

FAMILY SYSTEMS RESEARCH GROUP

"ENGINEERING FOR THE HUMAN SPIRIT"

FAMILY SYSTEMS RESEARCH GROUP

FAMILY SYSTEMS RESEARCH GROUP was founded for the specific purpose of studying human energy patterns. We are interested in establishing a method for accurately diagnosing energy patterns and for neutralizing those patterns that do not support a person's natural system. We know that each of us is born with specific energy patterns in place and that those patterns affect us throughout our entire lives. It is our opinion that children absorb specific energy patterns from their parents (and possibly other family members) and that those patterns can also have lasting effects. We also believe that in marriage and partnerships people exchange energy patterns and that partners can carry one another's patterns long after the relationship has apparently ended.

We believe that all these energy patterns can be accurately identified. We also believe that these energy patterns can be altered, and that we are just beginning to understand how that alteration process can take place. Through a customized alignment process done from a distance using a hair sample, we are having some apparent success in neutralizing troublesome energy patterns. Since this is a research project, we are making no specific claims or promises regarding results. As you know, state and federal regulatory agencies in the United States often act in biased and prejudicial ways to prevent alternative methods and practices from being made available to the public. In order to protect this research, we are refraining from telling you much of what we know and what we have seen as these statements could be construed as claims. We can say that we have been studying the human consciousness for over three decades. We have been approaching mental and emotional problems from an energetic perspective for a very long time and have collected thousands of positive reports from people who have been involved in our research.

Although our backgrounds are in social work, we are not therapists nor do we offer counseling services of any kind. We are educational consultants and researchers. We approach the human consciousness from an engineering perspective with an emphasis on structure and function, and how to repair structural harm and improve functioning.

HOW IS THIS WORK DIFFERENT FROM THE WORK OF THE GENTLE WIND PROJECT?

If you are familiar with The Gentle Wind Project technology, you may know that GWP technology was designed to work on the damaging effects of the hurts and wounds on the energetic structure. The structure is the context in which the energy patterns are held. The idea behind the technology is that if the damaged structure can be repaired, the person's system can be restored to balance. For a large number of people, The Gentle Wind technology has proven to be successful.

The work of Family Systems Research Group picks up where the GWP technology leaves off. While the Gentle Wind technology works on the structure, the context in which energy patterns are held, Family Systems is working on both the context and the content of the energy patterns.

The content of energy patterns is unique to each person. Our goal is to neutralize those energy patterns that cause distress and that are not consistent with the nature of each individual. This process allows a person to identify with the "Witness" or Spirit in oneself rather than the emotional content of the energy patterns. Identifying with this emotional content can keep people stuck in a "victim" position. In this position, we either blame ourselves for something that is not our fault or we blame other people for what we think they have done to us. In either case, energetic resources are consumed with no forward progress made.

THE GOAL OF THIS WORK THE "WITNESS"

In the 1950's, a psychiatrist by the name of Eric Berne introduced a new system for understanding human beings and interpersonal interactions called Transactional Analysis. Dr. Berne's work was popularized in his book Games People Play, published in 1964. Berne believed that human behavior, especially human interactions, could be observed and categorized into one of three distinct states of being. These three states were called the Parent, Adult and Child. Berne emphasized that these were not social roles nor were they concepts like the Superego, Ego and Id. He called these states "phenomenological realities."

In Transactional Analysis, the Parent aspect of each person acts like a storage facility for tape recordings of all the things that the parents did and said in the presence of the child. While the Parent aspect could include information acquired from other significant adults such as teachers, the recordings of the child's actual parents during the first five years of life are generally considered to be the most significant. These recordings are taken in by the child in an unedited condition. They include subtle and not so subtle messages. These messages can include anything from "Clean your plate" and "Do not touch the hot stove" to "Why did I ever have you?" and "You are such a burden to me." These messages include loving words and phrases such as "You are very special" and "I love you very much."

These tape recordings have an impact on each child and sometimes can activate energy patterns that become the source of life-long struggles. Many of these energy patterns are present although not all are active at the time of birth. The impact of certain words and phrases is unique to each child. Two children in the same family exposed to the same parents will have very different experiences of their parents. The way that a child will hear, see and feel the words and deeds of his or her parents is directly related to the unique energy patterns of the child.

