
Allergy and Spirituality

Earle P. Barron, D.Min.
Presbyterian USA Minister, Retired
Johnson City, TN

Correspondence may be sent to: Earle P. Barron, 1300 Lester Harris, (423) 434-2414, e-mail earlebarron@gmail.com

This article considers the relationships of allergic reactions to substances and emotions. It deals with spiritual sensitivity as well. *Resistance* is a key to allergic reactions: Allergic reactions involve the body's *resistance* to substances, emotions, and their energies. A major problem in spiritual formation is *resistance* to giving up the prideful and self-centered position and moving into loving relationships. It is sometimes possible from an alternative approach to promote spirituality by treating allergy. In spiritual formation, one may sometimes decrease allergic tendencies by giving up pride and other negative emotions.

I propose that the alternative method I advocate not only reduces symptoms but deals with causes on an energetic level. It works with physical, emotional and spiritual factors. It provides new ways for counselors and spiritual directors to quickly get to basic issues and clear negative emotions and beliefs. This may be accomplished within or in connection with the therapists' or directors' particular religions, practices and/or therapeutic approaches.

Introduction

In this article, I treat the relationship between allergy and spirituality from an alternative point of view. I note the part resistance has in the allergic process. There is a relationship between allergy and emotions. Allergic reactions affect the brain and nervous system. On the other hand, emotional issues may lead to allergic symptoms. Negative emotions may be treated in a similar fashion as reactions to material substances.

The spiritual realm is also affected by allergy. I present ways of dealing with negative spiritual states. Pride is basic. I note briefly some religious views of pride and humility. Reinhold Niebuhr follows Augustine and notes the dilatoriness of this kind of self-centeredness. Feminist and humanists object and say women, and many men, need encouragement for more self-esteem. Terry Cooper, PhD, seeks to resolve the conflict.

I view pride as ontological. Persons often resist moving from pride towards humility and love. Treatment for spiritual reactions is similar to that of treatment for material substances. Spiritual treatment also focuses on the need for forgiveness and increased consciousness. I note the use of laser vials for increasing positive spirituality. In addition, I consider ways to transmute negative emotions with love and power instead of force.

The therapy treatments as proposed are significantly effective for the treatment of allergy and emotions and increasing spirituality. I present a brief case study that illustrates the method.

Allergy

Many persons experience allergy. Genetic inheritance, general health, exposure to allergens, stress, emotions, beliefs and other factors are involved. Most medical scientists designate true allergies as taking place with the activation of immunoglobulin type E (IgE) antibodies in a person's reaction to a substance. Persons may also have sensitivities or adverse reactions which do not involve antibodies. Likewise, they may exhibit intolerance such as caused by the lack of an enzyme needed to digest a food (Kail, & Lawrence, 2000, p. 23).

A person may gradually build a hyper-reaction to substances, increasing in intensity. This reaction acts something like a conditioned response and once set up is difficult to break. Uncomfortable symptoms develop which may be severe and even life threatening as in the case of anaphylactic shock. While everyone does not have true allergy, probably most persons have some sensitivities. Such persons may not know what is causing their symptoms or problems. The medical profession may not always be aware that such reactions contribute to other serious health problems.

Allopathic medicine seeks to combat allergy by the use of medications which produce effects different from the results caused by the disease. There are various treatments, including shots, for the desensitization of allergy. There are also a number of prescription drugs for the relief from allergic reactions. For the most part, the drugs block symptoms.

Alternative Therapies

A number of alternative therapies treat allergy. They are derived in part from acupuncture or acupressure. This ancient practice is based on the belief that chi, the vital energy, flows through every living thing. It moves through the body along meridians which are linked to organs. Any imbalance or resistance to energy causes illness. Persons have different genetic inheritances which may determine which particular disease and symptoms develop. Acupuncture and acupressure seek to restore the proper flow of energy by inserting needles or putting pressure at appropriate points.

From the alternative point of view that I practice, allergy is seen to be an imbalance or disruption in the body. The body or its energy resists some substance and its energy. The two or more energies are incompatible. The substance or energy may be a material such as wheat. It may be that of another person or that of the energy in the person's own body. Persons may, for reasons such as anxiety, resist the flow of energy through their body. Some persons have trouble with sexual energy. While it may seem strange other persons are bothered by spiritual energy.

