

WHOLE-SELF
PREBIRTH PSYCHOLOGY
4th DIMENSIONAL
HAND DANCE BALANCING
TECHNIQUE ©



Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

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Jon RG & Troya GN Turner,
Co-Founders & Co-Directors.

Waterrad 92, 1613 CR Grootebroek,
The Netherlands,
Email: Whole-Self@quicknet.nl

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INSTITUTE, Inc. INTERNATIONAL



Jon RG & Troya GN Turner, Co-Founders / Co-Directors

Waterrad 92, 1613 CR Grootebroek, NL

Tel: +(31) 228 513 630

Email: Whole-Self@quicknet.nl

International Medical Director: Dr. Ruth Medvedovsky

Website: wholeselfprebirthpsychology.wordpress.com

UK Co-Director: Sheila Crouch

Germany Co-Director: Sigrid Westermann

Greece/Cyprus Co-Director: Olga Gouni

Italy/Serbia Co-Director: Smilja Janjatovic Pugliesi

Mexico Co-Director: Maria de Leon Crowhurst

The Netherlands Co-Director: Dr. Frits Johann

USA Co-Director: Lael Belove

Venezuela Co-Director: Patricia Castillo

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PREFACE

Remember the **Whole-Self Principle**:

*I do not come into life to keep repeating my same reality patterns;
I come into life to learn how to transcend my reality patterns!*

I would like to give you a very simple **Whole-Self Prebirth Psychology Method** by which you can change or transcend those reality patterns (beliefs). There are a number of specific steps which are easy to follow. This W-S Method is based on some principles of Behavioral Medicine. This Method is presented in the 1st person "I".

INTRODUCTION

This document explains the process to carry out, on completion of the **Whole-Self Prebirth Analysis Matrix (W-SPAM)** or **Whole-Self Therapy**.

Before we continue with this explanation, let me ask you if you have ever worked with Affirmations or Positive Thinking? If you have, do you feel that they worked well for you - all the time ? If not let me ask you:

- A. When I experience life, do I **just** experience life in my mind or mental body (**thoughts**)? Yes or No?
- B. When I experience life, do I **just** experience life in I emotional body (**feelings**)? Yes or No?
- C. When I experience life, do you **just** experience life in my physical body (**sensations**)? Yes or No ?
- D. When I experience life, do you **just** experience life in my spiritual body (**spiritually**)? Yes or No ?

The answer , of course is "No" to all four questions.

When I experience life, I experience life on **all levels**,
all at the **same** time.

To be successful, my Affirmations or Positive Thinking Exercises must be on all levels, all at the same time.

Since most affirmations are basically mental exercises, they often do not achieve all the positive effects which I would wish for.

Another reason why affirmations often do not work as well as would be wished, is **time**.

This is where studies in Behavioral Medicine can offer some assistance.

These studies show that it requires a minimum of 21 consecutive days to change a belief or a behavior. This is not my idea.

You can Google '**21 Days to change a behavior**'.

Studies in Behavioral Medicine show that

if the new pattern or behavior is encoded for 21 days
& the last day is skipped,

I will slip back into the original pattern.

I will experience change in my reality patterns within a few days

just because I am attuning myself to new,
more productive ways of **thinking & becoming**.

However, to ensure a permanent change

**I need to make a commitment for practice
a minimum of 21 consecutive days.**

It if forget a day I am not discouraged!

Each time I start again, I am strengthening myself!

The following, is a very easy & interesting exercise
which allows me to experience a **total balancing**

& transmutation on all levels all at the same time.

Again, to experience maximum benefits, I must carry out this W-S Fourth Dimensional Balancing for 21 consecutive days.

The Whole-Self Hand Dance Process

1. I take a sheet of paper, & on it I make three columns starting at the top of the page & going downward.
2. On the far left side of the page, I list all of the emotions & feelings which have been identified during the **Whole-Self** Session.
3. Now some words are called **Enhancing** words because they "lift" the self. Where there is an **Enhancing** word, I write it again on the same line in the center column.
4. Opposite words are called **Diminishing** words because they "lower" the self. Where there are **Diminishing** words I draw a line under each so that each stands out.
5. Where there is a **Diminishing** word, I write the farthest i.e. the most extreme opposite of that word on the same line in the column on the right side of the page.

