



THE STILL POINT AND THE DANCE

INTRODUCTION

This book doesn't merely describe an 'alternative' health system—it outlines a foundational understanding of health itself. You won't find a catalogue of remedies for silencing symptoms, as I believe symptoms are our body's way of communicating vital needs. Instead, you'll discover the true origins of illness and a path towards genuine healing.

By learning to listen to our bodies and respond to their needs, we unlock the keys to lasting health and well-being. Ignoring this wisdom has led us to a crisis of escalating healthcare costs, increasingly complex diseases, and a dearth of cures. This book offers a different path, one where we partner with our bodies to achieve optimal health.

Many people instinctively react to their body's warning signals by seeking to suppress them with medicine. The logic seems simple: no signal equals no problem. However, those signals are vital clues to restoring health.

Consider a high fever: it's a sign the body is actively fighting an illness. Artificially lowering the temperature doesn't cure the underlying issue. In fact, it can be counterproductive. Research shows that each 1-degree Fahrenheit rise in temperature doubles the body's metabolic rate, accelerating the elimination of the illness and potentially halving its duration.

Embracing these signals as allies, rather than adversaries, is key to unlocking a path towards genuine healing.

My quest for well-being and inner peace began at the age of 21, during my university years, when I recognised a lack of control over my thoughts. They would often leave me feeling overwhelmed and fearful for my sanity. In response, I turned to daily meditation.

After two decades of dedicated practice, I developed a profound understanding of the concept of life force — the vital energy that flows within us and connects us to the world. I discovered an intuitive ability to sense disruptions in this flow within others. Over the next ten years, I honed this skill, learning how to guide individuals towards clearing these blockages and facilitating their healing journey.

This practice became a window into the true nature of illness, revealing its root causes. By reaching a state of inner stillness, a 'still point', I gained understanding into the essence of health and the roles played by viruses, medicine, and doctors. These understandings are what I share in this book.

But here's the remarkable part: you don't need thirty years of meditation to access this wisdom. In fact, you can learn the entire technique in a matter of minutes.

After completing my university studies, I embarked on a career as a teacher, eventually transitioning into the fields of homeopathy and CranioSacral therapy. Through my experiences in these modalities, I began to develop a deeper understanding of health that diverged from conventional wisdom.

This led me to dedicate my time, resources, and passion to creating a unique healing approach known as the Boulderstone Technique. In 2011, I shared this knowledge in my book, 'Living with Vitality'. Now, over a decade later, this new book represents a significant evolution, offering solutions to a wider range of health challenges.

I sincerely hope this updated work proves to be a valuable resource for you on your journey towards greater well-being.

While this book represents the culmination of my personal journey, it wouldn't exist without the support and guidance of countless individuals. My wife, Katharine, deserves special recognition for her unwavering encouragement and invaluable contributions. Her presence has been instrumental in bringing this work to life. For a more comprehensive list of those who have played a role, please refer to the Acknowledgements section at the end of the book.

Let the dance begin.

CHAPTER 1: LIFE FORCE

The role of the life force

After decades of working in alternative healthcare, I have realised the most direct way to health is to allow the body to heal itself by removing the obstacles that are put in its path. No small job, especially as modern life seems to be clamouring to create new barriers. Removing these obstacles results in a unique state, a still point. The still point is our natural state when the dance of symptoms has stopped. While it may sound like the still point is a fixed state, it isn't; it is dynamic, it is being in the flow of life, in the zone.

The power we all have that allows us to heal ourselves, grow, change and adapt is called the life force. You can ignore it if you wish; many do, but you do so at your peril. While an understanding of the life force seems to have been lost from Western medicine, that doesn't mean it has to be lost to you. The key to health is experiencing the still point and understanding how we put up barriers to the life force. When you don't understand how the life force flows through you, it is easier to make mistakes and by resisting its flow make yourself ill. When you understand how the life force works, you can use it to be authentic, happy, fulfil your dreams and leave all illness behind, such is its power.

Every person who understands the flow of life force in themselves can be their own healer. This book is designed to explain how the life force works, how the still point works, how our actions create illness and how to stay in the zone and be healthy.

Life force exists in every culture

Every culture has its own name for the life force, from biblical Hebrew to Marvel comics. Feeling the flow of life force and its effect every day is the single most important thing anyone can do to remain healthy and happy.

The life force is defined, simply, as the power and driving force of all animals, including human beings, to stay alive. It is what makes us grow, change our habits, repair our skin when scratched, mend our bones when broken, to digest our food, grow our hair. In other words it allows us to live. You can see why some people assign a deity to the life force, and while some people do, it actually holds us back.

It is better to hold our own internal idea about whether the life force is divine or not and keep that idea to ourselves. But the life force can't be accumulated and stored so that people with a large amount become superhuman. We all have access to the same amount but we put up barriers to it and that causes us problems.

And while the life force can't be measured by machines, we all know what it feels like when we can't summon the energy to fulfil a task, when our life force feels low. And we all know what it feels like to summon some deeply buried energy to get a hard task completed. In the first case we have put blocks up to our life force and in the second we have managed to break down the blocks to our life force and use its power. Our life force exists whether we are aware of it or not.

We also know what it is like to have a good day when the life force is flowing freely. No wonder some people want to anthropomorphise it, turn it into a God, pay homage to it and externalise it, hoping that by offering it sacrifices they can get more good days. This is what human beings do, but when they do it it allows others to dismiss these gods as figments of the imagination, even when they are rooted in something real.