According to Transactional Analysis, these parental tapes are stored in the Parent state and they are activated by certain events in the person's life. For example, Sally is driving to work one day and she sees a little girl fall off her bicycle. She pulls over to help the little girl. The child is crying. Her knee is cut and she has scraped her elbow. Sally brings the little girl back to her car. She cleans her cuts and holds the little girl on her lap. She tells the little girl that she is safe and that she is going to be okay. This is exactly what Sally's mom did when Sally fell off her bike some thirty years ago. Even the tones in Sally's voice sound like her

mom's voice. Sally is in a "nurturing" Parent ego state.

Mike works in the sales department of a large tire company. Mike had a slow month, partly because he had not been feeling well. He has had the flu but has been coming to work any way because he did not want to miss time on the job. His boss, Hank, grew up in a family with a very strict and not very loving father. Hank's father was very demanding and often put Hank down when he was unable to meet his father's standards. Hank found out that Mike's sales were down. Rather than asking Mike about his sales record and finding out that Mike has been ill, Hank accused Mike of being a lazy failure and told Mike that he had better get going if he wanted to keep his job. Mike felt belittled and ashamed just the way that Hank felt when his father accused him of being a lazy failure when Hank was a child. Hank is in his "critical" Parent ego state.

In our opinion, the Parent aspect of each person can have a dramatic effect on one's health and well-being. For example, a common Parent message is "Don't be a burden. Don't bother anyone." Parent messages are often activated when people are under stress. It is our opinion that when people who have these messages become ill, they often ignore their symptoms or postpone treatment because the Parent message is telling them not to bother anyone with their problems. By the time they finally "bother" someone, cancers and infections that might have been easier to treat with an early diagnosis become life-threatening and even deadly conditions.

While the Parent aspect is recording the external input from the parents, the Child aspect records the internal responses of the little person who is seeing, hearing and experiencing the parents. When children are young, they do not have the cognitive thought processes to sort out the meaning and the nuances of what they are experiencing. Young children are dependent and helpless, and they do not have extensive vocabularies to define their experiences. The child's responses to the words, deeds, behaviors and facial expressions of the parents are recorded internally in emotional terms. In other words, the child is very vulnerable to everything that he or she is experiencing.

The Child aspect can be divided into two subcategories called the Adapted Child and the Natural Child. The Adapted Child has two sides. The first side is the "good and sweet" child who wants to please others. This aspect often results in the sacrifice of his own nature in order to please others. Educational practices tend to foster the Adapted Child in each person as opposed to supporting and nourishing the Natural Child. The other side of the Adapted Child is called the "rebellious child." The "rebellious child" struggles against those in authority. The "rebellious child" might see himself as free but in fact he is just the other side of the "good and sweet" child. These are two sides of the same coin.

The Adapted Child aspect is an unnatural condition. After being exposed to 12,000 hours of education practices, most adults in western societies have a very well-developed Adapted Child. This Adapted Child allows people to adjust to situations and conditions such as relationships and jobs that are not healthy and supportive of one's natural state. In our observation, many people run most of their lives from the Adapted Child place.

The second aspect of the Child state is called the Natural Child. This is the source of natural feelings and reactions. This aspect contains intuition, creativity, curiosity and a natural need to reach out and discover life. The Natural Child knows instinctively what he needs and what he wants.

Both the Parent and Child aspect of each person are present throughout a person's life. These aspects are activated, for example, when a person is having fun or is offering nurturing to another. But, again, these aspects also tend to become activated when people are under stress. The Parent aspect, for example, might become self-critical. The Child aspect might feel powerless to speak up for herself. The Parent aspect might become controlling or bossy under stress or the Child might feel wounded and victimized.

The Adult, according to Eric Berne, is "principally concerned with transforming stimuli into pieces of information, and processing and filing that information on the basis of previous experience." Regarding the Adult, Thomas Harris writes: "Through the Adult, the little person can begin to tell the difference between life as it was taught and demonstrated to him (Parent), life as he felt or wished it to be (Child) and life as he figures it out by himself (Adult)." The Adult aspect has been likened to a little computer that can process information as it is in reality, unclouded by the veils of either the Parent or the Child.

The idea behind Transactional Analysis as a therapy was that human behaviors could be observed in the course of the therapy and that the therapist could enlist and arouse the Adult aspect in each person to come to the person's aid and help solve the person's problems. The problem with this approach to therapy, in our opinion, is that it assumes that human beings are of their own volition capable of enlisting the Adult aspect of themselves. Reality suggests that human beings seek therapy in attempt to resolve the hurts and wounds they have accumulated. They bring the wounded Child and perhaps the critical Parent into therapy because they are not able to control the reactive, nature of these aspects.

