the acupuncture points on the ear. One of the true pleasures of presenting this work is to see the many and numerous variations and improvements created by people using these techniques. Don Elium, founder of the eTox Research Discussion List, began to experiment by also stimulating points on the hands and feet with the laser penlight. You perform Laser Spray to hands by slowly spraying the laser light over the hand reflex point to balance the body in relation to the reactive substance. The advantage of using hand and feet points is the ease of self-treatment. Children love the laser on their hands and feet. It has been very useful clinically to use these additional points. As with the ear points, hand and feet points can be used to eliminate negative reactions to substances, beliefs, concepts, people or situations. The use of Laser Spray or any of the other techniques are limited only by the bounds of your creativity.

HAND REFLEXOLOGY CHARTS

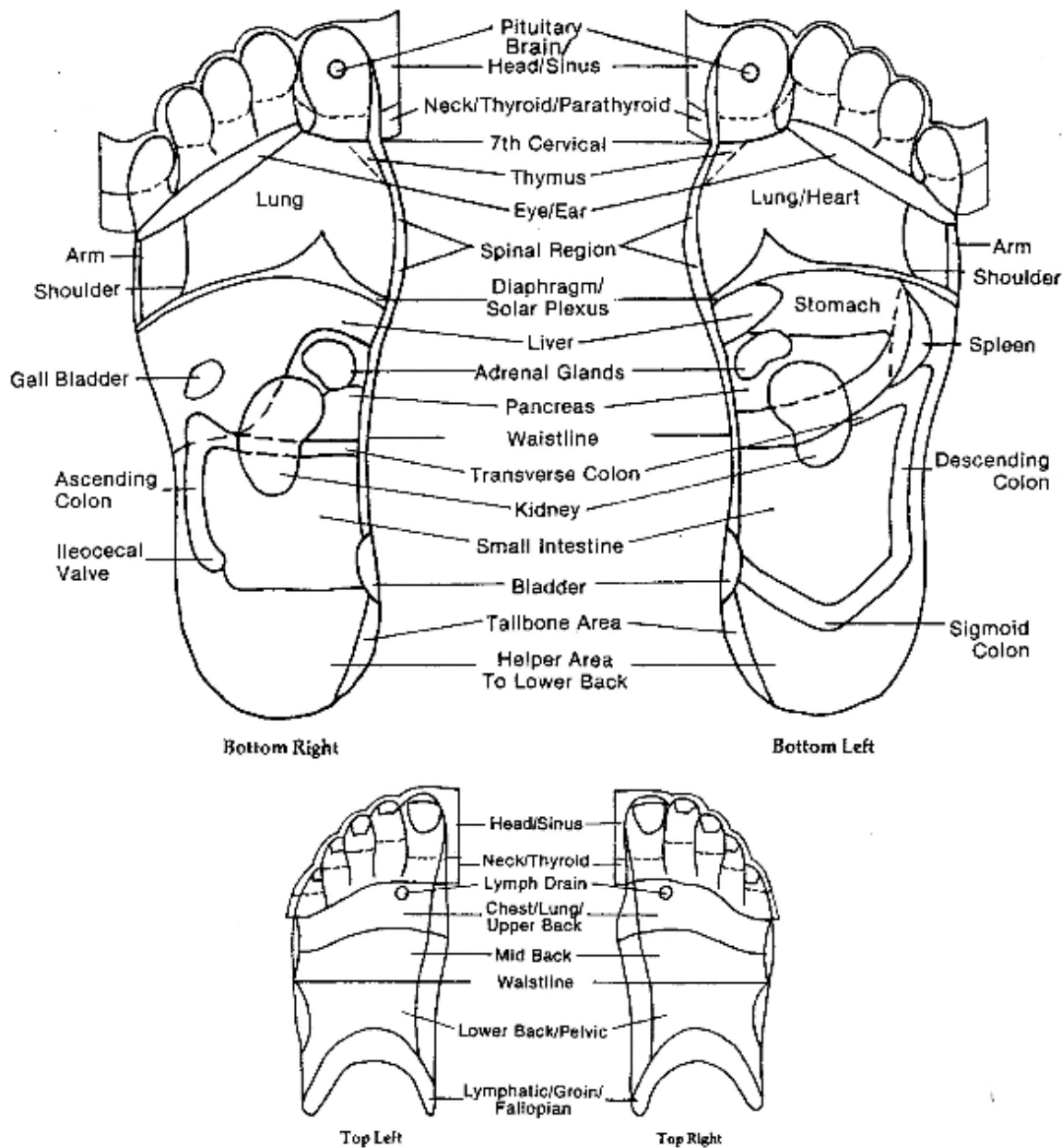


From: *Hand and Foot Reflexology – A Self-Help Guide*, Kevin and Barbara Kunz, A Fireside Book, Simon & Shuster, 1984.

Laser Spray to Feet

Laser Spray to Feet is also done to balance the body's energy system in relation to the reactive substance. The laser light is sprayed slowly over the foot reflex point. See Laser Spray to Hand for more information.

FOOT REFLEXOLOGY CHART



From: *Hand and Foot Reflexology – A Self-Help Guide*, Kevin and Barbara Kunz, A Firstside Book, Simon & Shuster, 1984.

The Erchonia Laser with 635nm beam is the “Mercedes” of all lasers. It is the first laser to be approved by the FDA for pain management. Instead of a pinpoint or slightly elongated beam, the width of the Erchonia beam goes across an entire room. It can easily stimulate all of the points on the body at one time. I once treated an entire roomful of people at one time to the detergent on hotel linen. Standing in a row, each person held a section of a bed sheet while I beamed the laser over their spine points. Everyone was cleared of the reaction to the detergent on the linens.

I special-order my eTox Laser at same 635nm to utilize the special properties of that frequency. It has an adjustable aperture to give wider coverage. In turn, my Advanced Laser combines the 635nm with an even wider beam and an easy On/Off switch. It allows larger coverage for an economical price.



eTox Laser 635nm



Advanced Laser 635nm



Erchonia Laser 635nm

The Laser Spray techniques have stirred more interest than any of the other Allergy Antidotes techniques. Using a laser light to change energy patterns is a new concept. The laser brings a “high tech” flavor to our work. The eTox Laser at 635nm allows affordable access to dramatic interventions. Very importantly, Laser Spray is an energy treatment without physical touch, which makes it ideal for therapists who are reluctant to or legally prohibited from touching their patients. The laser light beam is also perfect for working with children who are moving around and unwilling to be still and be touched.

I suggest trying a laser for everything. It is easy, non-invasive, and you may be surprised by the results.

Using Laser Treatment to Eliminate Allergic Reactions

The following is a list of the most common reactive foods. It is a guideline of what to test and/or treat as needed. If you do not have muscle testing skills to identify a problem substance merely hold a sample of each food eaten and laser both ears. You can only make the person's relationship with that food better. If you are allergic to a food your body DOES NOT absorb it. Therefore even if you eat the best foods take the best supplements, if you are reactive to a substance you will not benefit from it.

Most Common Foods That Trigger Symptoms

Top 21 Reactive Foods

- | | |
|---|--|
| 1. Dairy products | 12. Citrus Fruits |
| 2. Wheat | 13. Chocolate |
| 3. Corn | 14. Yeast |
| 4. Eggs | 15. Tomatoes |
| 5. Soy | 16. Potatoes |
| 6. Peanuts | 17. Aspartame |
| 7. Sugar | 18. Coffee |
| 8. Gluten (present in wheat, rye, barley, oats, spelt, kamut) | 19. Monosodium glutamate (MSG) |
| 9. Rye | 20. Additives including dyes, sulfites and other preservatives |
| 10. Oats | 21. Beer and wine |
| 11. Shrimp and other shellfish | |

Additional Common Problem Substances We Ingest

Essential Fatty Acids – Important for all neurologic disorders including Multiple Sclerosis, ADD, ADHD and Autism.

Linoleic acid	Linolenic acid	Arachodonic acid
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Vitamin B Complex - Also essential for the above neurological disorders.

Vitamin B1	Vitamin B12	Choline
Vitamin B2	Vitamin B13	Paba
Vitamin B3	Vitamin B15	Inositol
Vitamin B5	Vitamin B17	
Vitamin B6	Folic acid	

Other Vitamins and Minerals – needed for proper immune system function

Vitamin C	Vitamin E	Calcium
Vitamin A	Vitamin D	Magnesium
Sulfur	Sodium	Iron
Potassium		

Eliminate Negative Emotions

Laser Spray is also very effective for eliminating negative emotions and traumatic flashbacks. Merely laser each ear front and back while the person is talking about or focused on the stressful scene. Each reflex point on the ear is then balanced in relation to the negative thought. The problematic thought or memory fades away.

As Willem Lammers has discussed, the laser spray is a non-invasive way to make changes without stopping the flow of feelings coming from a patient (see Appendix A for Willem Lammers' article). The following is a message from psychologist Willem Lammers, Ph.D., concerning the use of laser treatment on a trauma.

"Today I saw a Turkish woman for the first time. She had been jailed for three years and systematically tortured by the military that took over Turkey in 1980, for more than 100 days. She was a teacher and worked in a union that had criticized the school system. That's all 20 years ago now, but the torturers said at the time that although they wouldn't kill her, she would wish each day for the rest of her life that she had been killed her. This nasty prophecy came true, and she suffers seriously from intrusive images. I'll spare you the details.

It was very encouraging to learn that she was able to react immediately and very positively to Laser Ear Spray treatment. As soon as she got into intense emotions in telling her story, I treated her with the laser and after a minute she breathed deeply and let go of the images. She had never had this experience before in telling the story – it usually got worse and she couldn't get out. For me, the results looked similar to working with EMDR and tapping, with the difference that she didn't have to do anything herself, which was very supporting and made it easier for her to stay with the memories to be processed."

