

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



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Based on inspiration of Jon RG in Athens, Nov. 16, 2002 During our month long Whole-Self Prenatal Psychology Training in Athens, Greece. We were discussing loneliness which is a chronic pervasive feeling in all the clients we worked with that month. It has to do with fathers not being present for their children and mothers being too exhausted. Loneliness is deeply connected with Relationships. The following Whole-Self exercise can be offered to a group as well as individually.

Whole-Self Relationship Balancing©2002

By Jon RG & Troya Turner

- 1) Please allow your Whole-Self to let you
think of the person with whom you have had the greatest pain.
- 2) Please allow your Whole-Self to let you
feel how the relationship feels...
- 3) Please allow your Whole-Self to let you
feel where you feel it in your body.
- 4) Please allow your Whole-Self to let you
feel those feelings ... and as you feel those feelings
please allow your Whole-Self to take you back
to the very 1st time in this life when you got those feelings.
- 5) Please allow your Whole-Self to take you back
to where you are just before you feel those feelings for the 1st time.
- 6) Please allow your Whole-Self to let you experience
what are you doing just before you feel those feelings for the 1st time.
- 7) Please allow your Whole-Self to let you experience
what are you feeling just before you feel this feeling for the 1st time.
- 8) Please allow your Whole-Self to let you experience
what happens to make you feel those feelings for the 1st time.
- 9) Please allow your Whole-Self to let you experience
the judgements you make about yourself as you get those feelings the 1st time.
- 10) Please allow your Whole-Self to let you experience
Decision or decisions which lock in to you as you get those feelings the 1st time.

If appropriate offer the **Whole-Self Hand Dance Balancing** ...

www.cosmoanelixis.gr Prenatal & Life Sciences, email: info@cosmoanelixis.gr, www.journalprenatalife.com

If appropriate discuss the **Whole-Self concept of Trigger Feelings**.