Nature, with its near infinite number of leaves or blades of grass or grains of sand or perfect sunshine or drops of rain, is created by the life force and when we become one with it, we move to a still point. This is an anathema to the scientist who wants everything nailed down. The life force also exists in man-made entities like a political party, a school or university, or any group of individuals that come together for the same reason.

Unfortunately, as far as Western medicine is concerned, there is a problem with life force. The life force is unmeasurable by science and when Western medicine adopted science and reproducible experiments as the arbiter of what was useful and what wasn't, there was no place left for the unmeasurable life force.

Just because it can't be objectively measured doesn't mean it isn't useful. Many things in life can't be measured that are useful including happiness, love, humour, art and all of them have a life force component. Without them we would be so much poorer. Throwing them away because they can't be measured would be a mistake.

Science and measurability have been held up as the most important factors in determining what is real but that has, occasionally, been a mistake. When human beings are involved, science is useful but it doesn't hold all the answers or tell the whole story.

This move to 'science' made Western medicine into the great machine it is today and saved a lot of lives while doing so. But, in favouring science, statistics and measurable parameters, Western Medicine lost something important along the way.

The life force isn't measurable in the way that temperature, blood pressure and blood composition are. Even so, every culture has a word for it. Indeed, even Western Medicine does but it is rarely used in a doctor-patient interview and its value isn't totally understood; that word is vitality. In biblical Hebrew it is called Ruach and sometimes referred to as wind or breath; in acupuncture, shiatsu and acupressure it is called Chi. In Ayurvedic medicine it is called Prana and often translated as breath but it still means life force. The Japanese use Ki, Tibetan Tummo, Madagascan Hasina, Greek Pneuma, Polynesian Mana, Maya Itz, Lakotan Waken, Europe uses Life or Vital Force, and Christians call it Holy Spirit. This is by no means a definitive list.

I appreciate that listing a number of words from different cultures isn't proof of anything. Western medicine is only one branch in a tree of health systems but what value is there in this one branch ignoring something that all the other branches find central to their health systems? Perhaps it had to be done to let science completely dominate but something is going awry with pharmaceutical-based health care. Could it be that Western medicine has thrown out the baby with the non-scientific bath water?

Belief isn't a requirement

It isn't necessary to believe in the life force to be healthy. I work with patients who don't know what the life force is, don't believe in life force or haven't even thought about it. The life force isn't something you have to believe in. However, if you have stayed in a place of happiness and peace for any length of time you have most definitely worked with and been at least partially aware of your life force even if this was instinctive or subconscious. It might sometimes appear to be mystical, after all, it is objectively unmeasurable.

This situation reminds me of how imaginary numbers were once thought impossible yet solved complex problems and as a result mobile phones were invented and people got to the moon.

Even with babies and animals who have no intellectual understanding of the life force, it still flows and its flow can still get distorted and that distortion can be felt. Life force may be beyond total comprehension but that doesn't stop me, or you, from feeling where it is distorted in its flow and so be able to do something about it.

Feeling the life force

The way we can all feel the life force most strongly is to just hold our breath. Most people, without practice, can only manage to do that for a minute or so because the life force, the force that wants us to breathe, feels like it gets stronger and stronger, builds up and up, until it forces us to breathe. This also shows that it is possible to overcome the life force for a short amount of time. We temporarily overcome the life force when we are badly hurt and need a place of safety, or are emotionally shocked but say we are alright, or injured and for some reason need to pretend we aren't. Most of us have heard of people who have had serious injuries, even broken bones, but have managed to get home to safety.

Of course the life force shows itself at other times as well and can be overcome, usually to the detriment of the body. As in the case of childbirth when the baby will probably emerge naturally with the life force but some bright spark wants to say 'push' and not let life force impulses just happen. The same is true for having a poo when people give themselves piles by straining, when all they need to do is to not override the life force urges when they come.

If you have ever been addicted to any drug like nicotine, alcohol or sugar, and tried to give it up, you will have experienced the pull of life force in a distorted way and know it can be very strong. Everyone alive has experienced life force and continues to experience it.

Using the life force in daily life

If you have not consciously thought about the life force before now you might be forgiven for thinking that it doesn't matter whether you connect with it or not. Connecting with it enables you to understand why you have good days and bad days, why you can't do the things you say you want to do like lose weight, exercise regularly, meditate, not get angry, not be compulsive or obsessive. Understanding the life force allows you to become aware of your faults and do something about them. Not everyone wants to but if you do then carry on reading.

It doesn't matter how much you know, there is always more to know. Every few months there are headlines in the media talking about a breakthrough in understanding of some disease or other. And while scientists might make a breakthrough in the understanding of the mechanics of a disease there will never be a chemical cure to any disease without reference to the life force. There might be a chemical relief of a symptom but the disease is made up of more than symptoms. The disease is a distortion in the flow of life force, which chemicals don't directly touch. The only solution to these diseases is to deal with the distortion in the flow of life force and get to the very root of the disease.

Conclusion

There is no objective scientific proof that life force exists or doesn't exist. Some scientists choose to believe we are just a collection of chemicals but those scientists have not managed to create life. Scientists have never created life. There is something they are missing, could it be the unmeasurable life force?

CHAPTER 3: CAUSES AND CASES

The case of Charlie

I saw Charlie for the first time when he was 16. He came in with his mother, and my first impression was that he seemed a nice person if a bit surly. My opening question to most patients is ‘On a scale of 0 to 100, how happy are you?’ After a little bit of contemplation, Charlie answered 62. This I considered low but his mother piped up that he was in the middle of exams and we should expect it to be low.

Charlie's main problem, as far as his mother was concerned, was that he was always getting into fights with his younger sister and, being older and stronger, he was hurting her.

