



HUMAN AND ANIMAL COMPANION DETOXIFICATION FROM MYCOTOXICITY OR REACTION TO MOLD

By

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DISCLOSURE

This collection of applications is not intended to replace consultation with your physician. The TARA Approach protocols are integrative and do not contradict, reject or antidote allopathic medicine. This is not a comprehensive response to mold exposure. It is, nonetheless, intended to be easy to use with applications that are readily remembered. The protocols are more global than specific.

The map of the body and the formulas for treatment are derived from transmission received from Mary lino Burmeister who was a student of the contemporary Master of this art whose name was Jiro Murai. Mary learned about the art of Jin Shin from her teacher in Japan and she brought it to America after she married and became Mary lino Burmeister. Both are to be thanked and honored for their efforts to share this precious resource.

DEDICATION

What is collected here is intended to be of service to people and animal-companions throughout the world who suffer from exposures to mycotoxins or infectious responses to mold spores. I dedicate it more specifically to my friends at the Findhorn Foundation in Northern Scotland, including those in the surrounding communities such as the Cluny campus and Forres. I am grateful to all of them for their courageous lifestyle, human networking, generosity of heart and endurance through the prolonged cold winters when windows remain closed. I offer this in gratitude for the friendship on all levels, including from the subtle realms.



INTRODUCTION

Exposure to mold spores impacts health on many levels. Here are just some of the symptoms that reveal the damages of breathing, contacting or eating mold. More nuanced symptomology should not be minimized since all exposures are significant and the toxicity is always damaging. Understanding the complexity and uniqueness of each individual's response to toxic exposures please consider these simple and rather formulaic suggestions as a way towards symptomatic relief and a lessening of suffering. If possible consult a practitioner and use other resources available through the TARA Approach that are more detailed.

Asthma

Breathing Problems

Cancer

Confusion

Coughing

Digestive Difficulty

Disorientation

Dizziness

Fatigue

Tightness in Chest

Foggy Thinking

Headaches

Hepatitis

Memory Loss

Nasal Congestion

Respiratory Difficulty

Sinus Drips and Pain

Skin Rash

Vision Problems

Watery Eyes

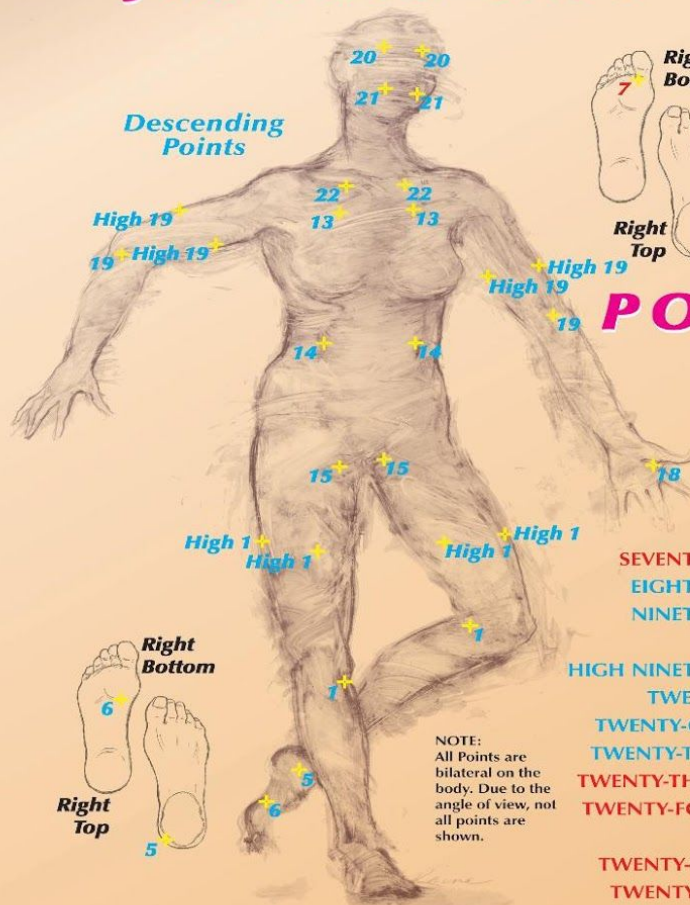
Wheezing

This compendium will address each of these general categories with subtle touch interventions to harness the innate healing potential of the human neuroendocrine system. However, I encourage everyone to get away from mold as soon as they recognize the contagion and protect themselves by staying away from contaminated environments until they are secure. I was exposed to multiple toxins in my crucial developmental years. It took too long for me to realize that I just had to get away from toxicity as quickly as I recognized it. I had to find fresh air, clean water and good food and clean out and not go back to the toxic environment. This simple lesson is powerful and transfers to many situations.