The key to this issue with energy is repulsion or resistance. Resisting energy may cause allergic or sensitivity reactions as well as other health problems. When this occurs in a person, the immune system views the energy of the substance or person as harmful and seeks to protect the body from its injurious affects by rejecting it. Seen in this light, allergy is an over-defensive reaction of the nervous system.

The alternative allergy treatment that I use is based, for the most part, on that of D. S. Nambudripad (2008, pp. 23-26). She is a medical doctor, an acupuncturist, PhD, a chiropractor and a registered nurse. She accidentally discovered a way to help her own allergies and consequently developed NAET. She used insights from allopathic and homeopathic medicine, chiropractic theory, kinesiology, acupuncture and nutrition. NAET can successfully treat both true allergy and other sensitivities. It is compatible with other therapies.

From Dr. Nambudripad's point of view, the body has the ability to respond physically, physiologically or psychologically towards a stimulus. If the body recognizes a substance as harmless and helpful, it will accept the energy of the substance. If not, it will resist or repulse it. In the latter case, allergic reaction may occur in any one of the three or all of the three areas because of the blocking. The blocking is a defense mechanism or resistance of the brain in an attempt to keep the allergen's energy from going deeper into the body.

Practitioners using the NAET method first determine a causative agent by muscle testing. Muscle testing seems to work on a principle similar to that of polygraph tests. When a person holds a substance he or she is allergic to, his or her muscles weaken. If the person is not allergic, the muscles remain strong (Teplitz, 2001). Muscle testing may also be used in relation to emotions and the spiritual life.

Muscle testing usually looks for strong or weak, not right or wrong. While not disregarding good and evil, it does not ordinarily work in a moralistic way. This has some benefit by telling clients they are going weak on a negative emotion instead of calling the negative emotions bad or evil. When the muscles go weak with an emotion such as anger or pride, the clients may see what it is doing to him or her to have such emotions.

With muscle testing, the part of the body affected is located. The involved meridians are identified. The associated spinal nerve root at the spinal column is also determined. By tapping on the appropriate point while the client holds the offending substance, the NAET therapist enables the energy meridian to release the stagnated or blocked energy. Then the resistance is changed to acceptance in the affected tissue. A normal nerve energy flow is reestablished in the meridians. The treatment also erases earlier memory and conditioned responses about the allergen as being a harmful substance. The resistance and negative reactions are replaced by a new message of homeostasis in relation to the substance previously acting as an allergen.

Dr. Nambudripad has treated many thousands of persons successfully with this method over a period of more than 25 years. In addition, she has trained more than 7,000 practitioners in this country and abroad. I attest to its effectiveness both as a person who has received benefit from it and as a part-time practitioner.

Adapted Versions

While NAET is, for the most part, the basis of my treatment, I also incorporate helpful practices from AFT, EFT, a homeopathic potentizer and remedy maker, and a soft laser energy vial. The reader may refer to the following websites to learn more about these therapies: Nambudripad's Allergy Elimination Technique www.NAET.com; Emotional Freedom Technique www.emofree.com; Attractor Field Technique www.the-tree-of-life.com.

EFT or Emotional Freedom Technique and AFT, Attractor Field Technique, provide alternative methods of tapping. They also deal with beliefs underlying emotions. I have adapted the methods to work not only with beliefs and emotions but directly with allergy.

When a person has an allergy, he or she believes that the substance is harmful even if it is not to most persons. The body/mind for one reason or another resists the substance as if it is deleterious to the person. The belief may come from family, culture, religion or some experience. For example, a person of Catholic faith may become sensitive to eating fish on Friday. The belief must be determined by muscle testing. The practitioner finds out the source and date of origin of the belief. Tapping clears the belief. The belief as a cause of the allergy may be cleared without changing the belief or the belief itself may be altered. When the belief is cleared, the symptoms usually disappear without further treatment. If the allergic reaction has already occurred and involves a combination of some kind, then the belief in relation to the combination must also be cleared.