A later message continues:

"Yesterday I saw my Turkish client with the torture history again. She had had no further intrusive images of the torture scenes we had treated in the first session. She felt much quieter and had slept well. This time, she reported one more torture scene and two incidents from her childhood in which she was molested. She hadn't been able to talk about this as a kid, because to do so in her culture would have meant that her father must kill the men involved and would have gone to prison.

She said that these incidents were responsible for 70% of her emotional problems. It was the first time she talked about these incidents, and again she went through in only a few minutes with the laser treatment. At the end of the session she broadly smiled, something she told me she hadn't done for 20 years. I had never seen anything like this, and it was only the second session!

In the third session she showed some symptoms again, but with less intensity. Laser treatment again took off the sharp edge of the experience."

Another example of using the laser to erase traumatic flashbacks was a 42 year old woman whose mother had died of breast cancer when the woman was 12 years old. She had experienced flashbacks of her mother's mastectomy scars and bedsores for 30 years. Using other Energy Psychology techniques had allowed her moments of freedom from the gruesome pictures. However, the constant flashbacks would return. When we began using the laser, the pictures shattered and did not return.

One advantage of using the laser is that the treatment can be conducted as the person is talking about the situation. The treatment can take place without having to interrupt the person telling their story.

Procedures for Emotional Laser Work

A. Eliminating a negative emotion, situation, memory, etc.

1. Muscle test while patient thinks of a negative emotion, situation, or memory.
2. Begin shining laser on ear, hand, foot or head points.
3. Check for strength on a scale of 0-10 (10 being the strongest) while thinking of emotion.
4. Re-treat until arm is strong at level 10.

B. Instilling a positive statement of how you choose to feel

Following the treatment to eliminate the negative thought I want the patient to be able to replace it with a positive belief. We create together a positive affirmation relating to the treatment. For years I have instilled a positive affirmation or Choice statement following my Energy Psychology treatments to eliminate negative emotions (see www.eftupdate.com for more information about Choice statements). I have the person read the appropriate positive statement and then muscle test. If weak, I have them continue to read the statement as I do Laser Spray on the statement. The goal is for them now to be congruent with the positive.

Have the patient write out a positive statement of how they choose to feel at the moment. Some examples of positive statements are:

- *I choose to be calm and confident at my job interview.*
- *I know I'm a talented, competent worker.*
- *I know I can focus on studying for my test.*
- *I choose to be as strong or stronger than I was before my heart attack.*
- *I know I survived the car accident.*

1. Muscle test while patient reads the positive statement.
2. If weak, treat using Laser Spray while reading the positive statement.
3. Check for strength on a scale of 0-10 (10 being best).
4. Re-treat until arm is strong at level 10.

C. Creating Energetic Alignment with Desired Goals or Affirmations

People are often told to repeat affirmations in order to achieve their goals. Unfortunately, a statement is often one's affirmation because we are not in energetic alignment with it. This incongruence is often confirmed with a muscle test. We can then proceed by writing the sentence on a piece of paper. Have the person continue to read the affirmation while you treat with Laser Ear Spray, LaserLight Technique or Meridian Laser Technique.

For instilling positive beliefs and actions

I use laser techniques to instill positive beliefs and actions. I write a positive statement of how or what a person chooses to feel or do. I then muscle test the person holding and reading the statement aloud. If the person's arm weakens, I hypothesize it is as though they have a sensitivity reaction to the statement. I then use laser techniques or a combination of both while they continue to read the statement. The statement is then repeated for muscle testing.

1. Write positive statement of how person chooses to feel or do.
2. Patient reads statement. Muscle test.
3. If weak, use laser pen light to (stimulate) spray entire ear (front and back), hands, feet or head points while patient continues to read positive statement out loud or to self.
4. Muscle test.
5. If still weak
 - a) Repeat treatment.
 - b) Break down positive statement into smaller parts and treat each part. Once they are strong, go back to the original statement and test and treat if necessary.

LaserLight Technique™

LaserLight Technique is the next generation of our Laser Ear Spray procedures from my original treatment method. We have found it to be a more efficient and effective treatment that builds on our previous concepts and treatment areas. As in Laser Ear Spray, we muscle test to identify what is problematic to the person. **In LaserLight Technique the treatment is done immediately after the confirming muscle test.** We have also included additional areas of the body to spray with the laser beam. All of these treatment areas are then stimulated for up to one minute.

In the LaserLight Technique we spray the beam on both TMJ areas, both ears, front of body, back of head, and spine. We stimulate certain areas because of their importance to the rest of the body. The *TMJ* (Temporal Mandibular Joint) area is one of the most innervated areas of the body. The *ears* contain reflex points that refer to every other part of the body. The *back of the head* is the brain stem area of the brain. The *front of the body* and *spine* represent the central and governing meridians. When lasering the spine you will also probably be stimulating the bladder meridian along the sides of the spine, just as in Spinal Release.

Following the laser spray, we re-test the item. If the arm is now strong, check the strength on a scale of 0-10, with 10 being the strongest.

LaserLight Technique can be done with either the eTox Plus Laser or the Advanced Laser (both have the 635nm). The Advanced Laser has a larger beam which can cover more area at a time.

LaserLight Technique Protocol

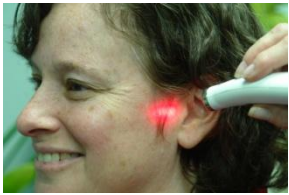
A. Find muscle weakness (with substance, position, emotion, thought, affirmation, etc.).

B. Spray LaserLight immediately after muscle test (within 1 minute after muscle testing).

1. TMJ (both sides)
2. Both ears
3. Front of body (central meridian)
4. Back of head (brain stem)
5. Spine (governing meridian and bladder meridian)
 - Re-test (substance, position, emotion, thought, affirmation, etc.)
 - Check for strength on scale of 0-10 (10 being best).

Re-treat until strong at level 10.

TMJ Point



Both Ears



Back of Head



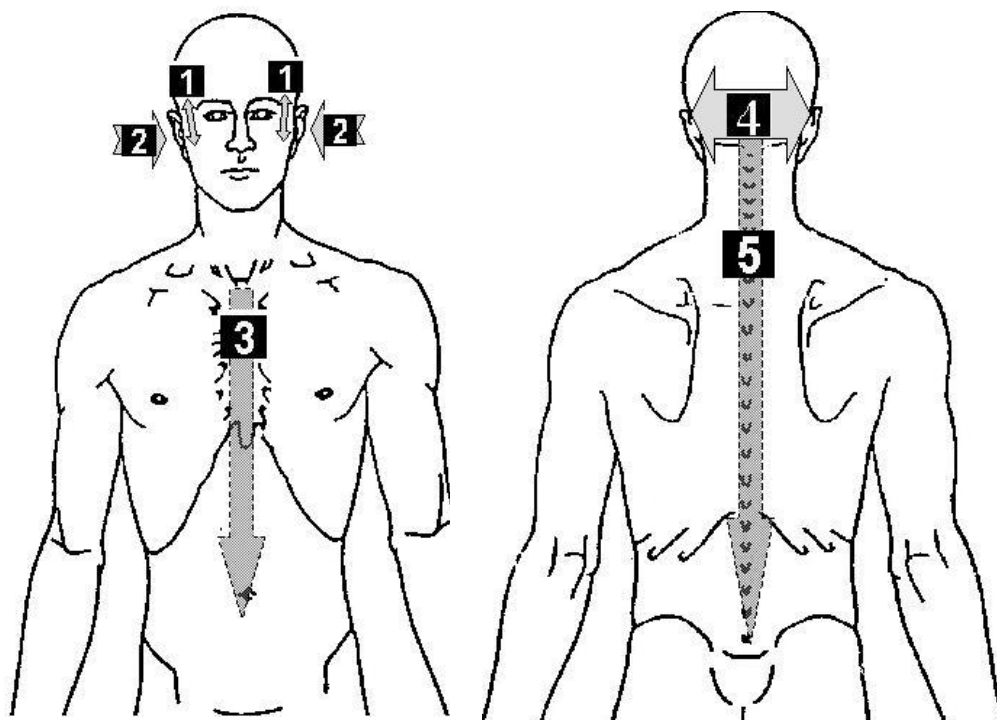
Spine



LaserLight Technique™

Spray LaserLight immediately after weak muscle test for up to 1 minute.

1. **TMJ**
(both sides)
2. **Both ears**
3. **Front of body**
(central meridian)
4. **Back of head**
(brain stem)
5. **Spine**
(governing meridian and bladder meridian)



LaserLight Technique for allergies/sensitivities is the next generation of our original Laser Ear Spray techniques. It increases the strength of the treatment and also reduces the treatment time. It can be done on patients or as a self-treatment.

LaserLight Technique can be used successfully with any substance that weakens the body. Therefore, use it to treat hormones, infection, heavy metals, vitamins, digestive enzymes, and any other substance you suspect may weaken the body.

1. Hold substance and muscle test. The substance may be any of the following:
 - Actual sample of substance
 - Tube with energetic frequency of substance
 - Name of substance written on paper
 - Think about substance
2. If weak, treat using LaserLight Technique immediately after muscle test.
3. Check for strength on a scale of 0-10 (10 being the strongest).
4. Re-treat until arm is strong at level 10.

Meridian Laser Technique

Meridian Laser Technique combines the Laser Ear Spray technique, EFT (Emotional Freedom Techniques) affirmation phrases and tapping on the hemispheres of the brain from Body Talk. The person being treated puts the problem substance in their energy field. This is accomplished by holding 1) the actual substance 2) holding a vial with the electromagnetic frequency of the substance, 3) holding a piece of paper with the name of the substance, or 4) thinking about the substance.