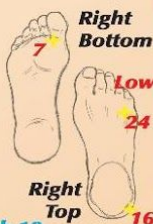
In order to use this guide you will need to know the map of the body. Here it is! There are three versions of it: one for adults, one for children and one for four-legged creatures. Charts of the fingers follow the maps. Each finger can be held for the release of certain functions and bio-electrical pathways. Illustrations of how to hold the fingers will be included with the applications.

- ONE**—Awakening -Walk Your Talk
- HIGH ONE**—The Mover's Support -Confident Legs
- TWO**—Wisdom -Soft Focus Is True Seeing
- THREE**—Release and Receive -Breathing From An Open Back
- FOUR**—Clear Consciousness -Shamanic Gateway
- FIVE**—Fearless -Self Support
- SIX**—Balance -Androgeny-Center of Compassion
- SEVEN**—Peace -Death and Rebirth
- EIGHT**—Alchemy -Clarity
- LOW EIGHT**—The Dispeller -The Purgative
- NINE**—Transition -Anger Makes Space For Itself
- TEN**—Transformation -Your Voice Tells Your Story
- ELEVEN**—Unloading -Coming Out of Co-dependency
- TWELVE**—Surrender -Acceptance of Body Truth
- THIRTEEN**—The Mother -The Calm In The Storm
- FOURTEEN**—The Sustainer -Nourishment and Assimilation
- FIFTEEN**—Wash Your Heart With Laughter -Joy In Everything
- SIXTEEN**—The Foundation -Muscular Joy

Jin Shin Tara



Descending Points



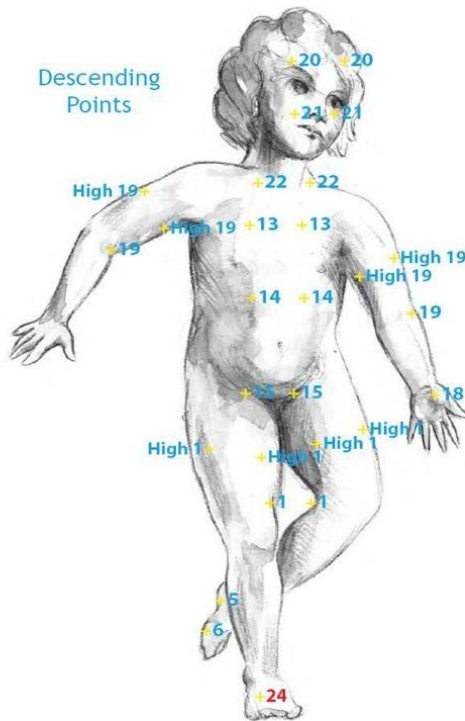
NOTE:
If you cannot reach points 9 and 10, hold HIGH 19.

POINTS/AREAS

TARA

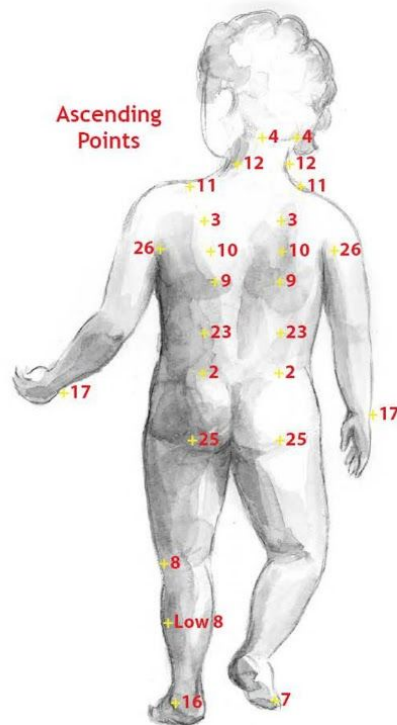
TOOLS FOR AWAKENING
RESOURCES AND AWARENESS

- SEVENTEEN**—The Connector -Nervous System Healer
- EIGHTEEN**—The Pathmaker -Walking on Your Path
- NINETEEN**—Being in the Center of Your Own Life -Good Boundaries
- HIGH NINETEEN**—Selfhood -Really Good Boundaries
- TWENTY**—Conscious Awakening -Allowing Intuition
- TWENTY-ONE**—True Security -Freedom From Worry
- TWENTY-TWO**—Adaptation -Wholeness In The Moment
- TWENTY-THREE**—Destiny -The Energy Underneath Anxiety
- TWENTY-FOUR**—Peacemaker, Relationship Counselor -No More Jealousy
- TWENTY-FIVE**—Regeneration -Reserve Energy
- TWENTY-SIX**—Completion -Self Love



- Fourteen - Digest
- Fifteen - Jump for joy
- Sixteen - Strong Muscles
- Seventeen - Integrate
- Eighteen - My Feet Are on the Ground
- Nineteen - Boundaries
- High Nineteen - Better Boundaries
- Twenty - Imagination
- Twenty One - Clear Sinuses
- Twenty Two - Calm and Love
- Twenty Three - Infection Warrior
- Twenty Four - Friendly
- Twenty Five - Naptime
- Twenty Six - I Love Me