The Adult, in our opinion, is far more than the Transactional Analysts have suggested. The Adult, in our view, is the Spirit or the Witness in a person. This is the conscious spiritual part that can stand back from a neutral place and observe the reactive aspects of the personality. The Adult is the Spirit in each person who is often overshadowed by the wounded child and the critical parent parts.

This is not to say that emotion is unhealthy or unnecessary. In fact, the Natural Child may be capable of a broad range of emotional responses. Fear, anger, hurt, joy, sorrow, relief, and inner peace are all natural emotions. It is important to feel fear, for instance, when something is frightening you. Your fear tells you something about what is happening to you and can be a guide to proper action. Sexual feelings, joy, peace of mind are all natural feelings. We are not trying to eradicate or alter the Natural Child aspect in anyone. In fact, you could say the goal of this work is to help free that aspect in each person.

Emotional content becomes problematic when it cannot be processed and a person suffers at the effect of the emotions. Emotional content is a problem when people wake up everyday with the same unresolved

emotional material. It is problem when the emotional content is overriding a person's ability to perceive, observe, analyze and respond appropriately to any emotionally charged event. Emotional content is a problem when people experience a stressful event such as a divorce and years later still suffer from the experience of the divorce.

The Parent and Child aspects of the personality are emotionally reactive. This means that they respond from an emotional base. The Adult or Spirit aspect is neutral and has the capacity to observe, understand, analyze and contemplate the emotionally reactive parts. The sources of this emotionally reactive content are identifiable energy patterns that are stored within the consciousness. The human consciousness is the structure or the context in which energy patterns are held. If you had a cup of tea in front of you, the cup would be the structure or the context and the tea would be the energy patterns or the content.

It is our opinion after 30 plus years of observing human behavior that we all tend to identify with the energy patterns and their emotional content which are temporary rather than the permanent consciousness represented by the structure. It is the goal of Family Systems Research Group to provide information and technology that will free people from the grip of identifying with their energy patterns and assist people in identifying with their more permanent spiritual nature. In Transactional Analysis terms this would be a process of freeing people from the unnatural reactive elements of the Child and Parent ego states and supporting them in the Adult or Spiritual aspect.

When people identify with their energy patterns, they will often find themselves in a "victim" position. In the "victim" position you are powerless to change your life. You waste energy blaming yourself for things that are not your fault or blaming someone else for what you feel they have done to you. Your life is reduced to circular arguments with very little peace of mind. The only real peace of mind comes from the Witness or Spirit in each of us. This is the one in us that knows what is right for us and what we need to do to complete our destinies.

ANALYZING THE PATTERNS

Family Systems Research group offers a customized program for identifying and neutralizing energy patterns. There are three aspects to the program. Some people feel very satisfied after going through Level One. Others go on to Level Two and still others, who have had more difficult lives, go on to Level Three.

At each Level we use a system of Uranian Astrology as a diagnostic tool in determining each person's unique energy patterns. We are not astrologers. We are interested in the mathematical values of certain planetary configurations that were present at the time of a person's birth. The chart lays out a map to the basic mathematical values of the energy patterns that each person has had to contend with over the course of his or her life. If you participate in this program, you will receive a copy of your chart that we call a Behavioral Astronomy Chart.

We encourage program participants to read through the chart and circle

just the words and phrases that have meaning to them. No one will be all the characteristics that are described. There should be words and phrases that apply to you. Once you have gone through your chart and circled the appropriate words and phrases, take the time to reread what you have circled. These words and phrases describe the energy patterns that were in place at the time that you were born. This will be a "map" to your energy patterns.

We invite you to do this because you might come to see your life struggles in a different light. You may come to see that you were born with certain energy patterns already in place. These energy patterns have affected every aspect of your life. You may discover that you have been up against some very difficult patterns that help to explain how and why certain things have happened to you. You may find that you are a little more forgiving of yourself for what you have perceived as your shortcomings. It is true that we are responsible for everything that we are. But, in our experience, all too often people tend to blame themselves for their problems. It is bad enough to have difficulties and even worse when we are hard on ourselves for having them.

This chart will also tell you something about your "magnetics." Each of us has the capacity to attract certain energetic forces based on our "magnetics." Some people, for example, attract money with little to no effort while other people feel stuck or blocked when it comes to making money. Some people have the "magnetics" to attract painful relationships. Through no fault of their own, some people end up attracting the wrong partners and repeating the same painful patterns, even when they try everything in their power to alter these patterns.

