

## © NEOCORTEX WILL BECOME MORE BALANCED

INVESTING OUR TIME AND RESOURCES IN REGULAR ALIGNMENTS results in building up and sustaining more connections between both brain hemispheres and the neocortex. This increases our 'staying' power in the neocortex and we become balanced, awake, and aware for longer periods. This puts us into conscious control of our lives and offers us the opportunity to rise above self limiting beliefs.

ALPHABIOTIC REALIGNMENTS are the only way to develop hemispherical balance in a consistent non-threatening way. As a result they COMPLEMENT other self enhancement programmes, but they are NOT A SUBSTITUTE for such systems.

As more people experience ALPHABIOTICS it will come to be recognised as a CATALYST for, and not a threat to, natural complementary helping programmes. This is because when the brain and body/mind are in balance a person will respond much better to complementary helping systems such as diet, massage, exercise, therapies, and so forth\*.

***The more naturally we live our lives the more rewarding our lives become.***

Alphabiotic Alignments are a profound and practical way to return us to a more natural way of being.

\* (For more details request a Wellness Leaflet from your nearest Alphabioticist).

### **An Alphabioticist is a unique professional**

*He does something that few  
others are capable of doing.*

*He helps people be **in Alignment with Life**  
in a way that is obvious and testable.*

*To him the Alphabiotic Alignment process  
is the single most important thing  
one human being can do for another.*

*Only a select group of Alphabiotic specialists  
are, by attitude, dedication, training  
and physical ability, able to do what he does.*

*An indicator of his competence is that  
he makes it seem so simple and easy.*

*In a quiet way, he says,  
"Watch, I will do something new and different.*

***The question is,  
Will you understand its significance?"***

*Some do and some do not.*

### **FOR DETAILS CALL:**



#### **GRAHAM TUTHILL**

07901 921 634  
(Mon-Fri between 10am-4pm)  
grahamtut1@yahoo.co.uk

***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

## Why do I need regular alignments?

*Why regular  
alignments and  
thinking positively  
are vital*



## REGULAR ALIGNMENTS & THINKING POSITIVELY

When the Alignment is administered, connections between both hemispheres of the brain increase, resulting in a greater intensification of thought and response.

*Positive thoughts affect the entire body/mind.*

Our body cells are like a camera and they will reproduce and image, thus a positive thought will produce a positive image which will reflect in the cells. **The converse is also true.**

In order for the body to reflect and respond to thoughts, various biochemical changes take place which adapt the body to the effects of the thoughts.

*As the Alignment is a powerful non-threatening input into the brain, it is practical to think positively in order to accelerate a desired change.*

## STRESSFUL SITUATIONS

A MAJOR PROBLEM of our current condition is that we **over-react to stressful situations** which instantly **locks us into our dominant brain hemisphere**. This is a primal response that projects us from immediate and real dangers e.g. the avoidance of an oncoming vehicle when we cross the road.

*However, the true danger is low level, chronic, ongoing stress that is invisible, and difficult to perceive*, such as air pollution, emotional turmoil, radio waves, adulterated food, lack of purpose/direction in life, job/money/relationship difficulties, and so the list goes on.

The effect of this is we try fixing our problems by a left or right brain approach, which limits our resolve, resulting in a sense of frustration or futility, and that makes us vulnerable to continually repeating our past mistakes.

## LOCUS COERULEUS

The reason for this is that our consciousness becomes locked not only in the right or left hemisphere, but also in the back of the brain, in an area called the LOCUS COERULEUS. This is an area scientists now associate with past and unhappy experiences.

The consequence of this imbalance is that people feel **GUILTY** about the past and **FEARFUL** about the future. Despite occasional bursts of will to stay in the present moment, as soon as we inappropriately respond to any stressor, one is back into the LOCUS COERULEUS. The reason for this is simple:

*The body/mind is a continuum, you cannot separate one from the other and maintain physical life.*

We now live in such stressful times that we can no longer just will ourselves back into biomechanical balance. The visible and invisible high stress levels in our world now mean that subtle methods are no longer effective in bringing us back into the harmony of high level, whole brain function. **THIS IS A PROBLEM THAT WE HAVE BEEN EXPERIENCING SINCE WE WERE FIVE YEARS OLD. NOWADAYS THIS PROBLEM IS OCCURRING IN NEW BORN BABIES.**

*A major study on stress carried out in the early eighties came up with the observation that the average twenty five year old undergoes in one year more stress than their grandparents went through in a single lifetime.*



## BASIC ALPHABIOTIC PRINCIPLE

A basic ALPHABIOTIC PRINCIPLE is:

*"If you can exist bio-mechanically out of balance, with excessive tension and selective weakness, obviously you can live far better in balance, with strength and less tension".*

There is no exception to this rule.

**POSITIVE THOUGHTS** and **REGULAR ALIGNMENTS** assist the building up of connections between the brain hemispheres and the **NEOCORTEX** which is a very thin layer of brain tissue covering the entire brain.

Recently scientists have come to recognise the significance of this area in relation to how we respond to higher thought and action. It is adversely affected when we do not constructively deal with stressful events. It shuts down and moves our consciousness into the area preceding it. This area is the limbic system, and it is here where the two hemispheres reside. This has been proved to be the equivalent of a reptilian brain, whose function is wholly related to **SURVIVAL**.

Thus what happens each time we become disengaged from the neocortex, is an inappropriate response to situations due to the nature of the limbic system.

We also move from the frontal lobes of the brain - which are related to thinking in the present moment, and experiencing greater ease and joy in our lives - back into the limbic system and specifically the locus coeruleus in the back of the brain. Our consciousness then moves away from self development to self limitation.

*Regular Alignments empower us to intelligently cope with stress in our life by increasing connections to the neocortex in the brain.*