

KINESIOLOGY 2001 CONFERENCE – FURTHER DEVELOPMENTS IN SILVER SEAGULL ESSENCES

- *by Hazel Rouse*

The Kinesiology 2001 conference at Stoke Rochford Hall in May was a first for me in many ways, and was also a very enjoyable experience as well as a stimulating one. It was a time to meet up with old friends as well as make new ones, and I am grateful to the wonderful people who made it come about.

Although I have had links with kinesiology for years and have studied Touch for Health, my path is to develop flower and other vibrational essences. However, it has become clear to me that the paths of kinesiology and essences are linked, and the work I am doing is intended to facilitate further expansion of the ways kinesiology works.

Some people were already familiar with Silver Seagull essences, and some were introduced to them at the conference. These essences work at the higher frequencies which are now affecting our world. They go to the core issue, to the heart of a matter and do not "peel the onion". So the deepest level is immediately addressed and does not have to be uncovered as you go. There need be no detective work. Although they go gently, deep change can be effected by one or only a few essences, possibly in a short space of time. One is gently "nudged" back to balance at the deepest level. Each essence has many applications. But the underlying aim is to "keep it simple". There is no need for complicated training. Therapists can incorporate them into their ways of working, and you may only want to ask the body what it needs. The essences will do the rest. Several of the essences work very well with specific kinesiology "problems", often giving instant and permanent "fixes". All of them can be used as additional tools to help the client, and I see them as important co-workers with kinesiology of all types, reaching a complete solution to problems which are so prevalent today. Although the essences can be a stand-alone therapy, my task is also to help therapists in other fields to use essences to maximise the potential of what they do.

When I came to the conference my essences were still in the stage of development in the sense that I knew there had to be more. I had nineteen essences, which do many things (I will describe some of those later). They were (and are) constantly evolving. As all living things are capable of growth, so these essences were (and are) growing. They are so helpful in that as I meet new problems which an essence may address, it becomes clear that there is one which addresses it. It is as though they say "you need that fixed – no problem!" They also work together, and can surrogate for one another at times. They are great fun to work with!

I was aware that I had to make five more for the complete set. I had to trust that there was indeed a reason why I had to have three boxes each holding eight essences (so totalling 24!) when there were only nineteen essences, and so the last box had 5 spaces! I knew that the last five would be something to do with the "inner" senses, but expected that to be some time away. Then I heard the work by Bruce Dewe on the amygdala and our "old" brain, and was knocked over by

Donna Eden's work on the sensory/energy stress modes. I realised that I had to make essences to address these different "back brain" types and find the correct frequency, or energetic pattern, to re-tune the different types. As Donna said, it is vital for us to evolve our "old" brains.

So again I was forced to cancel all plans and turn to new essences! I have been busy making and researching the last five essences. These are interesting times since I have to "call in" the energies needed, and experience what they are all about. This is on-going as I expand their potential. I am a living laboratory (as I have been for all my essences), and it makes me feel like a chameleon sometimes!

Why five when Donna Eden described four types? Well, I found that as well as tonals, visuals, kinesthetics and digitals, there is a fifth "main" type, those with a "bit of everything" equally, with all the "coping mechanisms". I needed a specific essence for each of the five. They are based on places which I found have the correct frequency. My study continues on how the different types respond to things and how others are affected. Each essence not only helps re-tune those with the particular back-brain frequency, so that we evolve, but also helps those affected by that frequency. These frequencies may be around generally. This has wider application as I will describe. Each essence also relates to a particular sense, sort of our "inner sense" (so they are called the "Inner Sense" essences). I have also found that each relates to a stage in the development of life from the "formless" to the "formed" (following ancient Tibetan thought), which also has consequences for our evolution. And each frequency has a particular shape associated with it, related to the progression from formless to formed, in a sense akin to sacred geometry. In fact I have found that all the essences work with sacred geometry and sound and numbers in ways I am still finding out about!

To describe the essences, **Silent Sound** is for the tonals. It is for our inner hearing. It is for hearing the true sound and identifying where it is coming from, for finding a new way of communicating, like the echo-locaters (dolphins etc!). It is for the profound silence. It is also for the stage of being almost formless, where we have just fallen out of unity into duality. The shape is the circle, the one, with further circles forming outside it. It is where we are in a state of remembering and forgetting, between the worlds, which can be fun for our hard-pressed memory! Those *in* the tonal frequency, because they vibrate so fast, can be "hyper" in many ways, hyper-active for example, and they can be easily bored, set high standards and make unreasonable demands (that seem reasonable to them)! Those *affected by* the tonal frequency, ie. those who vibrate differently but who are, if you like, "picking up" that frequency, can have trouble with locating external noises, because the frequency is so high and fast. This can lead to a behaviour pattern which slows the person down, almost to a stand-still, while they try and locate the noise. The brain sort of mis-fires, and this can show in a sort of clumsy behaviour, which can be interpreted as a kind of "attention deficit disorder".