So I got Charlie on the couch, held his head, tuned into his life force, and asked out loud a series of questions that might help point me (and him) to his problem or problems. In Charlie's case it soon became clear he only had one problem. As I asked about school, his tension increased and when I asked about exams, in particular, he tensed up even more. I couldn't do anything about him having exams, but I could do something about Charlie's reaction to them. And so I set about removing the tension that came up when he thought about his upcoming exams. This felt to me like PTSD, something I have encountered with many patients, and after working with it for about five minutes, I felt there was no stress left. He went home and he stopped getting into fights with his sister.

Was this a good outcome? How can we tell? His mother was happy with the outcome, and presumably, his sister was as well. Charlie was relieved his stress had lessened. It was a good outcome all round, as far as it went.

However, if you believe this was a good outcome, you have fallen into the same trap that Western medical practitioners fall into after giving a medicine that appears to ‘work’ and that is believing that removing the symptom is the same as removing the problem. It isn't. What we haven't done is go back to the baseline and asked how happy he is now.

If he says 95 or higher I have probably helped as much as I can at the moment. However, he told me his happiness quotient had gone up from 62 to 75. There was more to do, but he didn't know what else was wrong. So, I was left with a situation where the patient couldn't articulate what his problem was.

Talking about problems is only useful to certain people. But because I am feeling a distortion in the flow of life force, talking about the problem isn't always necessary. I already had enough information to work with. Charlie said he was only 75% happy and so that unhappiness was my new starting point.

At the next appointment things with his sister had settled down and he wasn't getting into fights. And so, on the couch, I asked Charlie to focus on the 'only feeling 75% happy'. And he did. I could feel the restriction and knew something wasn't right. There was an I-force block, which I got Charlie to focus on. We stayed with the problem until the life force started to move through it and clear it. The I-force block started resolving and over the next few minutes, Charlie completely cleared it. My role was to keep him focussed while the life force did its job. When there was no life force disturbance left Charlie went home. I didn't hear from him for a while.

I later found out that Charlie had finished his exams and had left school. At this point, he was finally able to articulate that he didn't like school, that it had made him very unhappy. In fact, he had always disliked it but because he thought it was compulsory and he therefore didn't have a choice about going, he had never mentioned it.

So what do I really do? I teach people to find the still point within themselves and when they can't find it because it is disturbed by the I-force, I look for the block that is in the way, I teach people to stay focussed and follow the life force to stillness.

You could argue that to get an education you have to stay at school even if it means that you're going to be unhappy - this is a situation many young people find themselves in. I would argue that being happy is the best education anyone could have. That doesn't mean running away to do something frivolous and avoiding responsibilities. That isn't happiness. Happiness means you can sit in a still point knowing there is no inner voice saying "I should have done this" or "I could have done that".

Happiness doesn't mean you are continually laughing; it means that you know everything is alright, and nothing is out of place, meaning the I-force isn't fighting your life force. But fighting isn't necessarily a problem. You might be a professional boxer fighting in the ring. If you can remain in a still point then fighting is what you should be doing. Regardless of whether you are fighting or not, happiness is when you are in a still point.

The case of Jo

Between the ages of seven and nine Jo was sexually abused by her father. After more than fifty years it still affected her. It made relationships difficult. Her brothers and sisters wouldn't agree on whether it happened or if it happened then perhaps she should consider herself lucky! It was all messed up. Messed up then and messed up now. But why is it messed up now, fifty years later? What holds the problem in place? Can it ever be sorted out or must the survivor continue to suffer for as long as she lives?

The story isn't the problem (the story is never the problem)
For way too long Western medical counsellors have focussed on the story of the problem. The story is what happened to the patient. The patient may be reluctant to talk about it because it brings up difficult emotions or they may be eager to talk about it but, either way, the solution doesn't lie in keeping the story hidden or relating the story, however much counsellors think it does. The problem doesn't need to be told, instead it needs to be processed. It is true that sometimes this can be achieved by just talking about it. But this way is inefficient since words can only express what has happened when they are spoken by skilled people. It is time-consuming because talking about it can take months or years and sometimes it can even be re-traumatising

I believe the real problem, and the reason the problem is kept in place, is the ego's fear of the overwhelm. As a result an I-force structure is created that protects the ego from this overwhelm. The ego's fear of overwhelm is what needs to be addressed. The truth is we can all cope with whatever is thrown at us, that is the bottom line. But if we are inexperienced in processing complex and/or traumatic problems, there is a tendency to freeze, to jam things up, so that nothing moves. We keep the problem in place through our I-force. We get stuck.

The ego believes it can stop itself suffering by using the I-force to freeze the processing. It is true that if the ego freezes everything it won't feel the difficulty but, unfortunately, this also stops the processing of the problem. In other words by resisting the feelings of the problem, the problem gets held in place and it remains unresolved. So, what is to be done?

If I can monitor the amount of overwhelm experienced by the patient and know how to slow it down whenever it starts to get too much, I can direct the patient to work through the trauma in a comfortable way. If I can couple this with maintaining a still point, it can keep the patient on track with an overview. It is then possible to clear problems completely at the speed of the patient's thoughts. I can do this because I can feel both the life force and I-force of the patient.

Jo complete

Jo needed one session to undo the trauma of her past, including coming to terms with how her family treated her. They didn't need to be present, she did it on her own. Jo came back to see me twice more to check that things were sorted and to clear up some minor things that came to light after the major trauma was processed. We are still in touch but I don't expect that aspect of her past to cause her any more troubles. It is resolved and she has found a still point. Once you have found the still point in a trauma you can return to it more easily.

