

## **What is Yuen Method Full Spectrum Wellness©**

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The Yuen Method is an energy work that targets and removes specific root causes of symptoms (of pain, illness, injury, sadness, anger, depression, stress, fear, etc.). The Method dramatically increases our internal support for reaching our desired state! Seeing people's symptoms going away quickly is often startling, and results in a change in beliefs and mindset that most people need in order to shift from a problem/disease orientation to a focus on wellness.

The essence of how the Yuen Method helps energy to shift is deceptively simple and can be learned by the vast majority of us, including children. It works by helping clients focus their energy along their mid line. This is not a transfer of energy from a practitioner to a client. It does not involve touch. It is an alignment of energy that eliminates root causes.

An example is:

George is a 65 year old who had Parkinson's disease. When he arrived to participate in a two day Yuen Method Workshop, he shuffled in – he was only able to move each foot about 4 inches – his arms and hands were locked in an upward position in front of his chest. During the workshop he began to walk normally. During the third workshop he ran around the room and around the building.

The expectations for George were that he would have had the symptoms for life and that they would progressively get worse. Aligning George's energy along his mid line eliminated the root causes and his symptoms went away!

From a Yuen Method perspective our symptoms serve as wakeup calls in our lives. We have "learned" that our options are to reduce, suppress or "learn to live with our symptoms." To our credit, we believe that our innate inner wellness over time will bring us back to health. Most of the time it does. But what happens when, as in George's situation, the symptoms persist, even with the application of many modalities? From a wellness perspective, symptoms are not

an isolated aspect of life. They are a person's communication system saying, "There's some pattern that needs to be taken care of!"

From a Yuen Method perspective, our ailments and discomforts are created and supported by patterns of root causes and triggers, not unlike the roots of a hundred-year-old oak tree. These are energy blockages, consisting of conscious and non-conscious, overlapping layers of negative emotions, beliefs, experiences, memories, traumas, reactions, etc. They can be numerous and complex and limit the world we live in.

The Yuen Method is both rational and intuitive. The first step involves:

- letting go of beliefs about what can and cannot be done,
- understanding where our symptoms come from,
- building belief and confidence that profound shifts can take place,
- understanding how focusing along the mid line makes the energy strong and supports making shifts.

The second step is to learn and use a rational step-by-step protocol for defining the symptoms, the desired state, and how to measure symptom intensity and progress. The third step is to clear away the symptoms and build internal support for the desired state by mentally and intuitively:

- finding and clearing away root causes at as general a level as possible,
- finding and clearing away more specific roots as necessary,
- checking progress and continuing clearing until the roots are cleared away and the person has full energetic support for their desired state.

<b>Clearing root causes is:</b>	<b>Clearing root causes is not:</b>
Focused on eliminating root causes of symptoms so they go away.	About reducing, suppressing, or learning to live with symptoms.
Simple and can be learned by all, including children	Achieved by long tedious hours of meditation, spiritual work, spiritual journeys, training, or study
Focused on putting a person in control of their own health and wellness – to eliminate their own symptoms without depending on anyone else.	Any nobler than fixing a car, remodeling a home, or debugging a computer
Direct Non-Invasive	Harmful – there are no side effects – the worst thing that can happen is nothing
For all levels of being and consciousness	A replacement for conventional and complementary modalities

The Yuen Method helps create a major shift in perspective and well being. Profound improvement and rejuvenation become the norm!