We believe that it may be possible to alter these "magnetics" through a process of accurately diagnosing and addressing their energetic sources. We are not saying that everyone can be a millionaire or that people can have perfect relationships because this is planet earth and there are limitations to what each of us can do. There are no perfect relationships, but for some people, altering energy patterns may greatly reduce the suffering and increase the joy in their contacts with other people. Again, this is a research project and these statements are our beliefs but are not intended to represent claims of cure or of any promised outcome.

LEVEL ONE: THE HEXAGRAMS PROFILE

The I-Ching or the Book of Changes is an ancient Chinese text that contains 64 Hexagrams (six line drawings). Each Hexagram contains a story with life lessons. Usually, the I-Ching is used as a situational guide. For our purposes, the I-Ching can be used to describe life scripts or themes. Each I-Ching Hexagram tells a different story and each Hexagram Symbol looks and acts like an energetic bar code.

In Level One, you will receive information about three I-Ching Hexagrams. Each of these Hexagrams represents a distinct set of energy patterns that can be defined in observable behavior. One is called your Life Struggle or False Path Hexagram, the second is called the Original Path (Path of Destiny) Hexagram and the third is the Opposition to the Path of Destiny Hexagram.

The Life Struggle Hexagram defines the energy patterns that have become a source of emotional struggle. The Original Path Hexagram contains the energy patterns of your natural destiny as well as the hardships that you have had to face in the fulfillment of that destiny. The Opposition Hexagram describes the forces that a person attracts that stand in the way of fulfilling one's destiny. Each of us is composed of many energy patterns but we think you will find the patterns related to these Hexagrams are quite significant. The goal of the distant alignment process is to help neutralize some of the stressful aspects of these patterns. The natural aspects of your Original Path Hexagram remain intact.

Each person is invited to participate in a 20 to 30 minute phone consultation. The consultation is an opportunity to discuss and verify the accuracy of the Hexagram Profile. Most people have rated the diagnostic information describing the Life Struggle, Original Path and Opposition Hexagrams as accurate. While this consultation is for educational purposes only, the information may have a transformational effect if only to put words on internal, private struggles that are often difficult for people to articulate. Some people have reported having very significant dreams in the weeks that followed the educational consultation and alignment process.

After the phone consultation, we will do a distant alignment using your hair sample. Your hair sample is an energetic representation of you. Two weeks after the distant alignment, we will have a second consultation to determine the effectiveness of the process. This distant alignment process is free of charge. Payment is for the diagnostic work only.

As of May 2006, we have worked with 130 people and most people (82%) have reported that they are able to see the things that have happened to them in the past with greater clarity. Clarity is a characteristic of the Witness or the Spirit. Clarity occurs when we are able to observe and to witness our emotions rather than just reacting.

For example, Jane and her daughter had a very volatile relationship. Whenever Jane saw her daughter, she felt tension in her stomach and back. Jane's daughter was critical of Jane and would often say cruel and belittling things. Jane would try to remain in a neutral place but her emotional reaction was always instant discomfort. Jane described her feelings as a combination of anger and guilt. In other words, Jane was reactive whenever she was around her daughter. After the Hexagram alignment was done, Jane was able to see her daughter and not feel reactive. Her daughter continued to say hurtful things but Jane remained calm and neutral. The "Witness" in Jane observed her experience. As Jane became more neutral, her daughter's criticisms decreased dramatically. Nothing was done with the daughter's energy patterns. The patterns in Jane were altered which in turn had an apparent effect on her daughter.

This example is anecdotal and not intended to imply a guaranteed outcome. We do not have a large enough sample nor have we studied participants over an extended period of time as would be required in a long-term fate study.

LEVEL II: THE PARENT PROFILE PROGRAM

There is a second program available for people who feel that the energy patterns conveyed to them by their parents might still be a source of stress in their lives today. You must have participated in Level One of the program and be satisfied with the result before moving on to the second level. The influences of parents can be quite pervasive. The influence of the mother most often affects the person's emotional nature. The influence of the father tends to place certain restrictions or limitations on the person's worldly endeavors such as work, finances and social gatherings.

Some parental influences get worked out and released, especially if the parents and children have had to time relate and become involved in one another's lives. It should not be assumed that everyone would necessarily need this particular service. On the other hand, the energetic influence of parents can have a profound and lasting effect on the lives of their children. If you participate in the Parent Hexagram Profiles, you will receive your parents' charts and a twenty to thirty minute phone consultation about how your parents' energy patterns have potentially affected your life. We will also do a distant alignment process to help neutralize any hold these energy patterns may have on you today. The fee for service is for the diagnostic work only. The distant alignment process is free of charge.