It is the close contact of connecting with a patient's life force and I-force and maintaining a still point that is the difference with my therapy. This knowledge allows the speed with which a patient can clear themselves to be regulated by the patient's speed of thought. I don't make suggestions as to how the patient has to behave or think or tell them to 'go to their special place'. All of that will get done automatically by the patient, silently and intuitively. I don't have to ask the patient to tell me their story. Very few words need to be spoken. Healing takes place on a life force/I-force level. It is beyond language.

Any symptom can have any cause

A patient may go to a Western medical doctor saying 'my head hurts' and get pain killers, or they might say 'I can't sleep' and get sleeping pills, or 'I have a fever' and get antibiotics, or say 'I'm anxious' or 'I can't stop crying' and get anti-depressants.

The doctor's pills may make the symptoms go away, but that doesn't necessarily mean the patient is cured, or even that their health has improved.

The hurting head could be the result of the fear of losing a job or grief. The sleeplessness could be the result of grief or hating life as it is. The fever could be the result of hating life or anger. The anxiety could be the result of anger and fear of losing a job. Any symptom can have any 'cause'. But while the symptom may point to the cause, it isn't the cause itself.

Mental and emotional problems often precede physical symptoms but that doesn't mean they are the primary cause of the illness. They also have a cause.

Remove the real cause and the problem goes away
I have found that once the real cause of any illness (including anxiety, depression, migraines, sleeplessness, fever or even a swollen knee or an ulcer) has been removed, then the illness also goes away. When all egos are out of the way, the body and mind heals itself.

Illness, both physical and mental, is described by its symptoms but is only cured by dealing with its root cause and that cause is the distortion in the flow of life force. In the following pages I will try to show how this very simple cause exists for all illnesses and once that is removed it leads to a resolution of symptoms and cure of the illness itself.

There is no doubt that science took the healing art out of a dark place. Medical science has its place but human beings react differently to the same stimulus. If we did all react in the same way, like machines, then medical science would have been able to eradicate all our symptoms without introducing new ones. Medical scientists tend to look at things on a microscopic level rather than taking an overview. Medical scientists don't fully understand what elements are needed to create a living being. If they did they would have been able to artificially create life and that hasn't happened. There is more to human beings than science has so far discovered. Human beings, and all living things, have something in them that has so far managed to elude science. That something may be the life force.

Medical scientists are given problems to solve, and they solve them but, while they don't use the life force, they don't have the complete picture. For example, it is relatively easy to say that Multiple Sclerosis is caused by demyelination of nerve cells because that is what mechanically happens. So, a medical scientist will look for a way to stop the demyelination. What they haven't understood is that the demyelination has a cause that is connected to the I-force. Without this knowledge, all 'cures' that stop demyelination will only be half the story and ultimately fail.

The case of Chris (in his own words)

I was working as a sheep farmer, in June 1998, and it was time to worm the sheep. I put the plastic container on my back, full of the usual pesticide. I had to squirt a measure of it into each sheep's mouth. Unfortunately, unknown to me, the container was leaking for about an hour and a half before I realised that it had soaked through all my clothes and onto my back and down my legs. I changed my clothes, washed the chemical off myself, and carried on with my work.

I became seriously unwell. I had a metallic taste on my tongue, a sore throat and a tremendous thirst. I needed to drink three or four pints of water every hour around the clock, as nothing would slake my thirst. I could only breathe about 80%. It felt like my lungs just wouldn't inflate. My thighs, calves and biceps hurt like hell and my muscles just wouldn't work. Nothing could relieve the pain, not moving or staying still. I had no energy to talk and couldn't feed myself or go to the bathroom. One of the worst things was I couldn't sleep although I was desperately tired so there was no respite. I stayed awake all day and all night. I had a headache and a bad cough and assumed I must have a serious bout of flu. I was off work for three days, then gradually recovered over 2 or 3 months, until I wormed the sheep again.

Again, I went down with a bang, this time needing a full week in bed, with the same symptoms as before, and needing even longer to recover. I still didn't connect the illness with the sheep wormer. This reaction happened every time I wormed the sheep, needing to take more time off in bed and longer to recover each time. Each time I lost a full stone in weight, which I managed to put back on afterwards. This continued for 4 years.

Finally, in 2002, I went to a London hospital to see if they thought it could be the sheep wormer making me ill and to see if anyone could help. Off the record, they told me it almost certainly was the pesticide, but they couldn't acknowledge this on record as they received so much funding from the drug company that made the pesticide!

All they could suggest was that I stay away from all chemicals and get plenty of fresh air, exercise and a good diet.

Well, fresh air didn't cure the problem. When the same symptoms occurred again, I was more ill than ever. I was sceptical about trying alternative medicine, but desperate enough to try anything, as by now I felt I was at death's door. When I first turned up at The Boulderstone Technique clinic I was so dazed I hardly knew where I was. I was so weak I couldn't get out of the car and walk, so the practitioner had to treat me in the car.

After this first treatment, I felt somewhat better. I finally managed to sleep for a couple of hours which felt like a miracle. It was the first time I had been able to sleep in 6 or 7 days. I came back the following day. The second treatment was like turning a light switch on. My energy came flooding back and I felt so much better.

I went from strength to strength until I got my old strength back.
(End of Chris's statement.)