- One - Wake up and start the day
- High One - Extra Power
- Two - Eliminate
- Three - Breath
- Four - Intelligence
- Five - Courage
- Six - Balance
- Seven - Peaceful Feelings
- Eight - Let Go
- Low Eight - Let Go More
- Nine - My Space
- Ten - Clear Speech
- Eleven - Soft Shoulders
- Twelve - Easy Going
- Thirteen - I Am Safe



MAP OF THE SACRED SITES OF THE BODY FOR CHILDREN

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1. Leg Structure and Movement
High 1: Dynamic, Integrated Movement

2. Pelvic Structure

3. Respiration

4. Cranium

5. Energy

6. Spinal Alignment

7. Motivation

8. Elimination

Low 8: Detoxification

9. Shoulders

10. Sound and Throat

11. Immunity

12. Differentiation

13. Relaxation

14. Metabolism

15. Anti-Depressant

16. Muscles

17. Paws

18. Eating and Digestion

19. Independence

20. Intelligence

21. Facial Structure

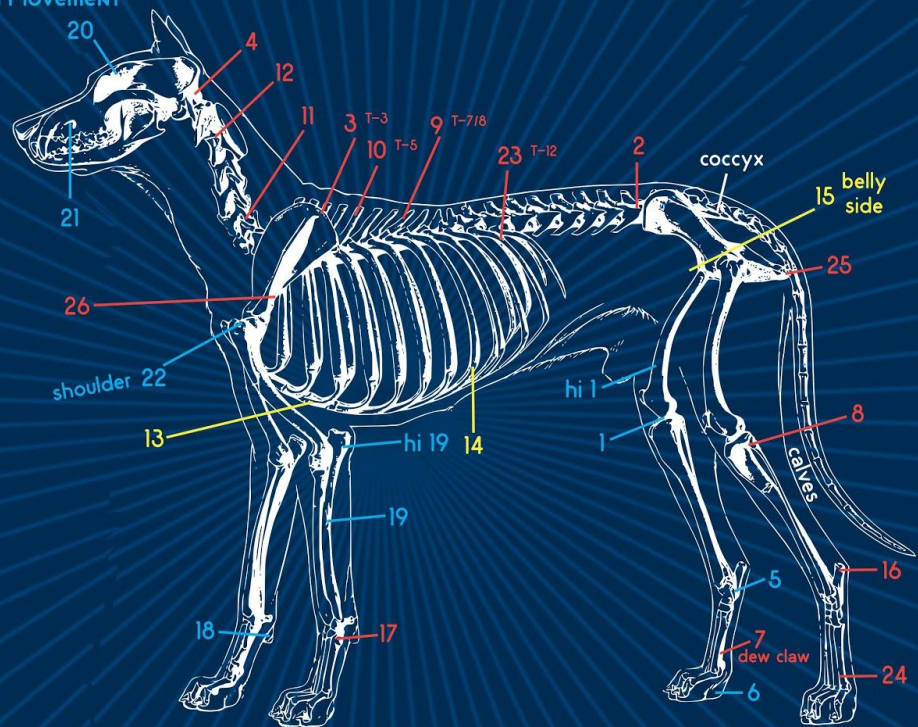
22. Contentment

23. Destiny

24. Interaction

25. Rest and Regeneration

26. Acceptance

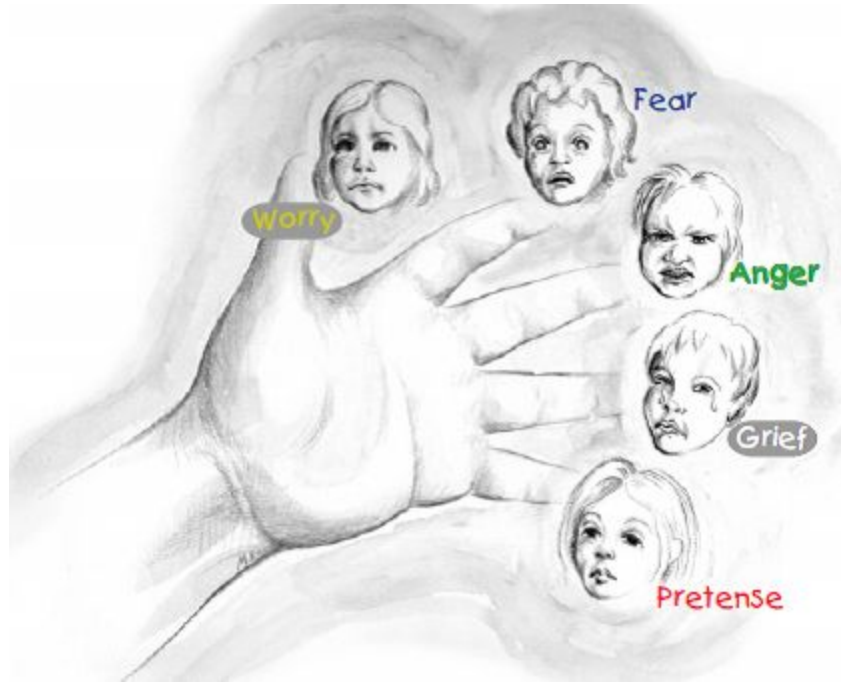


■ Ascending Points

■ Descending Points

■ "The Managers"

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YOUR RESILIENCY IS IN YOUR HANDS

Thumb – Resilient Embodiment The Inju of holding the thumb helps promotes resilience by simplifying your life through embodiment. Worry, preoccupation, anxiety and over-thinking block resilience. Holding the thumb also balances eating choices so that you are resilient and in the present when you eat. Eating disorders are caused by eating or not eating for reasons other than nourishment. When we choose to eat simply to nourish ourselves weight is balanced. Hold your thumb for resilient embodiment.	
Index Finger – Resilient Immunity The index finger can be your “go to” if you do not know which finger to hold. It strengthens your immune functions, cleanses you of toxins, eliminates fear, stops panic attacks, lubricates your joints, calms trembling or agitation, decongests, grows hair on your head and improves your hearing! When confronted with anything fearful, hold your index finger. It gives you the perseverance and agility you need to be active for your lifetime.	
Middle Finger – Resilient Mind Resilient thinking means awareness of a multiplicity of options. It is very difficult to be defeated or discouraged when you know how many possibilities exist. A resilient mind does not seek to control anything. Resiliency means being open and that allows for renewed planning and decision making in the flow of life. This is how resiliency is the key to intelligence. You invite all of these characteristics of the resilient mind when you hold your middle finger. You also transform your anger into creative thinking at the same time. And you stop procrastinating and just do it!	