Meridian Laser Technique is used to create energetic alignment between the person and the substance. A person has a reaction to a substance when their frequency and the frequency of the substance are not congruent. The body sees the substance as a danger and sets up a reaction. Energetic alignment will allow your body's immune system to relax feeling in congruence with the substance. It no longer needs to set in motion an immune system attack to protect the body.

For years I merely had the person hold the problem substance while I lasered their ears. Recently, I reasoned that we might as well be using the treatment time to reinforce the changes on a mental, emotional level. Therefore I began having the person repeat EFT set-up phrases during the lasering. In EFT we couple the statement of the problem with a positive affirmation. For example:

- *Even though I have a bad reaction to Vitamin C, I choose to absorb it properly.*
- *Even though my body sees dairy products as dangerous, I choose for my body to handle it easily.*
- *Even though I have a problem with corn, I choose to be able to eat it and feel great.*

Have the person repeat statements similar to the above while you laser their ears. You will then be treating them on all levels. Use your creativity to intuit new phrases to use in the treatment

I then included tapping on the top of the head as done in Body Talk and is also one of the Meridian tapping points while I am moving from one ear to the other. I also laser the back of head-brainstem points which is the most primitive part of one's brain.

Meridian Laser Technique can also be used for treating negative emotions, limiting beliefs, traumas and non-alignment with positive goals.

Meridian Laser Technique Procedure

Meridian Laser Technique is a way to combine several Energy Psychology techniques.

Put substance, statement, negative thought or emotion in person's energy field.

Have person continue to focus on substance or statement while balancing body in relation to it.

- a. Laser both ears – front and back.
- b. Tap on top of head with some fingers on either side of the midline of the brain (from Body Talk).
- c. Have person repeat Meridian tapping set up phrases – be creative – person will often spontaneously create their own phrases.

Meridian Laser Technique

Tap on Top of Head while laser both ears and back of head (brainstem)




Top of Head and Ears



Top of head and brainstem

Wound and Cut Healing

The laser beam at 635nm is very effective for reducing inflammation. Therefore it is excellent for healing cuts and wounds. Merely shine the laser beam over the cut, wound or surgery scar to reduce inflammation and redness.



Benefits of Laser 635nm

- 635nm frequency of DNA replication
 1. Stimulates collagen production
 2. Supports formation of new vessels
 3. Stimulates metabolism
 4. Increases lymphatic flow and prevents any blockages of flow of chi
 5. Anti-inflammatory – reduces swelling
 6. Increased wound healing
 7. Removes pain from muscle spasms

Many people have reported rapid healing times and reduced scarring when using the laser. I have a patient who is a plastic surgeon who gives out the lasers to her patients to help their incisions to heal more rapidly. Another patient used the laser after gallbladder surgery on the wound prior to returning to her surgeon. At the check-up exam, the surgeon asked if she had had plastic surgery on the incision.



Here is another example:

Wound Healing

I would like to share with you an extraordinary experience I had using your lasers. I was using a single blade razor to scrape paint from the trim boards in my home; the razor slipped out of my hand and placed a 1/2-inch wide gash in my finger to the bone. I should have gone to get stitches but I was too busy preparing my home for a graduation party and packing to attend an EFT conference in Arizona. So with skin glue, butterfly bandages and Band-Aids, I boarded a plane to the conference with a weeping cut on my finger.

During the second day of the workshop a gentleman that was sitting at my table was playing with one of your lasers. I inquired as to what it was and with his explanation I was quite unsure as to the claim of instructing the cells to heal. But he ran the laser over my cut for a few seconds and we went about the day. The next day the cut had stop bleeding and I did not have to wear a bandage. One more treatment of just a few seconds and a few days later only a pink line was left on the finger of the cut. As of today it is very difficult to see where the cut was. I am not a skeptic any more and anxiously awaiting the laser I ordered from you. Thank you for sharing this incredible discovery.

Vickie Griffith, EFT Practitioner, Hypnotist, 2003

Organ Balance

Since these lasers help to bring the cells of the body closer to normal, I have used them to assist in bringing the organs back into proper balance and function.

I recently learned of an innovative and important use of lasers by one of our patients. Janet found that if she sprayed a laser penlight at 635nm on the pancreas area for approximately 1 hour, her blood sugar level lowered up to 30-40 points. She simply put the pen light laser in her bra with the light shining at her pancreas. The blood sugar reduction lasted the rest of the day.

I have also used the laser on the liver to effectively reduce elevated liver enzyme values. Spray the beam on the liver for 15 minutes or more. It is a “healing light.” Patients often report liver enzymes returning to normal. Several patients have purchased their own lasers to use at home for this purpose.

Inflammation

Lasers at 635nm are excellent in reducing any type of inflammation, including the swelling and redness of acne or boils. It reduces inflammation in tight muscles and in painful joints. There are NO limits to the amount of time the healthy, low-level laser can be applied to an area.

Merely shine the beam on the place of inflammation for several minutes up to one half hours. The reduction in redness and swelling is often very immediate and dramatic.

Richard Hunt, PhD describes his experience:

"I've had a lot of success with arthritis gone in every case using the laser. E.G., I had one client who was totally distracted from doing psychotherapeutic work because of the pain in her knees. I worked on her for 5 minutes with the laser and she said she had no pain. I asked her to stand up and walk around, and put pressure on the knees. She said that the MDs told her that she had little cartilage left. So she sat down again and I treated her for "creaking." She then stood up and there was no more creaking as she moved around the room. Two months later she told me that a new x-ray indicated her knees were normal and that she now had a normal amount of cartilage."

Joseph Guan, Ph.D. describes his experience:

Teacher laser sprayed her mother who found it difficult to get up from a chair. Normally, she would have to try to stand up using her hands and would make three or four attempts before she could stand up. Her daughter sprayed the light on her knees daily and now she is able to stand up on the first attempt. Her mother's two sisters came to visit Singapore – when they saw the results, both sisters bought the pens.

Tom Narvarez, Ph.D., presents a creative use of the Laser Spray for the treatment of his wife's asthma symptoms.

"My wife has a serious lung condition, asthma or emphysema, depending on which doctor she sees. She had a difficult morning today, with a Peak Flow Meter reading of about 100. Instead of seeing the doctor, she decided to go the alternative route.

We had just received a magazine article from a friend, "Breathing a Sigh of Relief" from the July issue of Alternative Medicine Magazine, that mentioned that most respiratory problems were due to an infraspinal muscle (located between the shoulder blades) problem.

We decided to try electro-acupuncture, which brought the reading to 110. I tried pulsed laser treatment on her back, taking about five minutes to spray the several meridians that run up and down the spine (usually used with NAET). Her Peak Flow Meter immediately went to 170 and after five minutes to 190. After that she used a Nebulizer with Albuterol Sulfate, which brought her reading to 210.

Prior to this, she would pick up some points with the Nebulizer. Using the laser not only brought her out of the danger zone (hypoxia), but brought her to a level where she could breathe normally.

Tight Muscles and Pain

Again, the anti-inflammatory properties of the 635nm laser helps reduce inflammation that promotes tight muscles and pain. Shining the laser on the muscles helps relax them. For example you can stretch your leg as far as it will go. Then laser into the muscle that is tight in that position. Try again to move your leg and it will often stretch even farther.

Lance Armstrong appreciated the healing power of lasers. In his historic seventh win at Le Tour de France bicycle race, his doctors used an Erchonia 635nm laser on his legs after a day's riding.

The eTox and the Advanced Lasers both have the same frequency and wattage as the Erchonia. The approval from the FDA for the Erchonia was for reducing pain and tightness in shoulder and neck muscles. We can get the same results with our more affordable lasers.

EXAMPLES OF JOINT PAIN

Thumb joint



Knee



Skin and Beauty Aid

Since 635nm is the frequency of a healthy living cell, these lasers can be useful for skin problems. Since they reduce inflammation lasers can be used to calm the redness and swelling of acne. Since it can help to build collagen, they may be useful for smoothing out wrinkles.

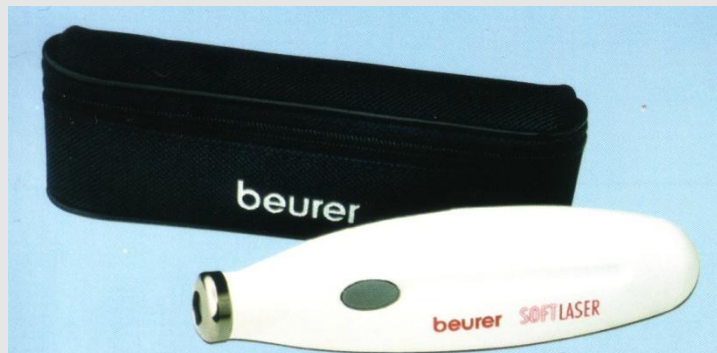
When I went away on a week's vacation, I had the 77 year old woman who walked my dogs experiment with the laser by using it on only one side of her face. When I returned after a week the difference in the two sides of her face was dramatic. I knew immediately which side she had focused on with the laser beam and which side she had ignored.

Often people purchase the laser for acne for their children and wrinkles for themselves. I have had several patients that used even the small eTox Laser on skin tags that then fell off their bodies.

The Erchonia Laser has just been approved for use in reducing cellulite prior to liposuction. Spraying the 635nm laser on the areas helps to liquify the fat for removal. I hypothesize the same thing can be done with the smaller 635nm lasers.

Use of the Advanced (Beurer) Laser for Skin and Beauty

The following guidelines are the manufacturers instructions for use of the Beurer Advanced Laser as a skin and beauty aid.