What had happened was that Chris's body had detected that it was being poisoned with sheep dip. In this situation, its first job was to ensure Chris's survival. It struggled but ultimately it found a way. However, the reaction was extreme, it needed to be, and every time the body thought it saw the problem happening again it went into defence mode and overreacted. We all do it. If something life-threatening happens to us we remember the situation and know how to react. But the detection of chemical bug killer wasn't the problem. The problem was the overreaction, the I-force doing a little too much. It discovers a poison in the air and screams 'ARRGH'.

The overreaction, by the I-force, comes about because something isn't processed and leaves a shadow that can get re-stimulated by similar triggers. In the next chapter, this idea is used in the definition of health.

CHAPTER 7: THE DANCES

The purpose of this chapter

The purpose of this chapter is to show how a distortion in the flow of life force can give rise to many different dances. The I-force and the life force, with their push-pull effects, form these dances and being able to work with these forces is enough to cure all of them. I will explain exactly how I do that later in the chapter. Every single dance explained here is susceptible to the same solution albeit in a slightly different form.

The first dance and building block of the other problems is stress. Stress is a self-created dance that appears to come from outside of the person but, in fact, never does. Stress is the archetypal illness. If you understand how it comes about and how to clear it then you can clear trauma, PTSD, panic attacks, anxiety, prolonged grief, obsessions, compulsions, phobias, depression and even multiple sclerosis and more. Stress is the building block of many illnesses.

Stress

Most of the time, most people just put up with their stress. Sometimes, though the stress doesn't go and becomes long term. Short-term stress happens when you face unforeseen events or challenges that disrupt your plans or expectations. The stress comes about because you believe something should be one way but it isn't that way and an inner battle is created. Examples of short-term stress include getting stuck in traffic, losing your keys, receiving an unexpected bill, disagreeing with a loved one, or missing a deadline. All of these stresses may affect your well-being.

The minute you accept the situation, short-term stress disappears. While in the stressful state you will often hear the stressed person say, 'I don't believe it', or 'Is that for real?' Or 'You can't be serious'. All phrases point to the inner battle of not accepting the way things are.

As soon as the situation is accepted the stress disappears. Short-term stress is vulnerable to talking about the situation. Even talking to strangers in the form of counsellors can be helpful because expressing what you think often forces it into a more logical and coherent form and can change your viewpoint.

Long-term stress occurs when short-term stress doesn't get resolved. Long-term stress occurs because you feel you have to fight against the situation you are in. For example, long-term stress could come about through living in a noisy, chaotic or unsafe environment. The stress comes from fighting the perceived situation. It could be being underpaid while struggling to make ends meet, caring for a loved one with a disability or living with a culture of bullying. Each of these stresses appears because you feel you have to fight to just stay stable. These stresses appear to be created by external events but that is not and is never the case. External events exist which can allow you to pin the stress on them but the external events are not the cause. They appear to be the cause but it is always possible to remove the stress without changing the external situation. That is not to say it is acceptable to create a situation to make another person experience stress. Consciously causing another person stress points to a serious illness in the person causing the stress.

Stress removal

One of the first questions I ask someone who comes to me complaining of stress is 'How do you know you are stressed?'

And they generally answer by reeling off their symptoms. Symptoms such as sleeplessness, difficulty breathing, fatigue, headaches, high blood pressure, indigestion and so on. But I say, 'These are the symptoms of stress, they are not what tells you, you are stressed.'

When you look at what tells you, you are stressed it is always the same thing. There is a physical tension somewhere in your body. This tension is caused by an inner battle or contradiction, as explained in Chapter 5. Your mind creates the inner contradiction as a way of holding on to the conflicting viewpoints about yourself without them clashing. The cause of your stress is this tension, not the symptoms.

The solution is the resolving of the tension. Nothing needs to change in the external world for you to be free from stress. Physical exercise can sometimes temporarily remove stress because it resolves the physical tension. Unfortunately, that tension generally comes back quite quickly after experiencing the external 'stressor'.

Once the physical tension that tells the patient they are stressed has been identified and written on the trauma ticket the practitioner is ready to remove this sensation. The sensation is a physical manifestation of their distorted life force. When this sensation is processed, they don't feel stressed any more.

The next stage is for the practitioner to feel the sensation that causes the stress. When the practitioner connects with the patient and the patient connects with the sensation that tells them they are stressed, the practitioner can also feel it and will know how to process that stress sensation. The sensation isn't just removed, it is processed. The practitioner knows how to do this because that is what they are trained to do.

You process the physical sensation that tells them they are stressed by allowing the sensation to complete its purpose and it returns to a still point. The patient's tendency has been to actively stop that process from happening because stopping it felt better than allowing it to continue its movement. This is the heart of the stress, the inner conflict. However, when they allow the movement to complete and the patient is resting in a still point there is no stress, they are cured. This is a complete and proper cure. No talking is necessary and nothing has to change in the external world. Taking the stress sensation to a still point is all that is necessary. During this process the patient comes to see their inner conflict and resolve it.

You don't need to talk about the contradiction for hours on end and you can probably resolve the stress in ten minutes or less. I have done this for thousands of people and taught hundreds to do it for themselves.

I review this process later in this chapter: Processing an event or trauma.

See for yourself

Let's create a fictitious situation to see how stress affects you and then walk through the process of removing it. First, we need to build the stress. Let's do this with an imaginary bill that unexpectedly arrives. The amount can be of your choice but make it an amount where it makes you catch your breath. This will vary from person to person. Fix the amount and then multiply it by three! Understand you have to pay it off in the next few weeks or something very serious will happen.

Build it up until you can feel the physical tension. Even just using your imagination, you might be able to see how it could be responsible for stress symptoms. Especially if you took sole responsibility for it and were too embarrassed to tell anyone.