The remedy maker utilizes theory and technique from homeopathy. Homeopathy is different from and opposite to allopathic medicine. Homeopathy seeks to bring about healing by the use of minute doses of a remedy that cause symptoms similar to those of the disease but whose use enables the body to heal itself. These small homeopathic doses have a powerful energy effect on the body, mind and emotions. Classical homeopathy moves slowly. With the advent of electronics, it is possible to expedite treatment.

According to Dr. J.W. Garvy, homeopathic remedies transmit specific wave forms. These forms oppose injurious other forms being generated by various toxins and pathogens as well as natural allergens. The remedies stimulate the immune system which results in relief of symptoms. The proper remedy made from the problem substance causes the undesirable wave forms to moderate or even disappear (Garvy, 1996, p.19).

Using the remedy maker, I am able to increase the effectiveness of the treatment. I tap first and then apply to the skin a solution of water with the energy pattern of the substance or allergen. The electronic transmission has made the energy of the substance more potent. And as Garvy says, "This seems to cause the undesirable pattern to moderate or even vanish." When this happens, the allergy symptoms also disappear. Currently, I am skipping the application of the drops and treating or clearing with the client holding a vial with his, her, or my "potentized" energy.

Emotional Sensitivity

Not only may a person react to substances, but he or she may also react to emotions. Emotion may be defined as the affective aspect of consciousness. An emotional response is both psychic and physical. It is subjectively experienced as feeling but all feelings are also physiological involving changes in the body that prepare it for some kind of action ("Merriam-Webster's", 2002, p. 244). From an alternative point of view, emotions may be the result of the influence of electromagnetic energy stimulated by thoughts and the electrical and chemical changes occurring within the body (Lambrou & Pratt, 2000, p 5).

An emotion may become an attitude. An attitude is a manner of believing, feeling, and acting that indicates a disposition or position of a person in relation to self, other persons or things. Over a period of time, the body registers the attitude physically. On the other hand, it is possible that a condition in the body leads to so-called attitudes and emotions.

Some emotional problems may actually be caused by allergic reactions in the brain and nervous system. This is true in some cases of schizophrenia, autism, and other mental disorders. Researchers in 1992 compared various physiological factors such as vasomotor reactions, heart rate, and hyperventilation in 23 patients with panic disorder or agoraphobia and 50 patients with IgE-mediated allergy. They found that 74% of the panic disorder persons also tested positive for allergies. Their findings suggested that, in some cases, panic disorder and agoraphobia could actually be allergic diseases instead of psychological-type states (Kail & Lawrence, 2000, p. 353).

Similar findings are noted by Phillpott & Kalita, (1980). I treat the issue in "The Pastoral Care of Environmental Disease Patients" (Author, 1984, XXXVIII, No. 1, 44-51). Persons who are environmentally sensitive often experience despair because of the health problem. They may also get upset from the lack of understanding of the problem by family, friends, and medical doctors.

As more generally accepted, emotions may be the causative factor in allergic reactions (Kail & Lawrence, 2000, pp. 348-373). According to research in psycho-neuro immunology, the immune and nervous systems are linked by numbers of connections. Such connections serve to integrate the work of the immune, hormonal and nervous systems and enable the mind and emotional states to direct the body's resistance to disease, including infection and allergy.

Stress is a factor in these relationships. A consistent pattern of stress is called the General Adaptation Syndrome or "fight/flight" response. The three states are alarm, resistance, and exhaustion. There are numbers of factors causing stress but emotions rank high on the scale. A negative emotion stimulates the sympathetic nervous system and activates the secretion of hormones from the endocrine glands which constricts the blood vessels and the involuntary muscles of the body. Other biochemical activities occur. If the parasympathetic nervous system is not able to relax the body, the stress settles into a chronic state. Because of unresolved emotional issues, the body goes into the exhaustion phase and loses its ability to adapt. Over a period of time some illness may develop. The adrenal glands may be stressed. When they are not functioning well, one result may be allergic fatigue. And in the case of allergy-induced arthritis, an increase in arthritic symptoms can occur.

The authors say an increasing health problem today, chemical sensitivity, arises from psychological stress. (Actually, it is only one of a number of factors, but certainly it is an important cause.) Researchers in one study noted that chemically-sensitive women with the disease had higher incidences of early-life difficulties and abuse than those in the control group. Sensitive women had a further stressor, that of a poor relationship with their fathers.