Guidelines for use of the SOFTLASER

We make no medical claim as to use of the SOFTLASER in the U.S. They are sold for beautiful skin only. For beautiful skin, run the laser over the area with direct skin contact in a circular motion for 3 to 6 minutes, twice a day. For Canada and outside the U.S. use the following guidelines:

Non-U.S. Conditions:	Time in min.	Number of points	Treatments
Acne	2 - 3	For spots, bites, cold sores, blisters and other small areas, treat once over the lesion; For larger areas treat at 1 - 2 cm intervals According to the size. Total number of points typically from 2 points for small areas and up to 10 points for large areas e.g. back acne and ulceration	1 - 2 times per day
Bruising	2 - 3		
Eczema/Dermatitis	2 - 3		
Herpes/Cold Sores	3		
Psoriasis	2 - 3		
Ulcers	2 - 3		
Blisters/Chapped Skin	2 - 3		
Pressure Sores	2 - 3		
Insect Bites	2 - 3		
Burns	2 - 3		
Post Surgical Application	2 - 3		
Scarring/Stretch Marks	6	Run the Laser over entire area Apply some pressure Use zig zag motion	1 - 2 times per day
Wrinkles	6		
Spider veins	3		
Aphthous Ulcers	2 - 3	Over the mouth ulcer At 2 cm intervals along the gum	1 - 3 times per day
Gingivitis/Sore Gums	2 - 3		
Hypersensitivity	3 - 6		
Sinusitis	2 - 3	Over the sinus; left/right of nose; up nasal passage	1 - 4 per day
Rhinitis	2 - 3		
Pain, Tendonitis, Sprains	3 - 6	Treat around the painful area for 3 - 5 points	1 - 2 times per day
Acupuncture Points	3	Over the required points	once daily

Laser Treatment for Weight Loss

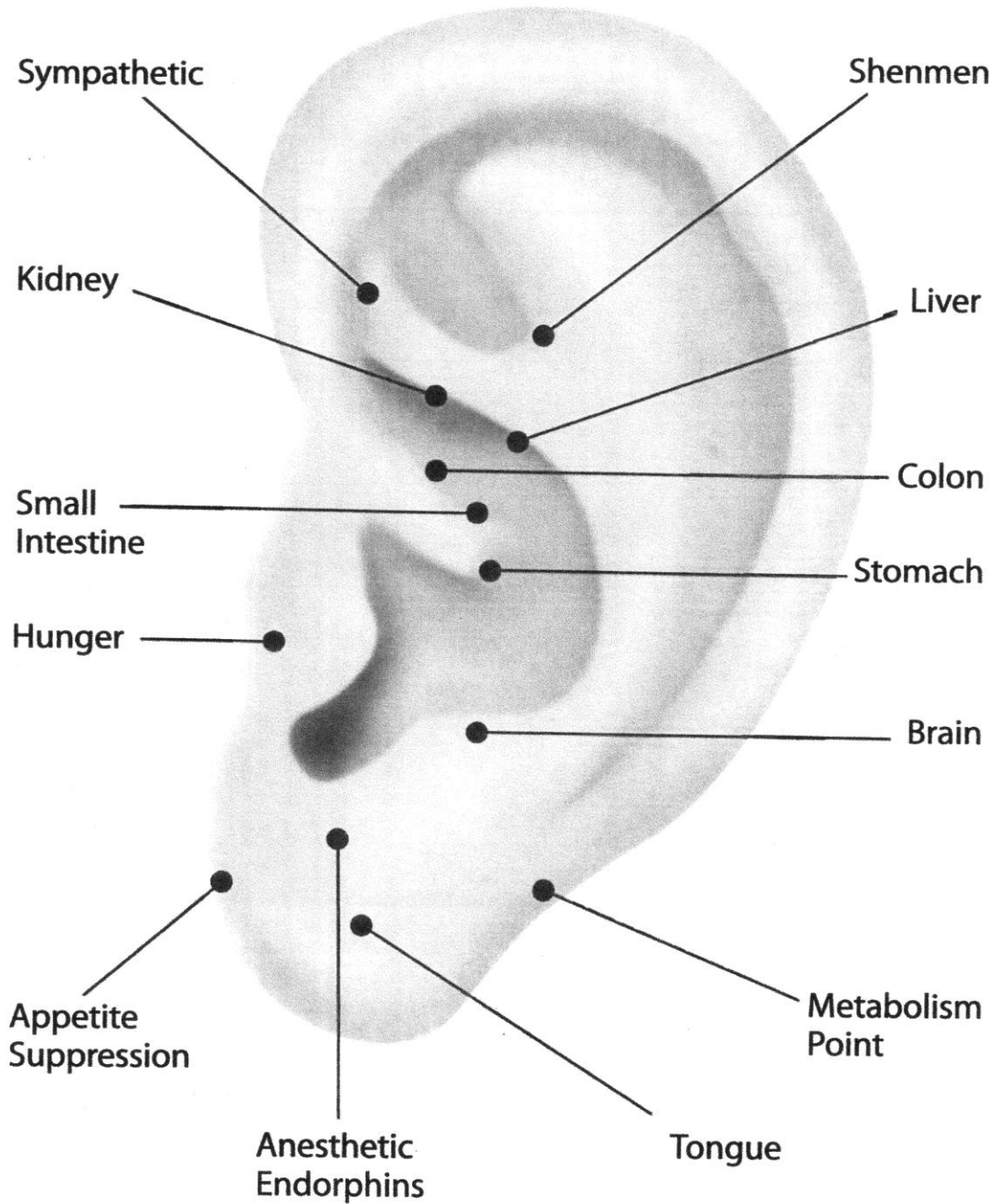
Recently lasers have been used to reduce cravings and promote weight loss. Very expensive lasers are utilized on approximately 37 acupuncture points during 4 or more half-hour sessions.

I have used my eTox and Advanced lasers on these points. Cravings have been eliminated at the time of treatment and the effect has continued over time. More research is needed. Our inexpensive lasers allow anyone to have these treatments at home at anytime.

The acupuncture points on the next page are being tested in clinical studies by Laser Therapeutics, Inc.

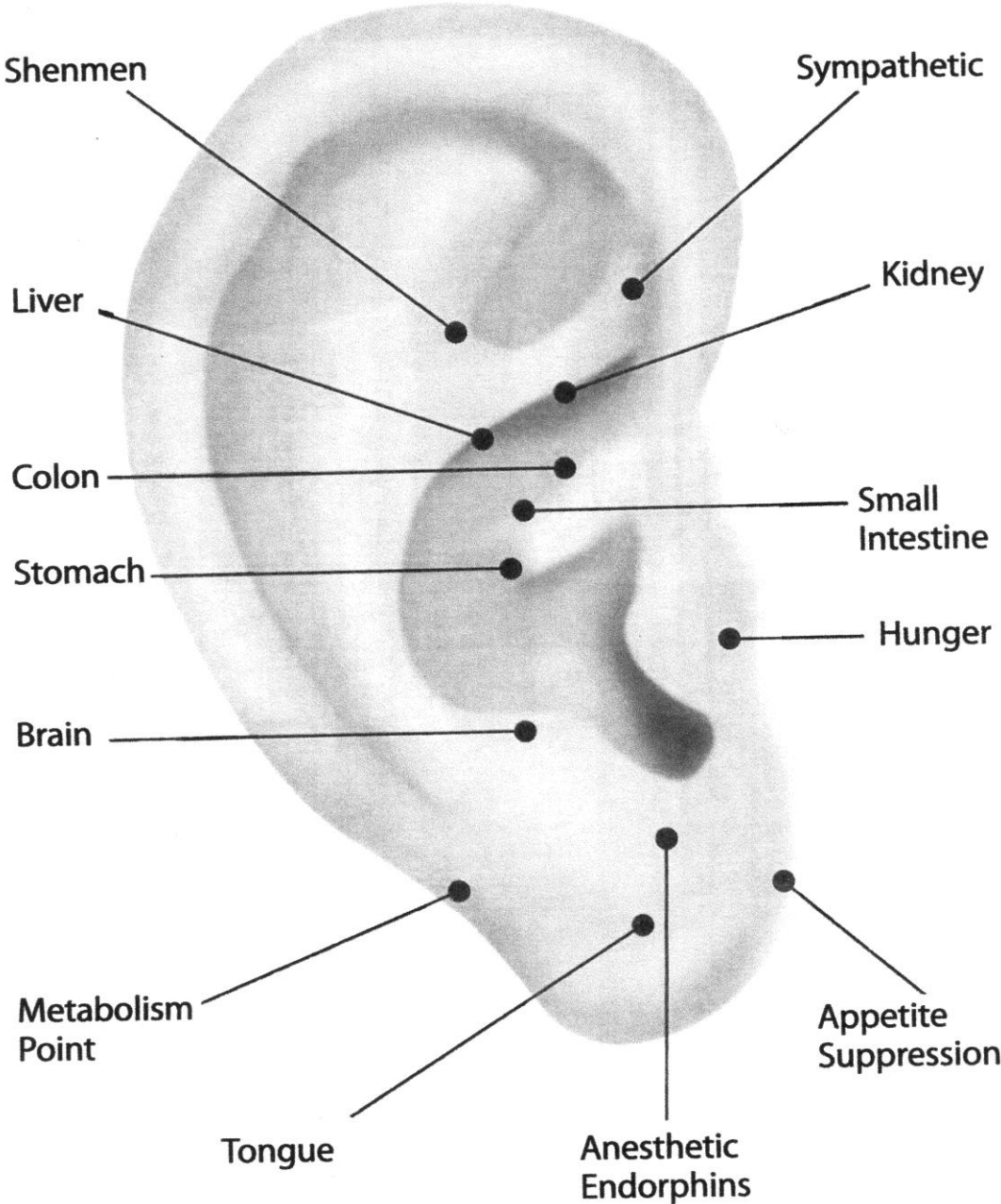
The Erchonia Laser is now being used to help with the removal of cellulite. Plastic surgeons are lasering the area for liposuction prior to the procedure. The laser beam is softening the embedded fat and making fat removal easier. It is my guess that our lasers at the exact frequency of the Erchonia can also be used to soften the trapped fat. It would then be easier to detoxify the fat out of the body with less invasive saunas, exercise, massage, increased water intake etc. The laser is setting the stage for easier elimination.