Imagine walking around with that tension all day preying on your mind. As the days pass the stress becomes greater.

This is the power of the I-force working against your life force. Can you see that if one of your symptoms was sleeplessness taking a sleeping pill would never remove the stress? Or if you have difficulty breathing, a diagnosis of asthma and the consequent inhaler would fail to touch the stress even if it did remove the symptom. The symptoms of sleeplessness or difficulty breathing are pointers to the problem, not the problem itself. Taking a medication that helps the symptom but leaves the stress focusses the problem on the wrong area and stops the person getting better. This is the problem with Western medicine.

Back to the example. So how do you resolve the stress without paying the bill? Paying the bill will relieve the stress but the stress isn't coming from the lack of money, the stress is coming from the interaction of your I-force and life force and that is what needs to change for the stress to go and not come back. Of course, stress can be useful, galvanising you into action, as long as it is short-lived. But I would suggest that if you were going to get something done you would be more efficient if you don't have to also contend with the symptoms of stress. Being tired or worried about your breathing does not make you more efficient. Fear doesn't make you smarter.

The first step in resolving the stress is to find the internal cause. That is why I ask, 'How do you know you are stressed?' I am trying to get the patient to focus on the physical tension that they are using to keep their inner contradiction from clashing. The clashing is their I-force and the life force fighting. In our example, the contradiction is the demand for money and the inability to pay. This battle causes the stress and its resultant symptoms.

My skill, if I have any, is that I have trained myself to feel this inner battle. Practically, it is easier to feel it in another person than it is to feel it in yourself. Being able to feel the life force and I-force battle is key to resolving it in another person, as I will explain in a moment. First I want to talk about stress's big brothers: trauma and PTSD.

Trauma and Post-traumatic Stress Disorder (PTSD)

Trauma occurs when the capacity of the mind to process information is exceeded. Another word for this situation is 'overwhelm'. It happens when the mind is shocked by the amount or quality of information. An example of slowly induced trauma is when a child is neglected by their parents or a person is regularly bullied.

When the overwhelming incident is over, if the trauma processing continues and gets completed, there will be no PTSD but if the processing is stopped before it has finished, conflict in the mind will remain. You and your life force will continue to search for opportunities to fully process the trauma while another part (I-force) will try and stop that from happening. This is the conflict talked about in chapter 5.

These opportunities to process the trauma are places and times that appear safe for the person. The mind then replays the trauma to allow processing of it to complete. This can get called a flashback or panic attack and, unfortunately, is rarely seen as a chance to finish processing the difficult incident because they usually contain too much information, arriving too quickly. Attempts are often made to suppress these panic attacks or flashbacks but this is what keeps them in place. For many, these panic attacks appear to arrive randomly but they don't. They occur in a place and at a time when the patient is relaxed and, as far as the limited perception of the mind is concerned, able to complete the task.

Without understanding that traumas need to be processed, treating them with medication, or even counselling, will fail or take an exceedingly long time. Processing must be achieved but it doesn't have to be difficult or painful. The patient doesn't have to repeat their traumatic experience to process the events. Indeed, if they do repeat their traumatic experience and it fails to fully process the patient may end up in a worse state.

If the processing of a traumatic memory isn't completed then the patient will remain in a traumatised state until the memory is processed. Human beings can compartmentalise traumas and can temporarily, hide them away. At first sight, this appears to be a good thing because you can get on with your life, saving the problem to be dealt with later.

The trauma, though, won't stay in its box. The mind wants to heal it and waits for a time when they are relaxed and able to complete the task. Whenever the trauma breaks out of its box a panic attack, or similar, will ensue.

If it is contained in its box, the distortion in the flow of life force will eventually transform the mental/emotional problem onto the physical level, possibly as an inflamed joint, encapsulated cyst or tumour. Before this happens there will be indicators that something is wrong and needs to be addressed. Ignoring these messages, or medicating them, will only get the body to 'turn up the volume' and make the symptoms worse so that you listen. Symptoms are your body's way of talking to you. Of course, the mind and body can process events over time, just by letting time pass, but this is generally a slow, passive process. It is better to respond to messages from your body by dealing with them directly.

Processing a traumatic event can be stopped by effort of will, by distraction, by other people, by drugs, including anaesthetic, or by another similar incident. But when it is regularly stopped it becomes a more complex conflict that can be extremely difficult to process.

Trauma can come about for many reasons. I personally only released the trauma from my birth in my thirties but I believe it would have stayed there my whole life if I hadn't identified it and cleared it. At that time, I cleared most of it using a technique called re-birthing. Despite its name re-birthing can be used for releasing any trauma. It is more efficient than talking therapies but it is still not as efficient as the Boulderstone Technique.

To make things worse, traumas can also be caused before birth either because a trauma occurred to the mother while pregnant or because a medical procedure was performed on the foetus. Talking therapies are of virtually no use here but the distortion in the flow of life force is real, it can be felt by another person, and it can be undone. Proving this scientifically would, however, be a challenge.

I have treated thousands of people with traumas that have occurred in many different ways from the shock of losing a parent or sibling to sexual, emotional or physical abuse, as well as shock from witnessing abuse. Anytime the ability of the mind to process information is exceeded, a trauma can be created. Traumas are often created in hospitals, as a patient or even as a visitor, on battlefields, in road traffic accidents, but also in places like cinemas.

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As I followed the life force movement through the pain difficulty we came out the other side and a still point was reached. The dog walked off happy and restored to health.