Square Garden is for the visuals. It is for our inner seeing, for seeing the illusion as we remember ourselves. We realise we have inside all that we need. We can be our own friend, our own inner leader. We don't need to be part of the pack, "the predators"! We don't need to be squared in. The shape associated with the essence is the flat square, the second dimension, when we are just starting to react to our

surroundings. Those *in* this frequency can have difficulty seeing how they are affecting people, and can act like predators, entrapping people in energy which can seem like a net. Those *affected by* this frequency can be disorientated, energy sapped, which leads to a kind of listlessness, showing as lack of interest and boredom.

Pagham is for the kinesthetics. It is for the inner touch, and for getting in touch with oneself. It is for the true touch that only comes from feeling from within and not projecting out, because our projections can be our own creation. It is the stage of just going into the third dimension, the shape being a wave form, where we are more actively reacting to stimulus. Those *in* this frequency can react too much to other people, projecting out their ideas, which may not be the correct ones. Those *affected by* this frequency can find themselves caught in the "wave", creating anxiety, possibly resulting in a feeling of depression.

Pugin is for the digitals. It is for the inner taste. It is for getting above the detail and finding harmony. It is about shapes and numbers, the stage of concept, of building. It is three dimensional, the shape being that of a cross, which is actually a box shape opened out flat. Those *in* that frequency can get compulsive, worrying away at things, too caught up in detail. Those *affected by* the frequency can be flattened by logic, put in a cube! This frequency creates worry, and I have found that this frequency is the electro-magnetic one, and can cause electro-magnetic stress. This can lead to a state of complete switch-off, a sort of frozen state showing in repetitive behaviour. It is also a cause of "building stress", where there is a reaction to a disharmonious shape of building.

Godshill is for the "bit of everything". It is for the inner sense of smell. This was the first sense, but this is also the last stage of development, when the consciousness is fully formed. This stage combines all the sense-perceptions. The self projects images all around it, it is in a complete universe of its own. The shape is a five-pointed star, representing the explosion of points all around the self. Those *in* this frequency yearn to be complete but this somehow repels. They need to feel unity with others. Those *affected by* this frequency can be very disturbed by it. The essence brings perfect peace.

These are the main effects of each of the essences, but at the time of writing they need further research. Other essences, however, have been used for longer, including by kinesiologists, and I will describe a few extra points here. **Forsythia** is useful for all sorts of connecting and disconnecting. For instance, it disconnects "reactor" and "reactive" muscles, in other words, it deals with the "bullies" which continue to switch off muscles even after a balance. On a different level, the essence could also be used for "bully" behaviour, which may be of interest to teachers! **Bluebell**, in addition to dealing with all "brain balance" issues of the right and left brain and front and back brain, including cross and homolateral crawling problems, also just helps "tired" brains. The connections aren't being made due to other stresses on the system, and the sides stop talking to one another. **Lily of the Valley** brings out natural creativity, especially in children, but it is also for the dreamy child who may be a little too lonely and serious. This helps adults too. **Nettle** can be used for what homoeopaths call "miasms" (patterns of dysfunction which may underlie chronic or acute disorders), as well as being a

general cleanser and restorer and an "emergency" essence. **Myrrh** is for inappropriate childhood reflexes, also "Tibetan Figure 8" energy imbalances, polarity and brain-tracking issues generally. Claire Hocking, Educational Kinesiologist and Brain Gym instructor, who gave a fascinating presentation at the Conference, has been using Forsythia, Bluebell and Myrrh, with good results, she says.

I believe that essences are a vital part of vibrational medicine. They are "tinctures of liquid consciousness" which are an evolutionary force, stimulating inspiration at the deepest levels. I now have 24 essences, and this is the number at which the Fibonacci sequence starts to repeat (this is the numerical system where you keep adding the last two numbers in a sequence together, and eventually you get the number of life, the golden number, and exponential growth). So the set is complete and the essences grow exponentially. We reach pure creation, the meeting of art and science.

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