LEVEL III: THE LIFE SCRIPT HEXAGRAMS

Through a series of mathematical formulas using your birth date, time and place as the base, we can determine specific flashpoints in a person's life where critical decisions are made by the child that set the stage for the person's life script or story. The first critical point takes place somewhere between the ages of 5 to 5 and 3/4 years. This critical point usually involves an event or series of events that cause the child to come to a conclusion about his or her life story. The event or events represent the culmination and sum of what the child has experienced up to that point in time.

For example, Marsha is very close to her father. When she was five years old, her father became ill. He spent many months in bed. He did recover but Marsha helped her mother take care of her dad during that time. For Marsha, her survival depended on her dad. She concluded that to survive in life she would have to take care of the men that she loved. This conclusion caused Marsha to attract men who needed to be taken care of. Marsha did take care of the men in her life but often at her own expense and this became a central theme in her life script.

In this Hexagram Profile, we go through the person's flashpoints and convert each flashpoint into a Hexagram. We can then go on and do a distant alignment process to neutralize the energy patterns that form at the critical flashpoints. To do this process, you must be at least 30 years old and you must have done the Level I Profile. The fee for service is for the diagnostic work only. The distant alignment process is free of charge.

ALL NEW SERVICE . . .

Family Systems Research Group now publishes a book called It's All About Relationships. This book describes fifteen basic personality characteristics and how these characteristics interact in human relationships. This book was originally printed several years ago. The book has been re-written with an all new user-friendly format. It contains practical questions and examples that guide the reader through the 15 personality characteristics.

Family Systems Research Group now offers an educational consultation service for anyone who would like further assistance in understanding his or her personality characteristics. Call us for more details.

SEMINARS

Family Systems Research Group will be presenting Seminars throughout the United States. For an updated Seminar Schedule e-mail us at famresearch@earthlink.net or call 1-603-365-1102 or 1-603-580-5516. If you would like to bring Family Systems Research Group to your area, give us a call or e-mail us at famresearch2@aol.com

**Bay Area, California
Sept 2006 Reno,
Nevada Sept 2006**

These Seminars are open to everyone. Call 603-365-1102 or 1-603-580-5516, ore-mail famresearch@earthlink.net for Seminar details.

The technology comes in the form of framed Symbols. We have labeled these as Levels One, Two and Three based on the population that might use the instrument. The Level One I-Ching Alignment Symbol for Families is an 11 inch by 17 inch framed Symbol. The Level Two I-Ching Alignment Symbol for professionals is a 16 inch by 20 inch framed Symbol. The Level Two Symbol was designed to reach a broader base population and might be an excellent adjunct to any holistic therapy practice. The Level Three Symbol was designed for practitioners who see clients with long term chronic problems. Again, this might be a complementary support system for any holistic health practice.

The framed Symbol is placed on a table or flat surface. A person places both hands on the Symbol for the balancing and alignment process. The I-Ching Alignment Symbols will complement all holistic health practices such as Chiropractic, Acupuncture, and Acupressure medicine, Reiki, Massage therapies, and other treatment modalities.

The I-Ching Alignment Systems come with a 30 day money back guarantee. If the I-Ching Alignment System is not to your satisfaction, you may return it for a full refund minus the shipping cost. The Alignment Systems are not FDA approved and are not intended for the diagnosis, treatment or cure of any physical illness. No claims are being made regarding results. In order to comply with both federal and state regulatory agencies, we again repeat that these instruments may not be effective for everyone. The instruments do not contain anything that would cause harm to a human being unless the person ate the instrument. If you should accidentally eat your instrument, you should

consult your physician at once. For more information, call 1-603-365-1102 or 603-580-5516.

I-Ching Alignment System for Families Level One \$365 plus shipping I-Ching Alignment System for Professionals Level Two \$565 plus shipping I-Ching Alignment System for Professionals Level Three \$2200 plus shipping

To Order: Call 1-603-365-1102 or 1-603-580-5516. (Family Systems Research Group can now accept all major credit cards). You can also send a check or money order but please call ahead for so that we can determine your preferred method of shipping.

A portion of each fee goes directly to the work of The Gentle Wind Project. The Gentle Wind Project has developed an effective trauma relief technology. The Gentle Wind Project donates this trauma technology to individuals and groups around the globe who are suffering from ongoing physical and emotional trauma, including the hurricane victims in the southeastern USA, the earthquake victims in Iran and Pakistan, military personnel serving in war regions, cancer patients and families, Tsunami survivors and many others. Your participation in the Family Systems Research Group program supports this trauma work and helps to provide valuable research information for the development of new technologies to eliminate human suffering.

For more information, please call or e-mail us:

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