Having pain can often keep a problem in place, be it mental, emotional or physical. I have since worked on many different physical problems, seeing very stuck problems getting resolved in seconds, usually putting my hands on the injured part of the body. Problems sorted have been strains, sprains, arthritis, dislocations, twists, shingles and even mosquito bites.

Processing a trauma or stress using the Boulderstone Technique

Processing stored traumas, events or stresses is done in the same way. When understood it is simple and usually also easy. The fundamental method also doesn't change from person to person although sometimes minor details may vary.

The first step is to help the person connect with their trauma internally but not so strongly that they get overwhelmed. In my clinic, this is achieved by asking the patient to think of a single word that represents their trauma, which I write on a piece of paper. I refer to this as 'the trauma ticket'. If you are still holding the trauma from the example above you might write 'bill' on the trauma ticket. During the therapy session, the patient lies on a massage couch and places the trauma ticket on their stomach. Meanwhile, I hold their head. While the trauma ticket is 'on', they connect with the trauma. As they think about the trauma I can feel the distortion in their flow of life force and when I have enough to work with, I say 'off', and the patient takes the trauma ticket off. When the ticket is 'off', they stop thinking about the trauma. The limited amount of gathered trauma is then processed. This process is repeated until there is nothing left to process. If you are still working with the example see how you can get rid of the tension.

Working in this way we have control over the trauma. While the ticket is on the patient, and they are connecting with it, I can feel the distortion in the flow of life force. That is the aim: to feel their distortion and work to process it.

The reason the trauma doesn't get out of control and become overwhelming is because the patient doesn't let it. They have learnt how to suppress their trauma and they are good at dealing with it, in small doses. The therapist can feel how much effort the patient is using to suppress the issue and they say 'off' before it becomes too much and gets out of control.

So we have isolated a small piece of their distortion and need to get them to process it. Processing will happen automatically just by holding it in place by keeping them focussed and stopping them from getting distracted. That is what traumas do given the space, time and lack of overwhelm. The distortion goes through a series of contortions but, eventually, the distortion returns to a still point. Returning to a still point always happens and can take anything from a few seconds to a couple of minutes. When that has occurred the small piece of the trauma has been processed. The process of 'ticket on', gather a small piece of trauma, 'ticket off', process to a still point is repeated. It is repeated because every trauma is made up of small, manageable pieces. And because of this, every trauma can be transformed.

We repeat the process until when they connect with the trauma there is only peace and they are in a still point. They can think about the trauma without having to distract themselves and the dance is complete.

Trauma truths

Sometimes, it feels like the traumatised person doesn't want to remove their trauma and they may give many reasons why they don't want to. All of these reasons appear valid to the person but none of them are real. They are the reasons the person is maintaining their trauma and they do this because they don't want to be hurt. They know they have to process the trauma to be rid of it but they take the short-term view that processing it is harder than living with it. This is rarely the case. The feeling usually comes from failed attempts at processing it by themselves or with a clumsy therapist. The solution is to go slowly and take very small pieces to process each cycle until they get confidence in the technique.

When an incident is cleared the trauma won't have a disordered flow of life force attached to it and any symptom associated with the trauma will disappear. The only exceptions are when the symptoms have left a physical scar. All mental and emotional scars can be healed and every single perceived negative symptom can be turned into its positive equivalent. Lessons learnt are preserved but fears disappear.

In processing the trauma, it isn't the story of what happened that needs to be replayed. As I have said before, the story gets spoken about in counselling, psychotherapy and possibly with friends but, as a method of clearing, talking about the trauma is inefficient and often takes years and many unnecessary tears. Replaying the story of the incident isn't the solution because the incident isn't stored as a story. Instead, the incident is stored as a distortion in the flow of life force. Without understanding the flow of life force anyone administering to a trauma victim will be clumsy and probably inefficient.

This distortion in the flow of life force can be felt by a trained person who can guide the person to clear the trauma. The trained person and the patient don't get stuck in the story. All the person has to do is connect with the story in their head. The story in their head isn't the same as the story they would relate. The story in their head may be chronologically out of order, indeed time may do a lot of weird things in the story. The story may contain inexplicable feelings, it may even be distorted in terms of place but all of this doesn't matter. There will be one efficient path through the mess; that path belongs to the patient alone and that is what needs to be followed and processed. Deviations from this path are sometimes necessary to clear up a misconception or an incorrect assumption but having done that a return to the patient's path is the most efficient next step.

Contrary to what many people say and experience, resolving trauma, stress and panic attacks is easy. Indeed, when people experience the technique they often think they have cheated because so little effort was needed. Belief in the life force is not necessary. Using the life force is like not understanding what imaginary numbers or complex numbers are but still using them and getting solutions that you wouldn't have done without using them. (I am sorry if the analogy confused you but I used to be a mathematics teacher. The point is using the life force might not be scientific but it yields results that aren't available if you don't use it.)

How we can become resilient to trauma

Trauma can occur in anyone. All you need is for the information coming in to be greater than can be processed. But as people age and experience more life events, each life event that is experienced and processed enables them to cope with more and more potentially traumatising events. In this way, as people experience more they become more resilient.

We train children this way. People often have pets and it might be devastating when a pet dies but usually the event is processed reasonably quickly without much help, especially if the pet has a naturally short lifespan. The next time a pet dies it has already become a bit more commonplace. These deaths don't harden a person, instead the person gets to know how to process death so that when a grandparent dies, although it might be a difficult event, it doesn't have to turn into a traumatic one.

Compare this with someone who has never experienced death; the shock of the grandparent dying could be exceedingly traumatic. Indeed, if it is mishandled, even the shock of a goldfish dying could be traumatic. Everyone's situation is different.

