



One Day Self Help Trainings The Innate Systems

Delivered by the College of
Neuro-Training
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Neuro-Training (NT) is a modality that has grown from a process of integrating all the principles of other modalities and combining them with Kinesiology based techniques. We have created a totally new way of dealing with the challenges people meet in their lives.

Neuro-Training's purpose is to help train you to recover in the best way possible from the effects of the past. This way you train yourself to get better and have the tools, techniques and internal references in which to do that on your own.

Neuro-Training attempts to re-educate people to have a better Quality, Focus and Purpose in life. Neuro-Training is concerned with the self-help education of as many people as will listen. Our focus is to bring people into the high positives of life rather than being bogged down by their stress reactions.

Self Help Trainings

Innovative Self Help Workshops - **Innate Systems and Specific Skills.**

For the first time learner, or anyone wanting to further their skills, these are all 'one day', workshops that can be used in conjunction with each other to produce a variety of effects for stimulating your recuperation. The workshops are designed to cater for all walks of life. The 'Innate Systems' workshops offered are wonderful for establishing greater recuperation at a systemic level and very easy for the first time learner to follow. We also offer 'Specific Skills' workshops for specific problems. There is no prerequisite for the "Innate Systems or "Specific Skills" workshops.

See the Neuro-Training College Time Table for the 'Innate Systems' calendar dates.

Other Personal Development and Professional Trainings

- Personal development workshops such as **Face Trait reading** and analysis for effective communication. These are 2 or 4day workshops.
- Our Professional Trainings include the industry based **Certificate of Solution Oriented Neuro-Training.**
- A government recognised **Cert IV in Kinesiology.**
- **A Diploma of Neuro-Training** and will developed in the near future. Feel free to ask for more information on these training certificates.



Innate Systems (One day workshops)

In the Innate Systems workshops are ways to stimulate the systems that govern how you recuperate and stay well. Because there are many systems in our bodies, we have currently six workshops that cover a range of the most important systems.

All the techniques are easy to learn and have been proven over decades of use. They can be taken in any order and need no prerequisite training.

Energy Lift

This workshop uses a set of reflexes discovered by Dr. Frank Chapman (1930's). He correlated these reflexes with specific organs and glands for different types of problems. These reflexes are used to stimulate the flow of lymph in specific areas of the body. These have been used in many health modalities such as Chiropractic, Kinesiology, Osteopathy and others.



In this course you learn how to use these reflex points in an order that stimulates the circulation of lymph and energy to remove the blocked drainage system in your body. This then allows your tissues to recuperate faster and more efficiently.

The benefits of lymphatic flow are often seen in having **more energy**, clearing toxins, **shifting excess fluid or weight**, **feeling clearer** and **having more energy**. The benefits are different for everyone, depending on your body and your own innate needs.

Clear Energy

This is based on a set of reflexes found by Dr Terrence Bennet. These are to stimulate the flow of arterial blood to different specific parts of the body. With the increased blood flow comes more nutrients for the organs and glands to get better and recuperate.



The Benefits: Set out in an easy to use format, this system creates a relaxed and secure feeling in the person, which allows for faster recuperation. Their **health and vitality returns** as the blood is reaching to where it needs be. **Thinking can also become sharper and clearer**. Many people say they feel calmer, less anxious and more secure using this innate system.



Freeing the Way

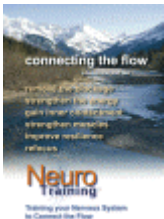


In this workshop you learn how to stimulate the flow of energy around and through your body. It uses the ancient Chinese knowledge of energy pathway channels known as 'meridians'. Along with learning the direction of flow of the energy you will discover some remarkable sensations as to where you are 'stopping' the flow.

Where there is blocked flow, there is often pain, stiffness and lack of energy.

The Benefits: Freeing the way encourages the energy to flow. It speeds up recuperation to a point where you can **adapt to change easier** and more efficiently. This has a strengthening effect and people find that after a small time of practicing the stimulation of this system, they **become physically stronger, yet more relaxed.**

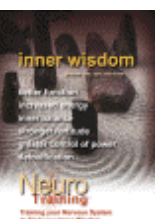
Connecting the Flow



As the name suggests, this is a training to identify how to stimulate the flow of energy along the acupuncture meridians but in a specific way. This technique has been used in Chinese Medicine for thousands of years with consistent positive results. Originally it was given to patients of the old masters as support for their health so they could not need to visit the doctor as often. It was practiced as a preventative technique in areas of low economic development and in many areas has been forgotten. Connecting the flow does not use acupuncture needles as a traditional acupuncturist would do, rather use a form of stimulation which is pleasant and reassuring.