Ring Finger – Emotional Resilience We all long for joyful contact with others. Past hurts interfere with the natural flow of love between all people. Yes, it is possible for us to feel joyfully connected to everyone, no matter their beliefs or skin coloration. Anything other than this fluid resilience is the product of a relational wounding. Can we heal this by holding the ring finger? The answer is yes. Here are two ways that you can have emotional and relational resilience, stepping into the loving present, using Inju.	
Little Finger – Authenticity=Resiliency; Resiliency=Authenticity Authenticity and Resiliency are mirrors of each other. When you are resilient you are not competitive; you have nothing to prove. You just ARE yourself. Authenticity also means honesty. The genuine truth creates nervous system ease. And while we cannot eliminate stress entirely from life, authenticity lessens it. This takes the stinging and destructive pretense of pushing yourself and over-extending out of your body. This is a great boon to your heart, physically as well as emotionally and spiritually.	

ASTHMA, BREATHING PROBLEMS, COUGHING, RESPIRATORY DIFFICULTY,
TIGHTNESS IN THE CHEST AND WHEEZING

The area of the body that you want to make contact with to open the chest and release tightness, tension, restriction and constriction is Site #13.



Hold the right and left 13 areas.

To release the Lung Meridian hold the same side #'s 22 and 14 (both Sites pictured below).



To stop coughing spasms and open the chest hold Site #1 on both the right and left sides (pictured below).



By opening the chest and allowing coughing to sequence through detoxification is ignited. When you breathe fully you can exhale toxins. This will not be possible if you remain in the contaminated area. This has to be done in a different location, including being outdoors. Holding these sites can be accomplished from any posture. Taking your time, focusing inwardly, and repeating the applications are helpful in the detoxification process.

The finger that supports respiratory function is the ring finger (seen below). Hold it for immediate relief whenever and as often as you can.



CANCER

The area of the body that is the center of cancer prevention and treatment is #15 (pictured below). This site can be held in combination with virtually any other site though the classic combinations are with #2 and #6.



Educating the immune system about boundary setting is also accomplished through anti-inflammatory treatment that revolves around Site #23 (pictured below). #23 can be held productively with #5 and #25 to heighten immune system clarity and intelligence. This strengthens all neuroendocrine function.



The finger that supports anti-inflammatory function is the index finger.

