Harmonizing Progress: Understanding & Addressing Systemic Energetic Interference (SEI)

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Agenda

1. Introduction
2. Objectives
3. Awareness – Gestalt Therapy
4. Interruption in Contact and Energy Blocks
5. What are SEI
6. Characteristics of SEI
7. SEI Symptoms, Tests and Corrections
8. Evaluation of Objectives

Objectives

1. List 4 characteristics of SEI
2. Identify 3 reasons for the necessity to treat SEI
3. Name 3 SEI to test
Gestalt Therapy: Awareness

Awareness Is...
- Considered one of the most important elements in Gestalt Therapy.
- Seen as a hallmark of a healthy person and a goal of most treatments.
- Seen in an individual that can self-regulate in their environment.
- Understood as the only way change can happen.

3 Ways to Achieve Awareness
- Contact with the environment: engaged not rushing or surviving
- Here and now: being present in the moment not stuck in the past (depression) or concerned about the future (anxiety)
- Responsibility: ability to respond
Focus on Energy

- Focus on where energy is in the body, how it is used, and how it may be causing a blockage.
- Understand blocked energy is a form of resistance, for example, tension in a part of the body, not breathing deeply, or avoiding eye contact.
- Find and release the blockages that may be inhibiting awareness.

The Gestalt Cycle

Sensation
I have:
- discomfort/pain
- increased heart rate

Awareness
I attach meaning to the sensation

Mobilization
I know that I want to:
- improve things
- blame others
- not take responsibility

Action
I need to:
- attack
- listen
- gather more information

Contact
My need has been achieved

Withdrawal
I am at rest.

The Contact Boundaries

- The process point where inner interacts with outer
- Types of boundaries
  - self
  - other
  - spiritual
  - environment – animate and inanimate
  - energetic
Interruptions in Contact

- Limited means of interpreting data.
- Normal fluidly of the process is habitually disturbed.
- Cause of a habit.
- This disturbance interrupts the Gestalt cycle leaving it incomplete = unfinished business.

Deflection

Ignoring or turning away either an internal or external emotional trigger to prevent full recognition or awareness of associated material.

Avoided energy

Retroflection

Holding back an impulse. The energy can be turned inward or outward.

Shunned energy
**Confluence**

Merging or dissolving of the contact boundary that leads to a lack of differentiation from the other.

**Overwhelmed, fearful energy**

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**Introjection**

Opinion, attitude, or instruction is unquestionably taken-in from the environment as if it were true. These are should and should nots.

**Energy swallowed whole**

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**Projection**

Disowned or alienated parts of the self incompatible with self-concept, are effectively placed out of awareness on to another person.

**Disowned energy**
What is Systemic Energetic Interference (SEI)?

The CEP 6 Step Superstructure

Comprehensive Energy Psychology (CEP)

Step 1: Attune to the Patient/client

Step 2: Prepare the Energy Field

Step 3: Identify the Goal & Target Problem

Step 4: Address Psychoenergetic Reversals

Step 5: Do One Round of Treatment

Step 6: Evaluate Progress, Next Steps
Systemic Energetic Interference

Before we use an EP treatment protocol:
We ensure that basic foundational energy patterns and polarities within and around the human body are optimized.

What are SEI
- Energetic scrambling experienced in the energy system.
- A body-based energy state that blocks readiness to benefit from treatment – blockage.
- General conditions present most of the time - acute or chronic illness, chronic pain.
- Present with certain conditions - stress, negative beliefs, dehydration, food, allergens.

Reasons to Address SEI
1. Readiness of the energy system is established by rebalancing the body’s natural polarities and removing any existing pervasive energetic disturbance.
2. Energetic disturbance can be in the form of non-polarization, polarity imbalance, and neurological disorganization.

These concepts are labelled collectively as systemic energetic interference, which needs to be cleared to establish readiness to benefit from treatment.

Who actually addresses these?
Characteristics of SEI

Neurological Difficulties:
Constrained gait or ipsilateral arm swinging while walking, problems with lack of coordination or awkwardness (may be associated with history of closed head injury or other neurological problems).

Pervasive Decision-Making Difficulties:
Chronic confusion or scatteredness, attention deficit problems or dyslexia.

Dissociation:
Subject reports feeling dissociated or appears to be dissociated.

Characteristics of SEI

Chronic Treatment Failure:
Nothing works, nothing lasts.

Repeated Psychoenergetic Reversals:
Persistent pattern of multiple psychoenergetic blocks appearing throughout the treatment.

Multiple Sensitivities:
Allergies and allergy-like symptoms.

Inconsistent Results:
Energy checking, even with good technique, yields inconsistent results.

Basic SEI Intervention

If EC shows no distinction or inconsistent distinction, — or —
if the muscle always unlocks, — then —
both you and your patient/client should do some, or all, of the following.

After each intervention, re-test to avoid doing more than needed.
Possible Interventions

Interventions are a recommended order of performance.

- Intention
- Breathing
- Interfering Electromagnetic Fields
- John Diamond’s “Thymus Thump”

Thymus Thump

Think of someone you love.
Smile.
Thump firmly over thymus area with all digits and loudly say “ha-ha-ha, ha-ha-ha.”
Do twice more.

Symptoms: Dehydrated

- Dry skin
- Dizziness
- Rapid heartbeat
- Rapid breathing
- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting
Test: Hydration

1. Test for dehydration by:
   - tugging gently on hair at the nape of the neck
   — or —
   - pinching on loose skin—for example, at the jawline.

   If hydrated, the muscle **locks**
   If dehydrated, the muscle **unlocks**

   If testing indicates a problem, apply a correction and then retest.