Acupuncture Points Weight Loss



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Acupuncture Points Weight Loss

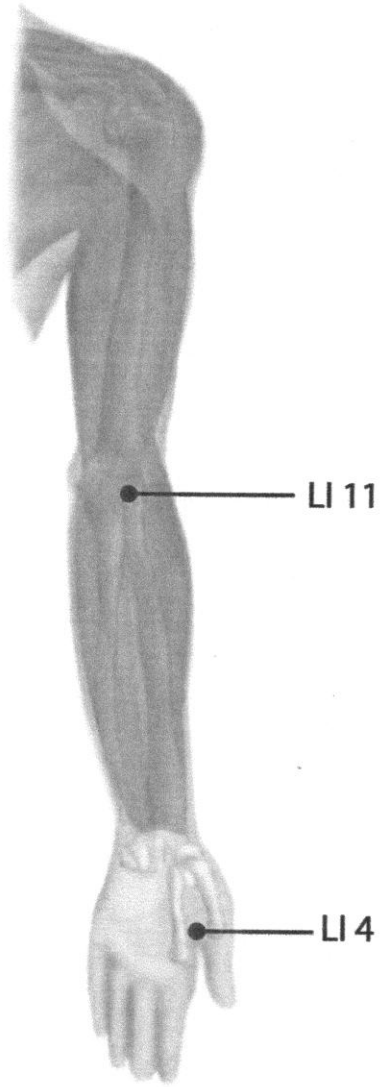


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Acupuncture Points Weight Loss



**Leg - Medial
(Inside)**



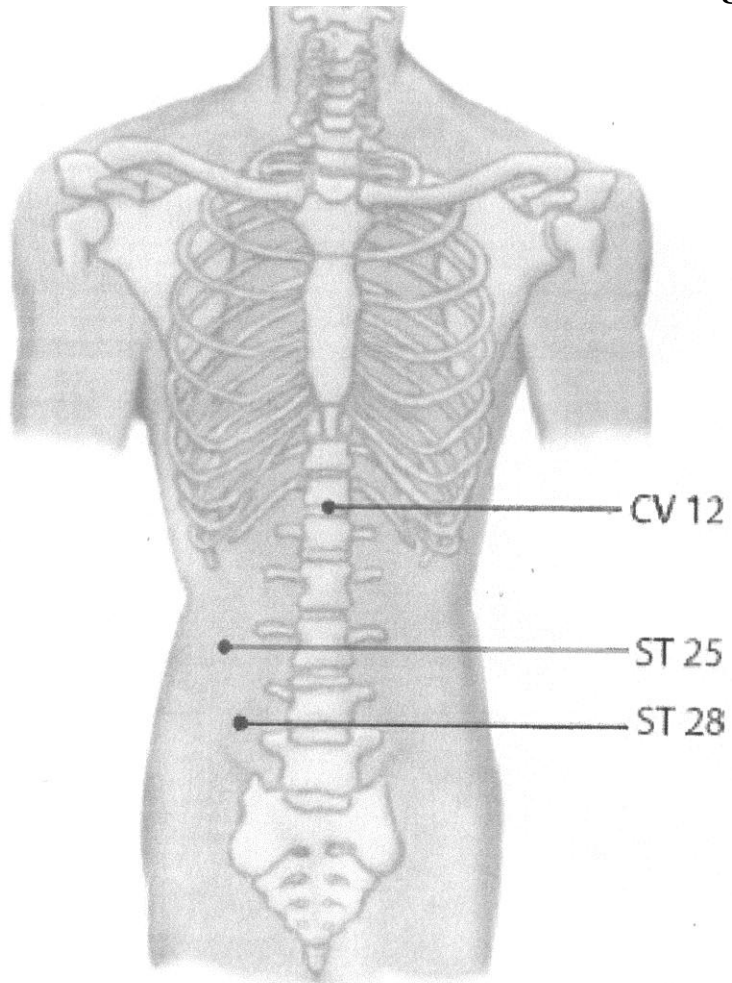
**Arm - Posterior
(back)**



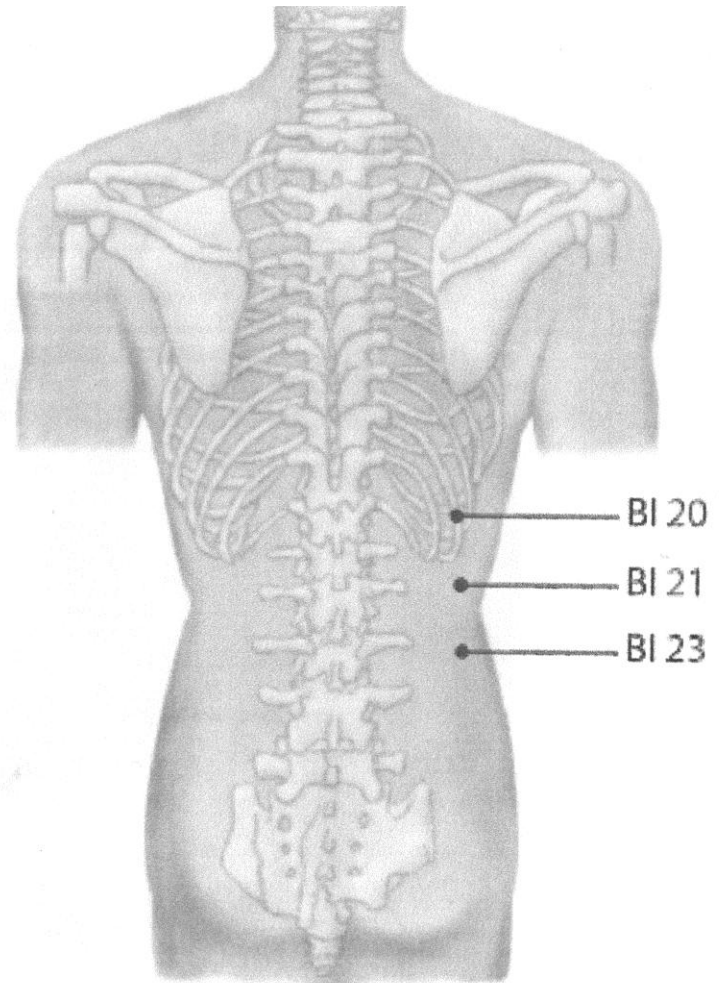
**Leg - Anterior
(front)**

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Acupuncture Points Weight Loss



Body Anterior (front)



Body Posterior (back)

Working with Children

Laser treatments are perfect for working with children. You can stimulate acupuncture points without touching the skin. You can easily treat the child even if they are running around the room. The only caution is to shield their eyes when lasering the ear points. Put your free hand in front of the ear to block the laser beam from going into the child's eyes if he or she decides to turn his head quickly during treatment. Spine points and back of head points are easy to stimulate even when the child is moving. Children love to have their hand and feet points sprayed with the laser light. Shine the laser on the whole hand and foot front and back. Be sure to shine the beam on the tips of the fingers and toes since they refer to points in the brain.

Shield Laser Beam for Children



ADD, ADHD, Learning Disabilities and even Autism may be affected by food and environmental sensitivities. Muscle testing the foods a child eats and treating those that weaken their system may positively affect the child's behavior.

I worked with a brother and sister who both had been diagnosed with severe autism. After extensive treatment for their problem foods and other substances both children are in normal, mainstream public school classrooms. The young girl had been diagnosed – and therefore treated – earlier and showed the greatest improvement. By kindergarten, she no longer had any diagnosis of a learning or behavior problem. At the end of the year, a school psychologist routinely tested every child in the girl's class. After the testing, her parents were told that their daughter was the brightest child they had ever tested in all the years of the program. All of that child's ability would have been lost in the fog of autism.

To work with these types of problems, check everything the child eats, especially those items they “love.” We are usually reactive to those foods we are addicted to. You can also take a sample of all of the foods and liquids ingested in a meal in a glass jar or napkin and test and treat.

If you do not have muscle testing skills, you can just treat for each item consumed.

Besides foods and vitamins other items that I have found to be often be problematic for children are:

Books • Ink • Crayons • Chalk • Pencils • Detergent
Fabric softener • Cell phones • Computers • Electronic games

Parents find it very easy to treat their children while they are sleeping. They put the substance next to the child and laser their ears when they are asleep.

Unique Laser Treatment of Allergies

One of my patients is a 5 year old child with many allergies including peanuts and nut reactions. He lives 500 miles away and all of the sessions are with his mother over the telephone. She is doing the actual treatment on him mainly using the laser. Since she has 2 other children including a new born, she has very little time to do this work. She started treating him with shining a laser on his ears on his photograph. It was working while she sat there concentrating on the photo. Due to her lack of available time, she started putting the laser on the photo while she was busy doing other tasks. She found that treating one item while lasering each ear for 45 minutes has been successful. Her ability to self muscle test herself on his behalf makes this experiment possible.

Are There Negative Reactions to Laser Spray?

Many people have questioned the safety of using Laser Spray Techniques in their practice.