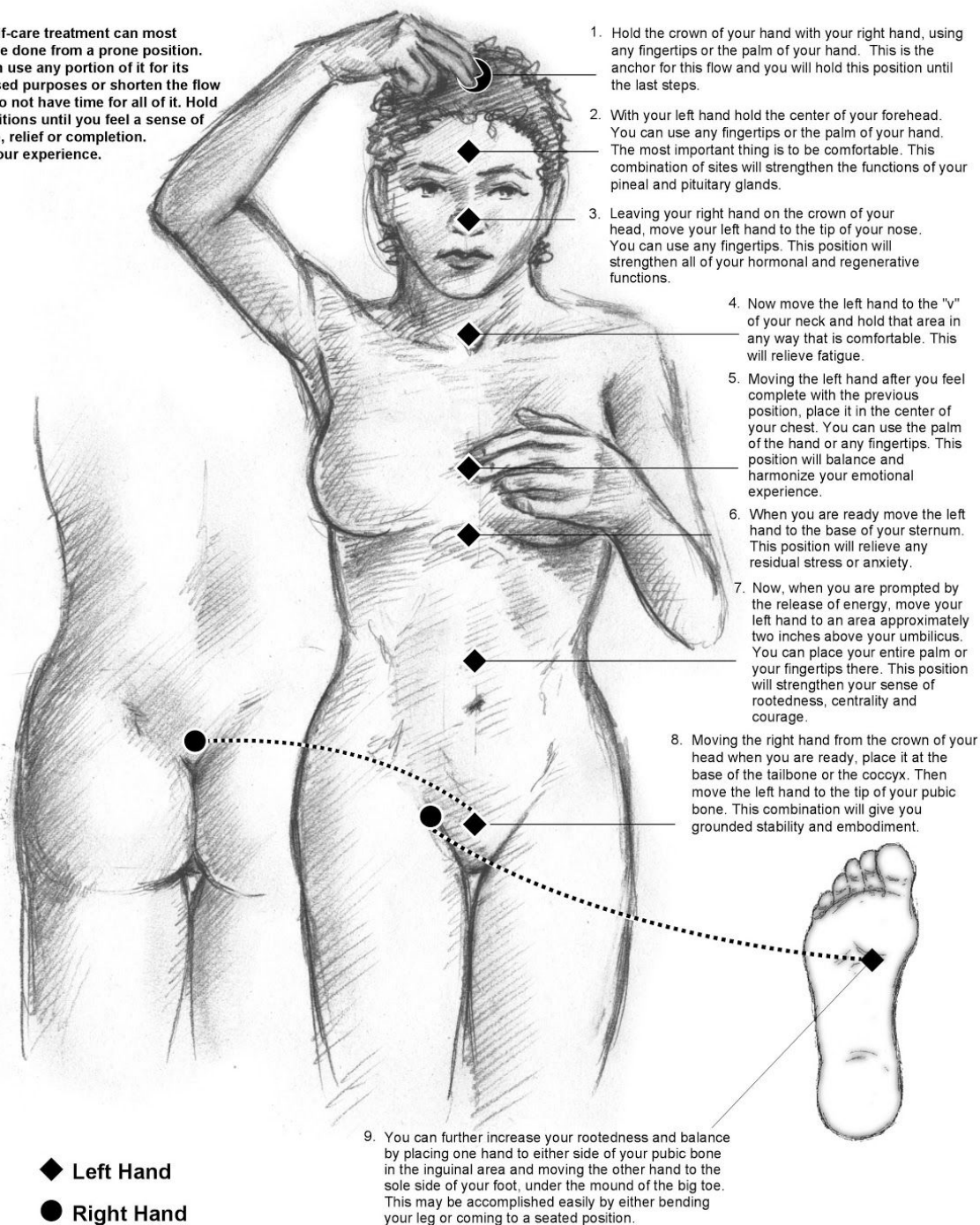


CONFUSION, DISORIENTATION, DIZZINESS AND FOGGY THINKING

Confusion, disorientation, dizziness and foggy thinking are all treated through a remarkable process called the Main Central Vertical Flow (shown on following page).

Main Central Vertical Flow

This self-care treatment can most easily be done from a prone position. You can use any portion of it for its expressed purposes or shorten the flow if you do not have time for all of it. Hold the positions until you feel a sense of balance, relief or completion. Trust your experience.



DIGESTIVE DIFFICULTY

Sites 21 (pictured below on the left) and 14 (pictured below on the right) support digestive function and can be held bilaterally.



The finger that helps digestion is the thumb.



FATIGUE

Nourishing and restoring the adrenal system is the antidote to fatigue that result from exposures to mycotoxins (see following page).