Correction: Drinking Water

Both patient/client and provider drink water

Symptoms: Reversed Polarity

- Persistent anxiety
- Persistent depression
- Unconscious negative behaviors
- False beliefs
- Yes, buts
Test: Hand over Head

1. Energy check with the hand palm down about an inch over the top of the head.
   This EC needs to **LOCK**

2. Energy check with the palm up about an inch above the top of the head.
   This EC needs to **UNLOCK**

If testing indicates a problem, apply a correction and then retest.

Suggested Corrections

- NLR Point
- Over Energy Correction
- Over Energy Correction Variation
- Hara Alignment

Correction: NLR Point

Rub the neurolymphatic reflex (NLR) points, either just on the left side or on both sides at once, while saying an affirmation, such as

"I love and accept myself with all my problems and limitations."
Symptoms: Neurological Disorganization

- Dyslexia
- High reactivity
- Unable to shift view of reality
- Everything is either fight/flight or freezer/flood
- Switching letters or numbers, as in dyslexia
- "Brain fog" not being able to remember
- Being “stuck” in the past vs. present
- Feelings vs. thoughts

Test: Collarbone Points

The muscle needs to lock in all four of these collarbone energy checks:

1. Touch one collarbone acupoint with finger pads
2. Touch the other collarbone acupoint with finger pads
3. Touch one collarbone acupoint with knuckles
4. Touch the other collarbone acupoint with knuckles

If testing indicates a problem, apply a correction and then retest.

Suggested Corrections

- Over Energy Correction
- Over Energy Correction Variation
- Basic Unswitching
- Collarbone Breathing
Correction: Basic Unswitching

1. Stimulate the umbilicus (press, rub, or hook the middle finger into the navel and pull up gently).

2. At the same time, tap or rub in this order:
   a) Both collarbone points
   b) Under the nose (GV) and under the lips (CV)
   c) Tailbone (GV)

Process continues next slide …

Correction: Basic Unswitching

3. Repeat the process with the other hand at the navel
   a) Both collarbone points
   b) Under the nose (GV) and under the lips (CV)
   c) Tailbone (GV)

Symptoms: Cerebral Integration Issues

- Chronic illness
- Sick often
- Confusion
- Unable to persist
- PTSD
- Complex or acute trauma
Test: Cerebral Hemispheric Integration

1. EC while subject looks at the X (drawn on a standard size sheet of paper held two to three feet in front of subject).

   This test must lock.

2. EC while subject looks at parallel lines I I (drawn on a standard size sheet of paper held two to three feet in front of subject).

   This test must unlock.

If testing indicates a problem, apply a correction and then retest.
Correction: Cross Crawl

1. Start walking in place. When left knee is raised, touch it with right hand; drop hand and leg after touching.

2. When right knee is raised, touch it with left hand; drop hand and leg after touching.

CAN BE DONE SITTING OR LYING DOWN

Symptoms: Heart Brain Dyslexia

- Disconnect between what the heart and the mind say - couples therapy for heart and brain
- Persistent and chronic symptoms – autoimmune
- First generation in immigrant families and those who immigrated here – an expression of cultural clashes
- Relationship issues

Test: Heart-Brain Dyslexia

(Steven Rochlitz)

1. EC while subject is looking at the X with hand over heart.  
   This test must lock.

2. EC while subject is looking at the parallel lines II with hand over heart.  
   This test must unlock.

If testing indicates a problem, apply a correction and then retest.
Correction: Scarecrow Cross Crawl

(Steven Rochitz)

1. Bring elbow of one arm up to shoulder height and out to the side of body, with that forearm (and hand) bent at a right angle, pointing toward the floor.

2. Rotate that shoulder forward (with forearm and hand continuing to point toward floor) so elbow now points straight ahead.

3. As elbow arrives at forward position, raise that forearm and hand up to horizontal position.

Process continues next slide ...
Correction: Scarecrow Cross Crawl
(Steven Rochlitz)

4. Simultaneously raise the opposite knee, as though the hand is lifting the knee.
5. Then, simultaneously drop both arm and leg.
6. Repeat with the opposite arm and leg combination (remember make sure the opposite arm and knee are lifting at the same time, not same-side arm and knee).
7. Continue until movement is smooth.

Symptoms: External Disconnected Issues

- Lack of gratitude
- Vulnerable for any kind of outside suggestion
- Lack of joy
- Not feeling connected
- Not feeling whole

Test: Ren/Du Flow

Tap tip of nose and muscle test

If this test locks = CONNECTED
If this test unlocks = DISCONNECTED
Suggested Corrections

- Third Eye Navel Hook-up
- Power Point Hook-up
- Third Eye Sacrum Hook-up

Correction: Third Eye Navel Hook-up

1. Place the middle finger in the belly button and pull of strongly
2. Place the other middle finger on the third eye, facing downwards to the earth and pull gently up the skin so as not to hurt the third eye
3. Gentle deep breathing for 2 minutes to activate radiant circuit

Symptoms: Internal Disconnection Issues

- Not grounded
- Unclear belt flow preventing up and down flow
- Loss of power or feeling powerless
- Internally not connected deeply
Test: Mingmen Belt

Place hand on side of waist and then muscle test

If this test locks = CONNECTED
If this test unlocks = DISCONNECTED

Correction: Belt Breathing

1. Rub Mingmen point
2. Using one hand rub from Mingmen pint to belly button several times and then continue down opposite leg to arm in use
3. Repeat on other side

Evaluation Questions
Objective 1

List 4 characteristics of SEI

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Objective 2

Identify 3 reasons for the necessity to treat SEI

1. Readiness of the energy system is established by rebalancing the body’s natural polarities and removing any existing pervasive energetic disturbance.
2. Energetic disturbance can be in the form of non-polarization, polarity imbalance, and neurological disorganization.
3. Need to be cleared to establish readiness to benefit from treatment.

Objective 3

Name 3 SEI to test

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