I can tell you that in my more than eight years of using lasers of one kind or another in my practice, the vast majority of patients do not experience any sensations from the laser spray to various areas of the body. My more sensitive patients do feel some sensation, usually of warmth. Two people have reported hearing the laser. I use the ability to feel the laser as diagnostic of a patient's high level of sensitivity to substances. This gives me a great deal of information.

In my office I use the eTox Laser, the Advanced (Beurer) Laser, and the Erchonia Laser. They are all 635nm. The Erchonia Laser gives off a larger beam. The producers of the Erchonia spent three years and much money getting it approved

by the FDA. After much research, the FDA has approved the use of the Erchonia Laser for pain reduction and muscle relaxation. To do so required innumerable tests of the safety of using the laser on many parts of the body.

I can think of only three situations where people did not like the feel of the laser. I assume that any discomfort is a sensitivity reaction for that person. As we know, anyone can be reactive to anything. In fact, someone in my Toronto pre-conference felt dizzy after being treated with the laser. However, she felt fine after I treated her for the laser as the reactive substance.

I have found that sometimes it is important to muscle test how long to use the laser spray. My patients with the most sensitivities are also best with “less” laser spray. As they are more sensitive to substances, they are also more sensitive to the treatment and need less intervention to bring about positive changes.

Of course it is important to not shine the laser directly into the eyes. Therefore it is important to keep lasers out of reach of children. It is also important to shield a child’s eyes when lasering the ears in case the child moves her head quickly.

However, a recent study shows that the laser beam may be less dangerous than we thought. Terminally ill patients that agreed to have the laser shined into their eyes continuously for 15 minutes, reacted with no adverse reactions or affect on their sight. Therefore, it seems unlikely that brief, accidental exposure to the laser will cause harm.

Information and Precautions for the Advanced Laser

1. Never shine the laser in the eye or look directly into the beam. Close eyes when treating near the eye. Keep the laser pointed away from the eye during treatment. If working with a child, use your free hand to block the laser beam when lasering the ears to avoid the laser accidentally shining in the eyes.
2. Keep laser out of reach of children.
3. Never use over an area or suspected or known cancer or treat over the thyroid.
4. Laser Class 3A; Rated Voltage 3V DC; Laser medium GaALAs; Power output less than 5mW; power supply two 1.5V AAA alkaline batteries. Operating mode – continuous; operation, class of protection, internal supply.
5. The Advanced Laser is warranted against defects for a period of one year. Please return defective lasers to Allergy Antidotes, PO Box 237, Ocean City, NJ 08226.
6. Place cling film such as Saran Wrap tightly over the tip of the laser before treating open or oozing areas with potential bacterial or viral infection. This prevents contamination and the transfer of germs to another person.
7. To open the battery compartment, push the cover in the direction indicated by the arrow. Make sure the batteries are inserted correctly. To close the battery compartment, push the cover in the opposite direction. Turn the laser on or off by pressing the “on/off” button on the underside of the laser.

Appendix A

Laser treatment of acupuncture points as an alternative for tactile stimulation in energy psychotherapy

Willem Lammers ^{ii[1]}

Introduction

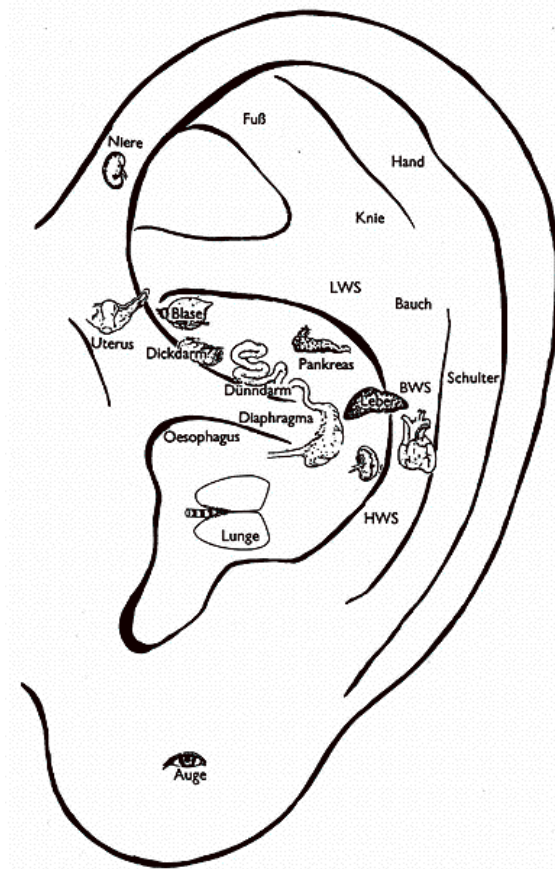
The word “laser” is an acronym standing for “Light Amplification by Stimulated Emission of Radiation”. This special type of light was discovered in 1960, when Theodore H. Maiman of Hughes Aircraft mounted a synthetic ruby rod inside a powerful flash lamp (Maiman, 1960). When he activated the flash lamp, an intense pulse of red light burst forth from the end of the rod. This light was both monochromatic (a single color) and coherent (all of the waves were precisely in step). The difference between the output of a laser and that of an incandescent light bulb is like the difference between white noise and a single tone. The laser age was born. Within a very short time, laser action was demonstrated in gasses, liquids, and semiconductor crystals. The output of a laser can be pulsed or a continuous beam; visible, infrared, or ultraviolet; less than a milliwatt – or millions of watts of power.

Most lasers nowadays are diode lasers, light emitting semiconductor chips, driven by low voltage power supply. Wavelengths vary between red (635 nm, actually may appear slightly orange-red) through deep red (670 nm) and beyond in the infrared realm (780 nm and up). Green and blue laser diodes have been produced in various research labs but until recently, only operated at liquid nitrogen temperatures, with a very limited lifespan. Long lived room temperature blue and green diode lasers will soon be commercially available. Violet (around 400 nm) laser diodes are just going into production.

The beam quality depends on design. The raw beam is elliptical or wedge shaped and astigmatic. Correction requires additional optics (internal or external). The power varies from 1 mW to 5 mW (most common), up to 100 W or more. Lasers are applied in CD players and CD-ROM drives, LaserDisc, MiniDisc, and other optical devices. Costs vary from \$15 to \$10,000+. ^{ii[2]}

Lasers in acupuncture and meridian therapy

In acupuncture, laser instruments have been used since many years. Usually, 635 nanometer diode lasers are used for this purpose. The wavelength corresponds with the monochromatic, coherent light emitted by human cells. With the laser light, the ear acupuncture points are treated, although also other points can be also be accessed. The ear points are closer to the surface than the body points and the laser light can penetrate the skin more easily. Because of the fiber-optic nature of the acupuncture meridian system, the laser light easily spreads along its channels. The diagram shows the location of the connections to the organs on the outer ear.



Laser treatment was introduced to meridian-based therapy by Bob Radomski. In Laser Ear Spray, or LES, the laser is used to stimulate the reflex points in the ear that relate to all of the other acupuncture points on the body. As in other energy psychology techniques, we are stimulating acupuncture points to balance the body's energy system in relation to the negative or upsetting thoughts or scenes. The concept of the laser ear spray is a little different from the straight use of ear acupuncture as stated in the preceding paragraph. In her handbook, Sandi Radomski describes Laser Ear Spray as a way to treat allergies.^{iii[3]}

In my own practice, I've been using lasers since 1999, with excellent results. Initially I used a laser pointer, as designed for presentation purposes, and then started to use the AdiMa Beauty Laser, a Swiss diode laser especially designed to treat acupuncture points^{iiii[4]}. It has exactly the frequency of 635 Nm and the beam is not focused on a single point like in lasers developed for presentation purposes. The Beauty laser has an output power of 5 mW, the maximum power level allowed to be sold to non-medically trained persons.

Treatment

Laser Ear Spray is an excellent addition to energy psychology methods. If the client is accessible to it and accepts the treatment, it's my method of choice for the treatment of phobias and for the psychological sequel of traumatic events. First a few words of caution:

- Avoid looking into the laser beam directly at all times. Also avoid looking at the reflection on the skin of your client for a longer time. Prolonged exposition of the retina to laser light may result in temporary or permanent damage to your vision. Initially, when I started to work regularly with the laser technique, I suffered from blurred spots in my vision. These disappeared again after a few weeks. Since then I use the laser while I stand behind the client, with the laser parallel to my face. Thus I avoid looking directly into the reflection. You can also protect your eyes with special glasses. Jewelry must be removed from the ear to prevent direct reflection on metal. Clients with long and thick hair should free their ears, if necessary with a hairpin.
- All treatment of psychological disorders, especially trauma, belongs in the hands of trained professionals. Of course, this caveat is not limited to the use of the technique described in this article.
- Not all clients can profit from the laser. Some don't react at all; others experience the beam on the outer ear as irritating or even painful. One time a client reacted with a headache, although this could also be caused by the release of emotional material. Some people express resistance against the use of modern technology. Any resistance must be handled carefully, whereby the quality of the working relationship has priority over the use of the laser. In every energy psychology treatment of a client, it makes sense to be able to practice a number of different techniques, as client's reactions are idiosyncratic.