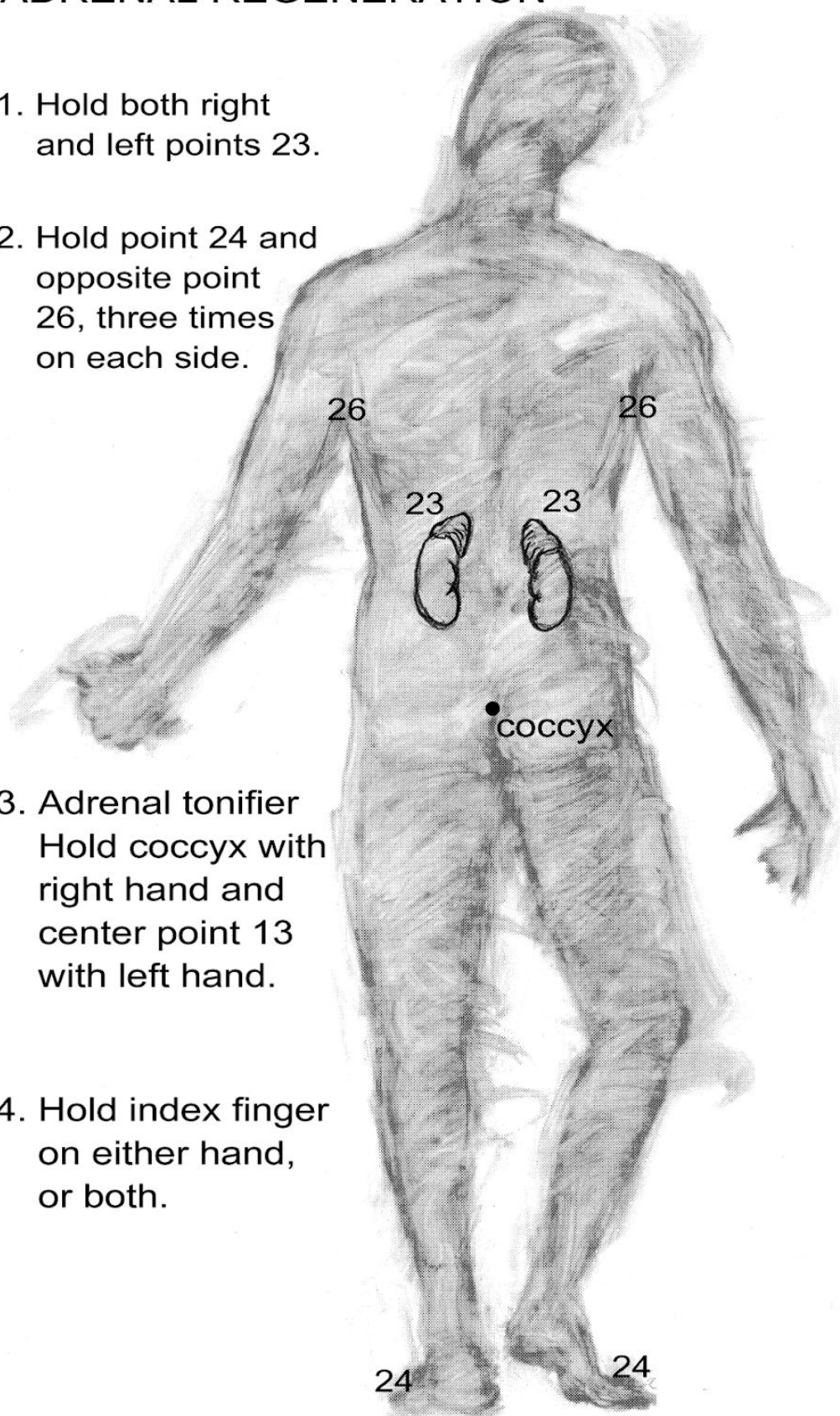
ADRENAL REGENERATION

1. Hold both right
and left points 23.

2. Hold point 24 and
opposite point
26, three times
on each side.

3. Adrenal tonifier
Hold coccyx with
right hand and
center point 13
with left hand.

4. Hold index finger
on either hand,
or both.



Adrenal Strengthening Inju (pictured below)



HEADACHES and HEPATITIS

Release the cranial base by holding Sites 4 and 12 (pictured below).



The finger that can be held to clear the mind as well as the brain and the neurological structures is the middle finger.

These sites as well as holding the middle finger (seen below) helps detoxify the liver and therefore is simultaneously the hepatitis protocol.



MEMORY LOSS

Place the palm of one hand on the base of the cranium and the palm of the other hand on the forehead.



NASAL CONGESTION, SINUS DIFFICULTIES

Holding Site #21 bilaterally and with firm touch opens the sinuses (Site #21 is pictured under Digestive Difficulty).

SKIN RASH

Skin rashes can be very complex; particularly those that reflect exposures to mold. They can be really nasty! This simple treatment provides symptomatic relief. It involves placing the palms of the hands on the calves of the legs. There are more complex treatments but they are so advanced that they cannot be explained easily here. If possible, consult a practitioner.



Additional options are to hold the thumb as well as the ring finger, one after the other.

VISION DIFFICULTIES and WATERY EYES

TARA's Eye Protocol addresses both of these conditions.

This Eye Protocol is a fusion of Jin Shin TARA, the Bates Method, the TARA Approach, Yoga, cranial interventions and Stephanie's visualization creation.