How to do it - An Example.

To make it easier these examples are given in the first person - I.

The example word is **Fear**.

First, I write the word **Fear** in the left hand column.

Then I take the most opposite word to **Fear** e.g. **Courage**, & write **Courage** in the right hand

Then, I think about, & may use a dictionary or Thesaurus to find a word which is halfway between **Fear** & **Courage**.

For this example, the word is **Self-Confidence**,

& I write this word in the center column.

Note: In this model we title the three columns as:

1) Thesis

2) Anti-Thesis

3) Synthesis

So now by adding in the synthesis word **Self-Confidence**,
the original sample line looks like:

<u>Thesis</u>	<u>Synthesis</u>	<u>Anti-Thesis</u>
Fear	Self-Confidence	Courage
Confusion	Another example might be: Logical or Clear Thinking	Fanaticism
Lack (absense of money)	Sigrid Westermann suggests Sufficiency	Opulence or extraagance

6. Now I sit quietly with my eyes closed, &
 - a. I think of the word ***Fear*** in my mind.
 - b. I feel the word ***Fear*** emotionally.
 - c. I express the word ***Fear*** with a physical action.
(This can be an involuntary action such as contracting my body.)
7. When I feel that I have a good sense of
the word, emotion & action of ***Fear***,
I now concentrate on the word ***Courage***.
 - a. I think of the word ***Courage*** in my mind.
 - b. I feel the word ***Courage*** emotionally.
 - c. I express the word ***Courage*** with a physical action,
(Such as expanding my chest & bringing back my shoulders.
8. Now to activate this process even more expressively, sitting
in my chair,
 - a. I imagine the idea of a vessel of ***Fear*** below me to my left or
right (either side, it does not matter).
 - b. With my open palm, I push downward on ***Fear***.
 - c. As I do I get a sense of ***Fear***.
 - d. Then I bring my hand upward slightly to release my sense
of ***Fear***.
 - e. I do this several times.
 - f. Each time I push down on ***Fear*** I get a stronger sense of ***Fear***.
9. a. Now, on the opposite side of my body, I imagine ***Courage***.

- b. I place **Courage** at arm's length above my head
& slightly out to the side.

This places a vessel of **Courage** at an opposite extreme from my hand
which is **pushing down** on **Fear**.

- c. I reach up for the vessel of **Courage**.
As I do, I get a sense of **Courage**.
- b. Then, I bring my hand back slightly to release my
sense of **Courage**.
- e. I do this several times, & each time I reach up for **Courage**,
I get a **stronger sense of Courage**.

10. Now I **alternate** my hands between **Fear** & **Courage**.

- a. As I **push down** on **Fear** & feel it, I **release Courage**.
- b. When my other hand reaches for **Courage**, I feel it.
& I **release Fear**.
- c. I do this several times sensing two extreme feelings.

As my opposite hands & arms **extend & retract**,
I am creating a kind of "**Hand-Dance**" (as an Oriental Dancer does).

The idea is to sense the **extreme opposite feelings** with each movement
(extend & retract) of the opposite hands & arms.

11. The next step is to look at each word again.

- a. When I look at **Fear**, I understand its usual meaning.
But, I also realise that sometimes when I *feel Fear*,
I am actually doing something I never believed I could do.
So, **Fear** is not necessarily always a **Diminishing** word.
It can have **Enhancing** qualities as well!
- b. Now, I look at **Courage**. I understand its usual meaning.
But, I also realize that sometimes in the name of **Courage**
I can act in a very **dangerous** way.
- c. Recognising that I can benefit from some Enhancing aspects
of **Fear**, with my cupped hand I make a scooping,
mixing action below me in **Fear**.
- d. Recognising that I can benefit
from some of the **less enhancing** aspects of **Courage**,
I make a scooping, mixing action with my other cupped hand
above me in the vessel **Courage**.

