

EMOTIONAL

As muscle tensions diminish, negativity from accumulated and repressed psychophysical armouring rises to the surface for elimination. You may experience a **bad mood** or **feel angry** for no apparent reason. Observe such releases in a detached way.

Alignments encourage this natural short lived emotional clearing.

STRUCTURAL

As you maintain alignment, structural distortions tend to correct with a twelve-to-one return time factor.

One month of sustained alignment usually overcomes the negative effects of twelve months of being out of alignment.

SPIRITUAL

- For many, inner peace becomes a noticeable reality.
- You are better able to look at the world in a positive, centred way.
- A sense of compassion and understanding of others becomes apparent.
- Old resentments drop away.
- A desire to live more sensibly, exercise and be concerned about good nutrition and being a better, more loving person become new priorities.
- You begin to trust your inner knowing.

To find out more and how to join The International Alphabiotic Association

FOR DETAILS CALL:



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Home appointments

Although the Integration is a physically administered process, it is not about healing, treating or curing. If you have problems that require professional or medical expertise please seek out that help and use the Integrations to further that assistance.

ALPHABIOTICS

**Alphabiotic
corrective
changes:
the way back**



⊙ ALPHABIOTIC ROPE THEORY

Suppose when you began your life you were able to look ahead. In a metaphorical way your life was like a beautiful, straight rope – over one-hundred year long.

That long, straight rope represented how long you were designed to live.

As you travelled the rope of your life you experience challenges, tests, falls, jars, traumas, disappointments, turmoil and pain.

Each stress that went unresolved, put a twist, kink or knot in the rope of your life, and its overall length was shortened.

Now, you have reached a point where, when you look ahead, your rope is still straight, but much shorter than it once was.

When you look back, you realise that those stressful life situations you experienced have caused the twists, kinks and knots and considerably shortened your rope.

⊙ WHAT TO DO?

To lengthen the rope of your life, that is now shorter than before, you must retrace back over the knots and kinks. You must undo the twists and rope shortening physical armouring that you still carry with you.

The good news is that if you maintain a profound state of balance, with your Life Power on, the tracing time back is **12 times faster** than the time spent in arriving where you are now.

The trip back is well worth the journey!

⊙ CORRECTIVE CHANGES: THE WAY BACK

Getting better is accomplished in cycles. As you have cycled down, so must you cycle back up. Along the way, it's **feel better** times followed by **corrective change** and **repair times**. Everything in nature occurs in cycles. This revitalisation and corrective change process takes time. How long depends upon how stressful your life has been.

People who are out of alignment suffer from diminished Life expression. When alignment occurs, revitalisation happens on all levels of your being, and corrective changes occur during this time. You might experience conditions not present for many **months or years**. The process, in one sense, is like the discomfort you have when a foot or hand has **gone to sleep**, then wakes up. **Once through a corrective change cycle, you can look forward to a greater feeling of well being**, before the next cycle begins. Improvement is progressive and cyclical.

In the first six to seven hours after the alignment, maximum improvement is taking place. After this time, the major beneficial effects of this state gradually diminish as tensions return. This is due to cellular memory, time, the stress of today's world, and the fact that a person may have been out of alignment for years. During the initial stages of alphabiote balance, stabilisation occurs. **From this point forward it is critical that alignment be accomplished often enough to maintain and enhance the improvements received.**

Corrective changes indicate that a beneficial, revitalisation process is taking place.

The mildly disruptive aspects of these changes are generally short lived, lasting a few minutes to as long as several days, and they are, as mentioned above, cyclical in nature.

⊙ CHEMICAL

A “toxin” house cleaning occurs in cells and tissue spaces where waste has accumulated. As muscles relax, unwanted substances are mobilised out into the blood and lymphatic systems for elimination. A toxic dumping overload may result in mild nausea, flu like symptoms, or a need for sleep. If this occurs, eat sensibly and lightly, get plenty of rest and drink moderate amounts of water throughout the day.

⊙ MUSCULAR

With alignment, weak areas regain strength and opposing tight areas begin to relax. Sometime mild discomfort or a slight **crick feeling** may be experienced in muscles that have been severely contracted over a long period of time. Gentle massage or hot showers are helpful for muscles in this kind of positive transition.

⊙ VASCULAR

As tension levels drop, excessive vascular pressures change for the better. This adaptation process is usually of short duration. When there has been severe tension in the neck over a long period of time, a full feeling or a mild throbbing sensation in the head may be noticed. This is only temporary. Pressures are correcting themselves in a normal way.

⊙ MENTAL

Alignments result in **increased mental focus** and clarity. We have reason to believe that **a higher level of brain function occurs. Concentration improves. Memory is enhanced.** A person in alignment is better able to live in the present moment.