

## Chapter Three

### FIRST ROOT CAUSE

Everything has a cause. “Cause and effect” rules the world. Yes, we can deal with a cause. We may try to remember it, learn from it; yet the problem remains. There always is the ‘effect’, good or bad (emotional disturbances, self-destructive attitudes, proneness to illness). That is true if we have not really reached the root, the very first root cause.

A psychiatrist or psychologist tries to help you to get at the cause of the problem in your memory so that you may deal with it. Unfortunately, the first root cause of the root of the problem is often something so deep or seemingly insignificant that your conscious memory cannot find it.

#### Example # 1

A four-year-old boy wants his supper. His mother is on the phone and asks her son to wait.

Hunger increases. He asks for a cookie. She responds “No. Just wait.” Anger and frustration grow. Finally, he thinks “I wish I were dead.”. Empowered by the hunger, anger and frustration, cell memory takes on the memory of this desire.

She gives her son his dinner. Consciously, he forgets his death desire.

At the age of fifty his wife is talking on the phone and does not have the time for him. Again, he is not getting what he really needs. His childhood decision to die awakens in his cell memory. The immune system breaks down; depression sets in; immune system starts to shut down.

He goes to the doctor. He is sick and getting sicker. He thinks it may stem from something in his past and goes to a psychiatrist for help in finding it. Even after a couple of years of searching, it is not likely that the incident would come to the forefront. It would seem too trivial.

Consciously, it was a trivial childhood situation. However, since, we cannot find the “first” root cause consciously, we need a way to bypass the conscious mind to find hidden and suppressed memory.

## Example # 2

A four-year-old boy, in caveman times, had to live in a cave till he was big enough to brave the world of animals outside. His mother, like many mothers, needed a “boogie-man” idea to make her son behave.

“Do what I tell you or the saber tooth tiger will get you.” She said.

The boy had a choice. He could choose to be afraid and obey her. He could choose to be rebellious. The third choice, you will see later.

Let us say that he chose to be afraid. As she said this often, the fear would deepen.

When he was seven years old, his father took him away from the cave, on his shoulders. Low and behold, a saber tooth tiger came out from behind a tree. The little boy was terrified. His long forgotten decision to be afraid, manifested. His father climbed a small tree with his son and no harm came to them.

Then he saw a big mammoth. He transferred his terror to the mammoth. As he experienced each animal, he transferred the terror until even a wee mouse inspired fear in him.

Let us say that in some way, he could return, in his memory, to when he was four years old. He could have chosen to respond to his mother’s threat differently.

He could have chosen to be brave. He could have chosen to realize that his mother was trying to discipline him. He could have ignored her. There was another choice.

When he finally saw the saber tooth tiger, he would notice his father’s solution to climb a tree. The tree top was a safe refuge. Instead of terror, he chose to “think” rather than be terrified. When he saw a mammoth with huge feet, he realized that he only had to avoid being under them to be safe. He could now discern which animals were dangerous and which ones were not. When he saw the mouse, he might choose it as a pet.

What does this mean to us?

The essential dilemma for most of us is that the past is the past and we think

that we cannot change it. It is true that the historical past remains the same. However, our minds, our awareness can remember the past as if it were the present. Take, for example, flashbacks.

In a flashback one experiences the time period as if it were today. One feels the pain, the trauma, the emotional disturbance just as it was then. For some, it is a horrible experience, repeated over and over again. Learning does not take place. Healing does not take place. Understanding may occur and with that, the release of physical symptoms. However, the pain of the memory remains.

There is a better solution . . .

The “Learning Path Integrated Technique,” is based on the principle that one can bypass the conscious mind through the physical body movement language and hand-sensing. We can use this bypass as a tool to find the first root cause of anything in our memories. We then learn to re-make better choices in our memories and send healing to the people we once were. This objective approach results in relief of symptoms, changes in attitude, spiritual growth. Peace, normalcy, free choice unfettered by the past are the results.

### **Quantum Physics Possible Explanation**

The *stepladder explanation* can be used in two directions.

- We are part of the human race, animal kingdom, our solar system, galaxy, and part of the universe (which may be part of many universes).

OR

- We can go down the stepladder from the body to the cells, to the protein around the DNA, the DNA, the Genes and then, perhaps to the quantum level. In going deeply within ourselves, we can reach the quantum level where particles disappear and reappear as particles or waves when made to travel extremely fast. Physicists were amazed when they found that the reappearing energy appeared as a particle when they looked at it and a wave when they did not. It seems that our minds do affect our physical reality. We seemed to have an effect on matter by our power of observation in this inward expansion.

- There is a perfect blueprint that our body contacts in order to heal. A cut heals on its own. Yes, we can explain the healing process in terms of the magnificent complexity of the human body. However, the location of this perfect blueprint is not apparent. I theorize that this perfect blueprint is just below the quantum level.

In terms of self-healing, our bodies mechanically seek inwards to find that perfect blueprint that allows them to heal themselves. A cut disappears quickly in the healing process. It is my theory that there is a perfect blueprint at the basis of our beings, deeper than the genes for each of us. It is our natural state to be healthy, happy, creative and fulfilled. We need to clear a pathway to that blueprint so that our body, mind, soul and spirit can heal, grow, and evolve.

It is with this in mind, that the “Learning Path Integrated Technique” was created. The pathway to the perfect blueprint is there. We just need to bypass the conscious mind by using physical hand-motion language to find the unconscious pathway to our possible perfection.

How is this possible?

Our logical conscious minds limit us to the awareness of a small fraction of our reality. Science has merely scratched the surface of the scope of our mental abilities and weaknesses.

The LPT has this DNA repair done mentally. That means utilizing the brains electrochemical power.