Treatment for Emotions

Generally speaking, treatment for emotions is similar to that of substances. There are a number of different meridian points and types of tapping that are possible. I usually use an adapted version of Emotional Freedom Technique. The cold laser and the electronic potentizer may also be used.

AFT deals with emotions (and spiritual states) in the context of forgiveness. The forgiveness may be directed toward others or ones' self. While repeating phrases related to forgiveness, a person taps or listens to an electronic CD which clears various negative emotions and attitudes.

More often, I use the EFT tapping or the cold laser. In testing, persons sometimes demonstrate an allergic reaction that is caused by a combination of an emotion and a substance. A person may have had anger while eating wheat. This caused an allergic reaction. To heal this reaction, the substance and the emotion must be treated separately and in combination. It may be possible to clear the allergic reaction by clearing the emotion without treating the combination of the two. When this is possible, the disruption of energy causing the allergic reaction may simply dissipate and the symptoms disappear.

Sometimes an emotional reaction may be out of proportion to the current event because of a similar original experience. In resisting a present emotion in a current experience, one is also likely resisting the same emotion in a past or original experience. The original experience has some belief underlying it. In order to clear the present emotion, it is essential to clear the original belief and emotion. Once the legs are cut off the original belief or emotion, the current problem may disappear without further treatment. When doing so, because of the inter-relationship of emotions and their energy, it is possible to collapse a

significant portion of a structure of such emotions, says Dr. William G. Neely, Neuro Emotional Technique practitioner (personal communication, July 6, 2009). The negative energy patterns may simply disintegrate without further attention.

Usually, when treating persons for the allergy, the therapist will deal with reactions on the physical level first. The substance involved is material. If the treatment is successful, the symptoms will go away. It may be that the symptoms do not disappear or do so and return. Then when the person is tested, the cause seems also to be on an emotional level. The practitioner may uncover a combination. The symptoms may still remain after the treatment. An underlying belief may be determined. It may be that in treatment, a person is moving from more to less dense causation and from substances to emotions, attitudes and beliefs even though they are all involved. In one sense, it may be said that the process and the treatment are becoming more spiritual.

As stated above, emotional issues may arise out of allergy and allergy may occur in connection with stressful emotions. Treating one helps the other. Treating both often moves spiritual formation forward, especially if this is an intended goal. A key issue to deal with is pride.

Spiritual Sensitivity

From an alternative point of view, it is possible to be allergic on a spiritual level. One may also say that it is possible to view allergy from a spiritual perspective. Spirituality has to do with consciousness, especially an awareness of what is ultimate in life. It provides a framework for the energy flow of specific emotions, beliefs, attitudes and acts in the world in and through individuals and groups. Spirituality does not stand in contrast to physical or material reality, but instead involves the whole person in all aspects and in all relationships, including health and allergy. (Author, 1989, XLIII, No. 2, 431). Religions of course deal with spirituality.

Religions

Pride seems to be a basic spiritual problem. Most religions consider its adverse effects in the spiritual life. It is of value to note briefly some such views. (Fellows 1979)

In the Christian religion, pride is the root sin and other sins are derived from it. The cross expresses Jesus' atoning work and demonstrates the ultimate in humility. Christians are encouraged and exhorted to go to the cross to deal with their pride.

Taoism says, "To be overbearing when one has wealth and position is to bring calamity upon oneself." "He who stands on tiptoe is not steady. He who strides cannot maintain the pace." Pride, dominance and war eventually create their own antithesis. Humility is like water and is also identified with femininity.

Modern Judaism does not speak with one voice. But as in the Old Testament, God is primary. God makes and enforces rules. God is over persons and events. Any attempt by persons to assume these positions attests to pride. Humility is accepting the rule and authority of God. While the prophets may call the people stiff-necked, God is also gracious and merciful, and when people repent of their prideful position the relationship is restored. When they practice humility God cares. Submission brings blessing.

In Islam, God is supreme and as a righteous God, demands accounting. God does not delight in the pride of God's people. Submission is the key. There is no room for pride in relation to God. Surrender is the basis for the ethical life and attainment to eternity. Humility as well as obedience is illustrated in the posture of prayer.