The components are:

Mary lino Burmeister's eye care routine for quick self-care application;

Aspects of the Four Pillars of the Brain Flow that relate to the eyes;

Cranial treatment for the optic nerves;

Yogic eye exercises;

Meditation/visualization devised by Stephanie; and

Bates Method interventions.

Beginning:

Start in a restful posture, either sitting or lying down. It may be helpful to have the head slightly elevated if you are lying down.

The order for this protocol is not strict. You can follow your intuition, instinct or guidance. You can also vary the order and/or shorten it depending on the time you have available. Any amount of time spent with any components of this protocol is well invested. The entire protocol is, of course, the most beneficial but you will need at least thirty minutes for that.

The main attitude or intention throughout this process is to **soften the eyes**.

In the Bates Method softening the eyes is encouraged in two ways:

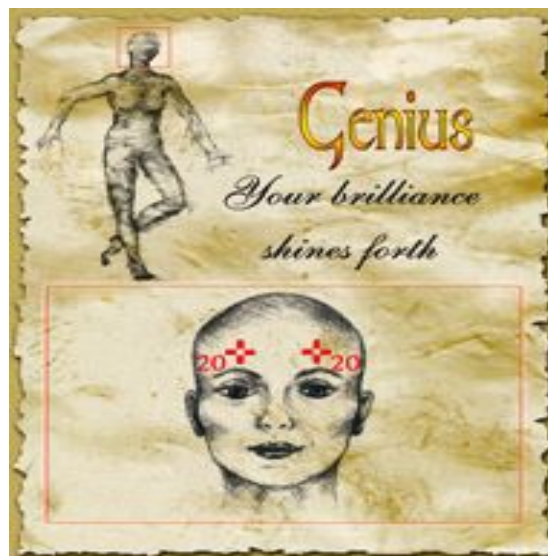
1. **With eyes closed, visualize darkness; see everything as if covered with black velvet;**
2. **Keep eyes either closed or mostly closed, including when doing the Bates exercises in the sun.**

When I do not have time to do the protocol I have a subtle internal mantra that says, "Soften your eyes; soften your eyes. Keep your eyes soft." This in itself is beneficial for the eyes.

The other aspect of this mantra is **it is not necessary to strain in order to see. This refers to all kinds of seeing. The reminder is that it is not necessary to go after something. It will come to you. It will come into focus. Straining is not necessary.**

Jin Shin TARA Eye Treatment

Place the fingertips of one hand in the center of the opposite armpit. Press in. Hold the deep contact. Place the palm of the free hand on the opposite 20. Treat both sides. Hold each side for at least three minutes. You may not get a pulse from the center of the armpit but you will feel a lessening of discomfort. That is the signal that it is OK to change sides.



Bates Method Exercises

SUN SWINGING

Stand outside with your face towards the sun. Place your feet hip width apart. Let your arms and hands swing freely by your sides. Tilt your head back slightly so that you feel the warmth of the sun on your face. With your eyes closed softly, or mostly closed, let your arms swing from side to side so that they carry your torso with them. With eyes soft

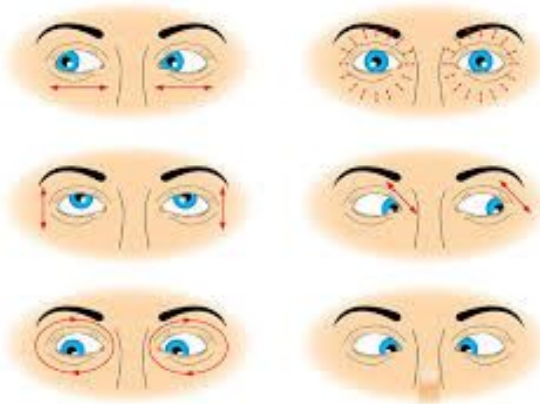
let your head swing with the rest of your body making sure that the sun is shining on your closed eyelids. Do this slowly or at a pace that feels relaxing and stabilizing to you. Do not rush. Do this for a few minutes or for the length of time that feels appropriate for you. When you are done with the swinging movements just stand with knees soft, let your head return to a regular posture so that it floats on the top of your spine. Retain the softness in your eyes and breathe fully. Feel yourself rooted and supported by the Earth with the warmth of the sun on your whole body. Enjoy this moment of support with soft eyes.

PALMING AND TAPPING

Palming can be done at any time. Rub the palms of the hands together so that heat builds in your hands. When they feel very hot place the cupped palms of your hands over your closed eyelids and soak up the heat.

After your eyes have absorbed the heat of your hands gently stroke the fingertips away, stroking down over your cheekbones. Then, using only your fingertips, tap around the eyes on the bones of the ocular vault, moving with a feathery fluttering motion that circles the eyes. One or two rotations is sufficient. Do not tap on the eyelids. The light feathery tapping (not hard tapping) is only on the bones around the eyes. This should increase the softening feeling of the eyes.