Of course, if the death of the original pet wasn't dealt with properly and taken to peace but instead brushed under the carpet, when the second pet dies the trauma of the first unresolved pet's death will rear its head and double the intensity of the event. Time to get a bigger carpet. In this case, when the grandparent's time comes to an end, the death could be a traumatic incident. Having pets isn't the solution to teaching children about death, although it might help if managed well. The solution is taking events to peace and a still point.

When someone knows that it is possible to take any of their problems to a still point they gain in confidence. It is a marvellous thing to see and they become resilient to new traumas.

From my clinical experience, 75% of traumas that come to my clinic can be dealt with in less than a day. 15% may take one extra day. The remaining 10% need a different sort of approach. This may happen because the person concerned holds a view which stops them moving forward or they keep the trauma in place because of a circular argument or the patient believes that being seen as traumatised is of some benefit.

These ideas need a logical breakdown in collaboration with an experienced person. It is extremely rare that traumas cannot be taken to peace, quickly and easily.

Traumas don't need to be that large to create physical sensations. Often traumas are caused because parents, and people in authority, don't know what they are doing.

How we keep traumas in place and fail to deal with them
The mind follows pathways already set up. Sometimes it uses paths that were set up for other reasons and they are often the ones that cause a conflict. For example, if you tended to avoid issues when you were young, you are more likely to do so when you are older. If you got away with lying to avoid difficulties, that behaviour may continue. Being aggressive is another strategy that can work for a short time. Other ways of not dealing with a trauma are: ignoring problems; displacement activity; discharging emotionally out of context; avoidance through using alcohol; not eating; overeating; and worrying.

When any trauma is fully taken to peace that trauma is 100% dealt with and can't return without us making an effort to bring it back. Contrary to popular belief you don't need to talk about your feelings to deal with your feelings.

Panic attacks

What is the purpose of a panic attack? All panic attacks have a purpose. But because therapists don't understand the role of the life force and I-force they believe panic attacks can come along for no reason. This is absolute twaddle. A panic attack is your mind's attempt to remove an unresolved emotional difficulty by replaying it while you are in a safe place. It might not be a safe place as far as you are concerned but it will be as far as your mind is concerned. The unresolved emotional difficulty that has caused the panic attack, might not be immediately obvious but it is definitely there and your mind definitely wants it to be resolved.

When confronted by a panic attack most people want to curtail it, by any means possible, but this stops it from resolving and keeps it in place. Rather than curtailing it, if we could slow it down so that we could handle the feelings that come with it, it could get resolved and completed.

Panic attacks occur because the mind tries to remove the unresolved problem by re-living it and this shows the power of the I-force. It is the I-force that can produce elevated heart rate, sweating, pains in the chest and all the other symptoms associated with panic attacks.

When you experience anything over and over again it becomes boring and starts to 'disappear'. Your mind knows this and will attempt to employ this tactic for any experience you have that is left unresolved. This repetition naturally comes to an end if allowed to complete. Each time your mind loops the unresolved event, if it is allowed to complete, it gets quicker and requires less effort, until it also becomes boring. If not allowed to complete, as in the case of an interrupted panic attack, it stays as a problem and, because of the fear of the ego, can even become a bigger problem.

Examples of events that can 'disappear' are the ticking of a clock. The ticking doesn't get quieter but over time its ticking appears to get quieter. The rising of the sun is an amazing event but is so often just taken for granted, having lost its awe. It loses its power through repetition. A light coming on when you flick a switch is a miracle of science but has happened to us so often it is only considered exciting if the light fails to come on. Even though the 'event of the ticking clock' has been processed and you don't hear the ticking you can still direct your mind to hear it, if necessary. The same is true for resolved trauma, it becomes boring. When properly resolved you can still recall the event but the difference now is that there is a 'pathway' through the event that brings you out the other side, to peace and a still point.

A patient of mine used to have panic attacks when she started to travel on a motorway. She was alone in her car, travelling along in a comfortable way, quite content. She might be unique, in that her mind thought this was an ideal time to sort out the trauma she had squirrelled away. My patient thought she had a problem with motorways but her problems disappeared as soon as we cleared her unresolved traumas.

Trying to stop trauma with medication or using techniques to avoid the issue will not succeed and will probably keep it in place, especially if initially there is minor improvement. The minor improvement gives you hope. The ONLY way to get rid of it is to play it out, to process it. Drugs keep the trauma in place. Counselling and therapy play it out with words but words unnecessarily prolong the agony. The quickest most efficient way is to play it out is done using the Boulderstone Technique.

In resolving panic attacks with the Boulderstone Technique, no force is required. Very little trauma is experienced. It is much easier than talking about the problem. Working through the problem with the Boulderstone Technique is rapid, gentle and permanent. (See Appendix)



JOHN BOULDERSTONE

FOUNDER OF BOULDERSTONE TECHNIQUE

John Boulderstone is an influential figure in the field of alternative health, particularly noted for his creation of the Boulderstone Technique in 1996. He authored the book "Living with Vitality," which is a comprehensive guide on how to achieve and maintain health using the life force, published by Findhorn Press in May 2006. His expertise extends to treating conditions like Post Traumatic Stress Disorder (PTSD) and Multiple Sclerosis.

Boulderstone's approach to healing is holistic, focusing on connecting with and clearing obstructions in a patient's life force to facilitate healing. His philosophy is outlined in another one of his books, "The Still Point and the Dance," where he introduces a method that challenges conventional healthcare by emphasizing the importance of understanding and addressing the root causes of illness rather than just treating symptoms.

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