In the treatment of trauma, the client is introduced to the laser first, and questions are answered in the same way, as any other method would be explained. After the usual introductory contact and contract work, the client focuses on the traumatic event to be neutralized. This can be done with the help of Psychological Debriefing techniques. Sometimes, debriefing can be considerably shortened with the help of the laser. The client is invited to tell the story, *as if it happens now*, and as soon as the narrative is interrupted or becomes emotional, the client is asked to stay with that moment, to focus on the images and the experiences. Then the laser treatment is applied on one of the ears. The whole of the outer ear is “sprayed” with a frequency of 2–4 movements per second, from a distance of about one centimeter. Spraying the right ear seems to make it easier to access the experience, while spraying the left ear removes the tension. During the process the client is asked what comes up, and the therapist encourages him/her to tell emotions, thoughts and details of the situation remembered, just as in Psychological Debriefing. Within a short time, it becomes clear if laser ear spray is the right treatment: It simply works or it doesn't. It works if the client, after accessing the situation, within minutes starts to breathe deeply, and experiences significant changes in the assessment of the traumatizing event. I tend to start on the right ear of the client, and after a few minutes changes to the left. This change of target points is more or less intuitive, guided by the process. When nothing happens on the right side any more, the treatment is continued on the left outer ear. Switching from left to right and back a few times may be necessary to get the process going. The client is encouraged to talk during the laser treatment, with questions like:

- What goes on now in the situation?
- What do you see, hear, feel, smell, taste in that situation?

- Is the picture still or moving?
- What do you think, when you see that picture, when you're in that situation?

It's important to work in the present tense and to keep the client in contact with the situation worked on. The therapist moves carefully from frame to frame in the inner movie. Usually, the inner picture of the traumatic event changes from an experience to a memory within minutes under the influence of the laser. Of course, the dosage of the intensity of the experience lies in the hands of the experienced therapist, and no measure or caution is different from conventional, professional treatment.

It's important to work with one only one critical incident at a time, and even with separate frames of the inner movie. Once a frame has been worked through and has lost its original emotional charge, there is a phase of cognitive integration before the client starts with the treatment of the next frame or event. The treatment is finished when the client can tell the story of the event without intensive emotions or without significant blanks or interruptions. The way clients process the events depends on the frequency, duration and intensity of traumatic events in the person's life. With type I PTSD, resulting from a single traumatic events, the effects of this treatment are often amazing.

The greatest advantage of the use of the laser is that it maintains the flow of the therapeutic process. There is no interruption for muscle testing, tapping sequences or eye movements. This is especially important in the work with the sequelae of traumatic events. The laser can be used in combination with many different techniques. Clients can tell their personal experience as narratives, reporting traumatic events, as well as in the form of metaphors. Recently, a client described her own life situation as hanging at the edge of a cliff, almost falling into an abyss. After a few rounds of LES, departing from this metaphor, she felt able to fly like an eagle.

Case #1:

The client was a woman from a Near East country. She suffered from severe nightmares and other PTSD symptoms due to imprisonment and torture 20 years ago. In the 1980's, she had been jailed for three years, and for more than 100 days, she was systematically tortured by the military that took over the country. She was a teacher and working in a union, which criticized the school system. At the time, the torturers had said that they wouldn't kill her but that she would wish they'd killed her every day for the rest of her life. This nasty prophecy had become true, and she suffered seriously from intrusive images. She came to see me for treatment of the PTSD symptoms. It was very encouraging to learn that she was able to react immediately and very positively to laser ear spray treatment. As soon as she got into intensive emotions in telling her story, I treated her with the laser and after a minute she breathed deeply and let go of the images. She had never had this experience before in telling the story, usually the symptoms got worse when she talked about what had happened to her. For me as the psychotherapist, the results looked similar to working with EMDR and EFT/TFT tapping. The main difference was that she didn't have to do anything herself. This was very supporting and made it easier for her to stay with the memories to be processed.

In the following session, there had been *no* intrusive images anymore, from the torture scenes we treated in the first session. She felt much more quiet and had slept well for the first time in many

years. This time, she reported one more torture scene and two incidents from her childhood in which she was molested. As a child, she had never spoken about this. In her culture, it would have meant that her father would have had to kill the men and therefore go into prison.

According to the client, these incidents had created 70% of her emotional problems. It was the first time she talked about these incidents, and again she went through in only a few minutes with the laser treatment. At the end of the session she broadly smiled, something she told me she hadn't done for 20 years.

In the third session she showed some symptoms again, but with less intensity. Laser treatment again took off the sharp edge of the experience. In the following sessions, there were no signs of PTSD; she continued treatment on relational and child-raising issues.

Case #2:

The client was a 45 year old, very experienced social worker in a home for asylum seekers. She was referred to me after being held captive in her office for hours by an aggressive resident. The man, who suffered from the after-effects of an accident, had threatened her with his crutch and urged her to organize his foot operation immediately. She managed to get help in time, but suffered from flashbacks for more than two weeks. The content of the trauma was not as much in what had actually happened –she had not been physically hurt– but in her imagination that the man would maim and kill her the way terrorists had recently killed tourists in Egypt. In the treatment, she concentrated on the event in combination with the images of being killed. Her SUDS went from 8 to 4 in about three minutes, then she noticed with a smile: “He is sooo weak.” She was now able to imagine the man with compassion, and her fear was gone. In a second round, the SUDS went down to zero.

References

Maiman, T.H. (1960). Stimulated Optical Radiation in Ruby. *Nature*, 6 Aug. 1960, 187 (4736), 493-4.

Notes

^[1] **Willem Lammers, TSTA, CTS** is a social and clinical psychologist, a licensed psychotherapist and a consultant to organizations with over 20 years of experience in the field. He is a Certified Teaching and Supervising Transactional Analyst and a ATSS Certified Trauma Specialist. He is currently the director of IAS, the Institute for the Application of the Social Science in Maienfeld, Switzerland. After training in the USA he has been working with meridian-based psychotherapies since 1996 and developed several new techniques and applications. He was one of the first professionals to teach meridian-based psychotherapy and counselling in Europe and organized the first European Conference on Energy Psychology 2001. He teaches in many different countries.

^[2] The information on laser technology in this article was taken from

<http://www.laserfaq.com/laserfaq.htm#faqilp>

^[3] Radomski, S. Allergy Antidotes–Energy Psychology Treatment of Allergy-like Reactions. Available through SandiRadom@aol.com.

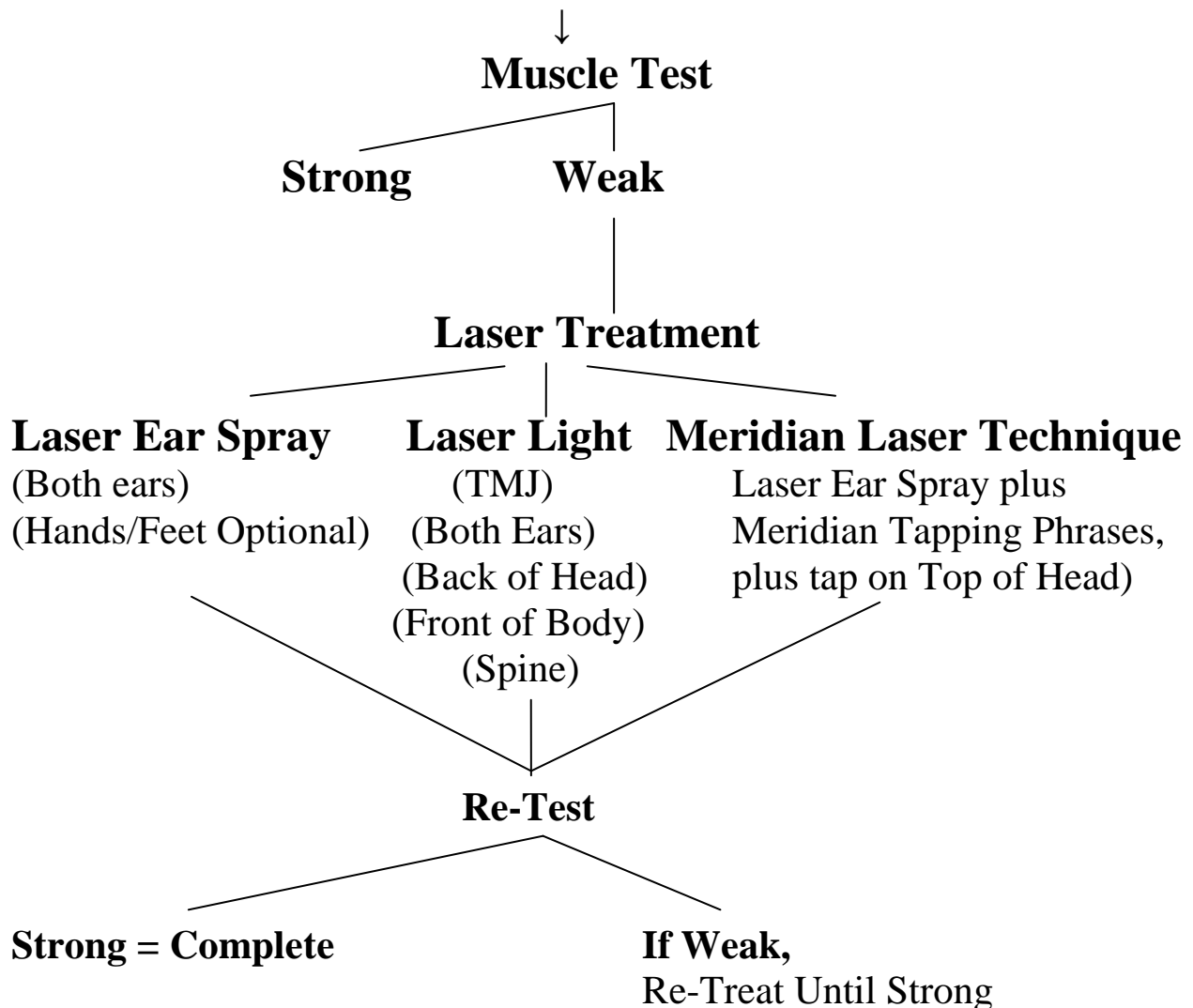
^[4] The AdiMa Beauty Laser can be purchased through <http://www.iasag.ch/store>.