The Benefits: This workshop revives this ancient technique and gives you a simple and powerful tool for **stimulating your energy to work better.** It works with the beginning and ends of the meridian points in a way to **stimulate and regulate the energy** efficiency.

Inner Wisdom



This workshop highlights a very special set of reflexes developed by Dr. Alan Beardall. They are related to a very deep acting system in our bodies called the visceral system. The viscera hold together all the organs and glands and help them maintain their proper shape, position and functions. If this didn't happen we would have lots of internal pain



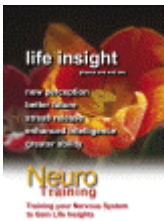
every time we move. Because of their basic relationship to different functions they are also the closest to our genetic references that we use to maintain basic functions.

The Benefits: Our viscera can tell us about inherited weaknesses. Enhancing your visceral functioning gives you the opportunity to **overcome and retrain any weaknesses into strong, healthy, active organs again.**

This workshop covers three sets of reflexes that all work together but can be used independently to improve recuperation.

Life Insight

Most of the other Innate System workshops cover more physical reflexes. This one deals with the perceptions that cause conflict in our thinking, our psychological self.



It teaches a simple but powerful technique that retrains the brain's basic functions and stimulates the nine intelligences. This will give you a new way of working and helps overcome stress reactions. This is one of the best ways of changing the misperceptions of life.

The Benefits: This workshop may **release many unexpressed and trapped emotions** as a part of the brain's reorganization. It leaves you **feeling fresher and able to think clearer** about things that used to trouble you. For this reason, this is one of the most favourite Innate Systems.

Specific Skills Workshops (One day workshops)

The Specific Skills Workshops provide you with a set of techniques that you can 'mix and match' to suit your own personal situation. These are designed to retrain your body and nervous system to overcome more specific challenges in life. Examples of Specific workshops are **clearing allergies, clearing fatigue, glandular problems** and other physical ailments.

Aimed at helping people get over the limitations they have and be able to change their ability to recuperate.

Feed the Glands

The first of these specific skill workshops is called "Feed the Glands - not the stress". It is a set of different modules of techniques that help balance and regulate. It contains a module on regulating the function of the adrenal glands, a module on regulating the secretions from the adrenal glands and a module for balancing the sugar balance in the blood.

This is a must for those with a busy lifestyle and no time to rest and recuperate fully. These modules will give you a head start on the stressful lifestyle and get back some of that lost recuperation. Combine this with any of the Innate Systems Workshops and watch your energy explode.

Watch this space for information on the Specific Skills as they are offered.

Types of Support

Support for Neuro-Training comes in a number of forms depending on your circumstances.

For Individuals – Personal consultations.

As well as the one-day workshops we also offer individual clinic sessions for people with specific challenges in life. Anyone can benefit from a Neuro-Training session. The number of sessions may vary, depending on



the complexity of the conditioning and the objectives of the client. Trained Professional Consultants will facilitate the process for you and you will learn what you need to do to maintain the changes made during the session.

Self Help for Individuals and Family

The Innovative Self Help Workshops are the best way to learn how you can influence your recuperation and self-development. These workshops are designed to teach you how to help yourself first and your friends and family as well.

You can take one workshop or the whole range to increase your abilities.

To obtain a detailed description on Workshops, Presentations, Certificates and Diplomas, or obtain a registration form contact:

Your Local Neuro-Trainer:
Lismore College of Neuro-Training NSW
First Floor
100 Magellan Street, Lismore.

Jenni Beasley ND., Neuro-Trainer, Kinesiologist on
Ph:02-66221514 or Mobile 0403 567 435
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Registration Form

I am interested in registering for the Innate System workshop on

Date of workshop.....

Name of Innate System Workshop.....

Your name:

Address.....

Email:

Phone:Mobile.....

Payment: Visa Mastercard Cheque Cash

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Special Free Workshop Offer - I have invited 5 of my friends.
(Registrations forms attached) and my registration is free.

I am just registering myself and receiving the 'new premises special offer' of \$195, (saving \$35).

Mail to:
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