- e. Now with this scooping action I lift a handful of the **Fear**
& lower a handful of the **Courage**
so that I am holding a handful of each
relaxed in balance in front of me.
- f. Now as I bring my hands gently cupped together
in front of my sternum or chest bone,
I realise that I am mixing the **Fear** & the **Courage** together
in such a way that I now have my hands filled with **Self-Confidence**.
12. I let myself experience the **synthesis** of the two extremes
into this new sense of **Self-Confidence**.
 - a. I think **Self-Confidence** in my mind.
 - b. I feel the word **Self-Confidence** emotionally.
 - c. I express the word **Self-Confidence** with a physical action
such as holding my body straight & erect but yet relaxed.
 - d. I then anchor **Self-Confidence** by pressing the thumbs
of my cupped hands to my sternum or chest bone.

Not only am I anchoring this new thought/reality into my body,
I am also receiving & initiating **Self-Confidence** into my heart.
When on those four levels it include my spiritual integration
13. I repeat the **Hand-Dancing Balancing**
for each of the **Diminishing** words noted on my list.
14. For each **Enhancing** word:
 - a. I simply hold open each of my cupped hands
containing the energy of the **Enhancing** word.
 - b. I bring my hands together encompassing the enhancing word.
 - c. Then, gently pressing my thumbs to my sternum or chest bone
I re-anchor & thus reinforce the Enhancing word
into my heart center.
15. I only need to do **Hand Dance Balancing** using the left & right
columns of **Diminishing** words for 7 days to empty the vessels.

After that I just repeat the exercise given in point 13
using only the **middle** or **synthesis** words.

In Ancient China, the Tao was called the **Middle Way**
in that sense, this **Whole Self Exercise**
is bringing the extremes to the **Middle Way**.

SPECIAL GUIDELINES TO ASSIST YOUR WHOLE-SELF

- A. As I write all three columns, the **Middle Way** - the **Synthesis Words** - hold the energy of the qualities of **reality patterns** I am becoming.
Before starting the **Whole-Self Hand-Dance Balancing Exercise** for the first time, it can be helpful to set aside a half hour or so with a **Dictionary** or **Thesaurus** to explore & choose the words that I want to work with **as accurately inspired as possible**.
It can be great fun to **invite friends** in to play this “**a word game**”.
This **game** is also an effective way to **teach vocabulary**.
- B. It may also be a good practice to carry out the **Whole-Self Hand-Dance Balancing** **twice a day**.
First, if by circumstance I miss my regular scheduled time, I already have a “**back-up**” time as part of my commitment.
Secondly, I **reinforce the intended changes & new reality patterns**.
- C. **Middle or Tao List** of words can have **more than one entry**.
- E. I can **add in any other word patterns** I would like to change placing a new 21 Day completion date for each new word.
While adding in more words, I can **continue** with the **original words** to the new 21 Day completion date to reinforce my changes.
- E. I can do daily exercises to **establish & reinforce my new contracts**.
- F. **All my word patterns** can be worked on **at one time** or in **blocks** as I prefer.

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Troya GN Turner into Dutch

On the next page is a poem gift from Goethe for your Whole-Self!
Much Peace & Much Love! Jon RG & Troya GN



Some final words from Goethe:

Until one is committed,
there is hesitancy,
the chance to draw back;
always ineffectiveness!

Concerning all acts
of initiative & creation;
there is one elementary rule -
the ignorance of which kills
countless ideas & splendid plans!

That moment in which one
definitely commits oneself,
then Providence moves, too!

All sorts of things occur to help one
that would never otherwise
have occurred.

A whole stream of events
issues from the decision,
raising in one's favour
all manner of unforeseen
incidents & meetings
& material assistance
which no person could have dreamed
would have come their way.
Whatever you can do or dream
you can begin it!

Boldness has genius,
power, & magic in it.

Begin it now!