This same palming and tapping may also be done on others as the closure to a cranial treatment, particularly if the treatment has focused on the cranial nerves. It will relax all the facial nerves as well as the optic nerves.



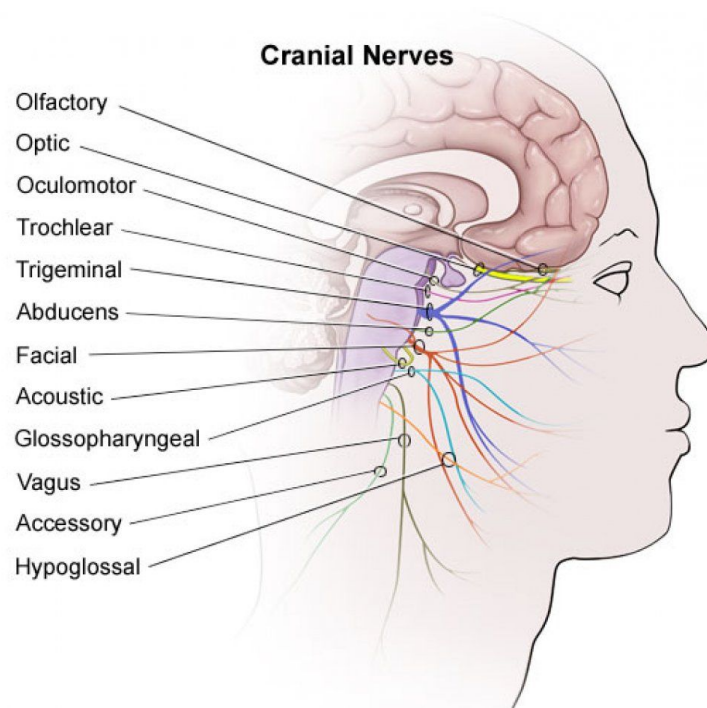
YOGA EYE STRETCHES

Start in a seated posture, cross legged or however you are most comfortable, with eyes closed. Open your eyes and rotate them with awareness of using your eye muscles. Stretch the eye muscles to the four corners, one corner at a time in any sequence (upper right, upper left, lower right and lower left). Then using the same muscular impetus do half circles with your eyes above the horizon multiple times and below the horizon multiple times. Then circulate the eyes fully starting to the right and then reversing to the left, making complete circles. Your eye muscles will feel the workout.

Palming at the end of this stretching feels very good.

VISUALIZATIONS

These visualizations can be done in the context of these exercises or on their own. They can be accompanied by palming and tapping.

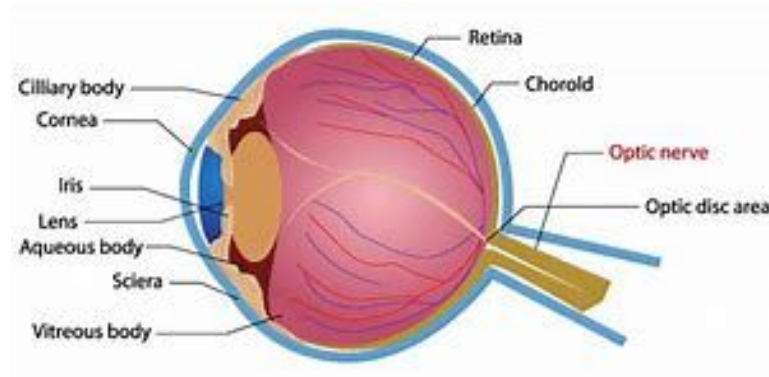


Optic Nerve Visualization

The optic nerves can deteriorate with age so it is important to keep them alive and vital. If you can find an image of the optic nerves it will help in doing this visualization. With eyes soft suggest to yourself that you have an abundance of optic nerves. See them as red and alive, flourishing and vital. Though the emphasis is still on the softness, the feeling for the optic nerves is dynamic and exciting; thriving with life.

Eye Muscles Visualization

This visualization relaxes the muscles of the eyes after overuse such as when spending long stints in front of the computer or after driving a long distance or watching too many movies!



This visualization asks you to see a room at twilight in your mind's eye. In the soft light a black cat enters the room. The cat jumps onto the piano stool of a black piano with only black keys and then moves over the keys. Inside yourself you hear the soft tinkling of the black cat's paws moving over the black piano keys. Little by little the room darkens until it fades into complete blackness.



The TARA Approach is a Sustainable Health system. It is clinically tested and part of the Sustainable Health for a Climate Changing World cultural library. If you would like additional and more specific information about using the TARA Approach for detoxification or for any other healing purpose please visit www.Tara-Approach.org.