Appendix B: Flowcharts for Treatments

Laser Treatment of Problem Substances

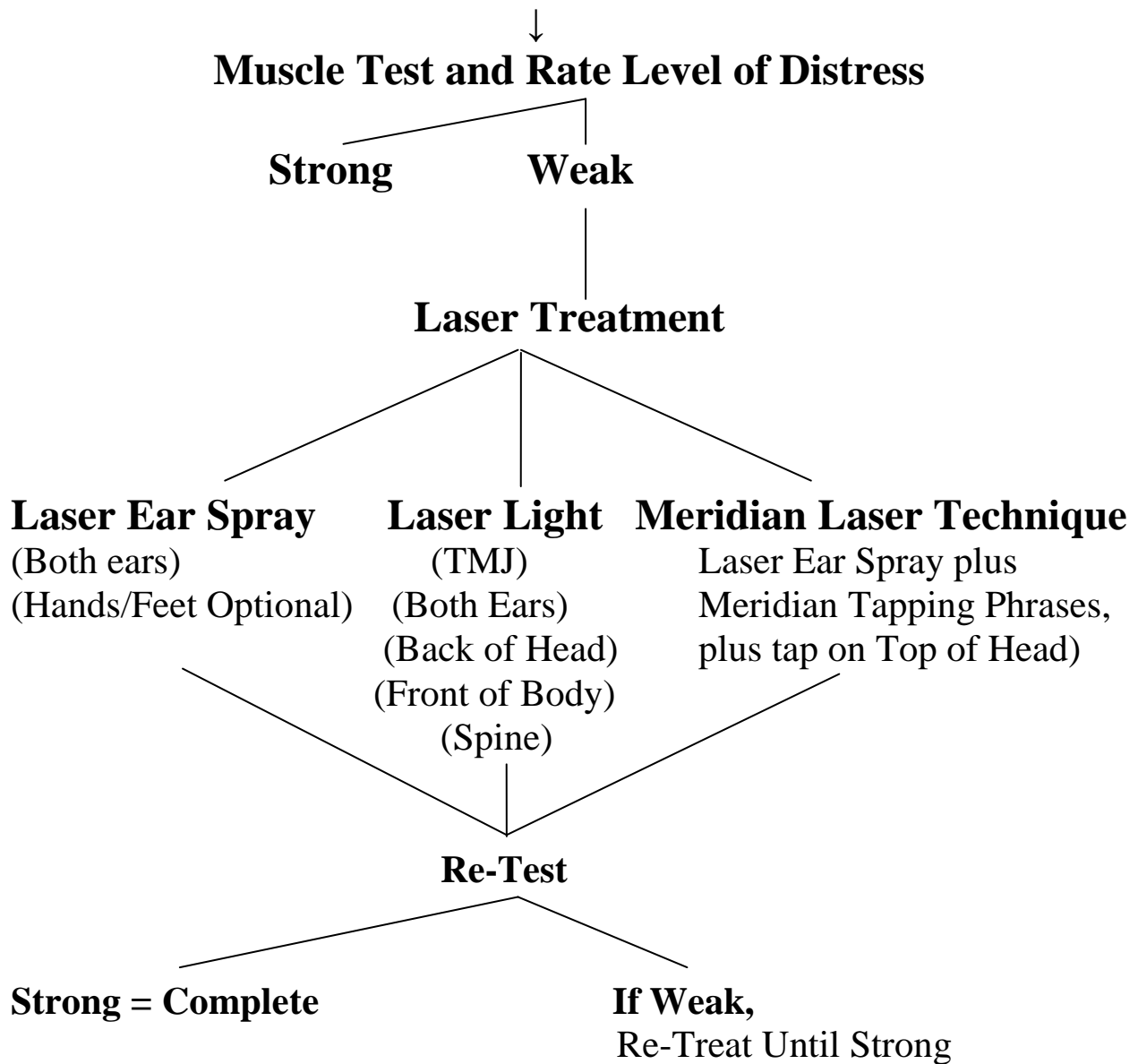
Place Problem Substance in Energy Field

- Hold Substance
- Hold vial with electromagnetic frequency of substance
- Hold piece of paper with name of substance
- Think about substance



Appendix B: Flowcharts for Treatments

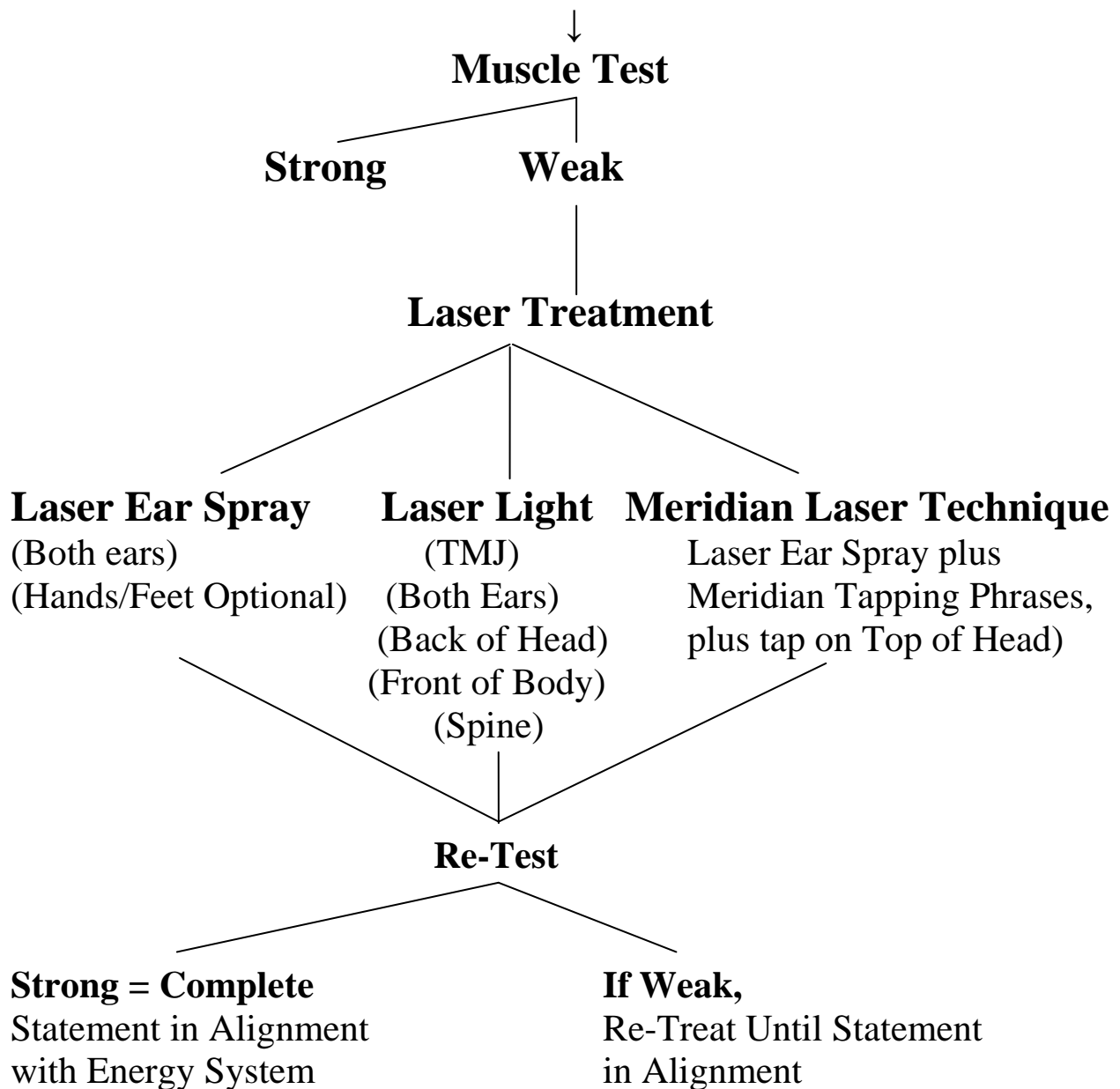
Tune Into Negative Emotions



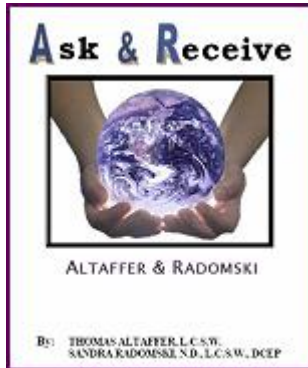
Appendix B: Flowcharts for Treatments

Laser Treatment for Instilling Positive Belief or Affirmation

Read Positive Belief or Affirmation



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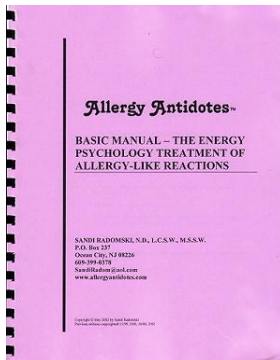


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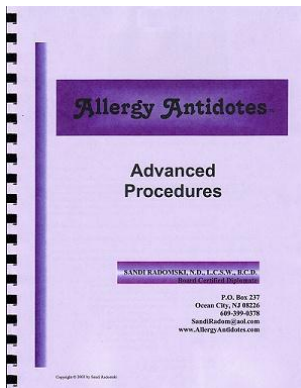
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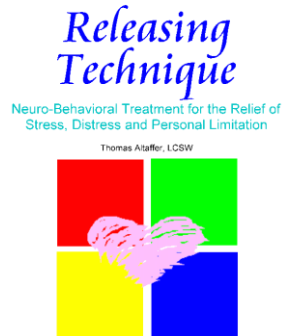
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