All schools of Confucianism were first doctrines of morality and are deeply concerned with the moral nature of human beings. It does not seem that pride was an issue as such. Persons are able to lead a good life if they want to. They then fulfill the law of human nature.

Buddhism deals with transition, misery and non-ego. In its practices of meditation, Buddhism attempts to attain a non-egotistical state and an expanded consciousness. Emptiness is a goal. Devotees seek to apprehend the truth, to be one with Buddha and reach Nirvana. Pride is related to the sense of separation of self and the other. Pride is dissolved with increased consciousness and enlightenment.

In Hinduism, Brahman is beyond good and evil. The issue of pride versus humility may not arise. The focus is on acting without attachment. I am one. I am God. This may appear as pride to others but this is

not the intention. This belief seems to have the opposite effect in the devotee by promoting great humility. The enlightened one is both in Nirvana and the world at the same time. All is one.

Pride

I do not approach spirituality and pride in a sectarian or specifically religious way. My focus is on the energetics involved and so is appropriate to persons of non-sectarian persuasions as well as religious persons. I do consider the importance of pride.

Terry D. Cooper, Professor of Psychology (2003, pp. 164-166), deals with the Augustinian view of pride which in the past was widely accepted in the Western world. Pride is seen as the principle problem in human nature.

Reinhold Niebuhr followed in this vein and heavily influenced both spiritual and psychological views of human nature. He observed that persons had given up commitment to something beyond themselves. Instead, they believed they were of central importance, that of being the center of the universe.

Feminists complained that this approach of Niebuhr was not the full story for women. They said Niebuhr's view was overly masculine and did not apply to women's experiences. Women had a problem with the opposite of pride, low self-esteem, too much false humility and lack of assertion.

Humanists, particularly Carl Rogers, disagreed with Niebuhr's position. They maintained the real problem in human nature was low self-esteem and not pride.

I believe that pride has ontological roots. The considerable amount of self-centeredness and aggrandizement is not hard to discern. There is a sense in which humility may be false pride and vice versa. We do need to deal with low self-esteem. Most likely in any case it is necessary to deal with resistance to giving up the number one place in the universe.

David Hawkins, MD, has devised a chart with a scale of emotions moving from lower to higher energy. The higher positive emotions are considered positive spiritual states. Pride gets first place on a negative energy level on Hawkins' map of consciousness or scale of emotions. This level includes inflation (Hawkins, 2004, pp. 68, 69).

The modern spiritual movement has become concerned about the Post Modern narcissistic trend exhibited by so much of the population. While non-sectarian and not religious in the traditional sense of the word, Ken Wilbur and others see the problem of the individualistic ego as a real hindrance to increased consciousness and ethical and social transformation. Generally, most persons of this age think only in overly self-centered "me" terms and resist any other kind of awareness and commitment (Cohen & Wilbur, 2009, pp. 44-52). It likely does not occur to such persons that this kind of resistance may trigger health problems.

This resistance may be experienced as negative emotions such as fear and/or anger. The fight/flight response is then triggered; histamine is released. (The word antihistamine comes from a Greek word *anthistame* meaning to withstand, or in this case, to resist.) Other biochemical processes occur. Other negative emotions may be involved. Allergic reactions or different health problems may arise out of this resistance, reaction and response. This response has to do with the will.

Will

Some therapies and spiritualities fail to elucidate an adequate view of human nature and the human predicament. They minimize the significance of the will as well as pride. The two are related. While it is certain that in the spiritual realm ignorance and lack of consciousness are involved, I believe a major part of the problem of both spirituality, and allergy as well, is willfulness. "Willfulness shows up in the connection between consciousness, sin, and madness," says Shirley Sugarman. (1976, pp. 82-84). Sugarman believes madness is a willed position with the self as the center of the universe. Human beings willfully resist seeing the truth of such a connection as well as they resist substances and emotions. I believe that in order to deal with the root cause of allergy, one must deal with willfulness in the spiritual realm.

Disdain

In addition, according to AFT, most persons who have allergy have issues on the disdain (low self-esteem and respect) level of Hawkin's scale. (This feature highlights the humanists' concern about low

self-esteem.) Persons experience disdain because they believe their number one position (pride and inflation) is not recognized or respected by others or themselves. This point of view seems contradictory at first, but in order to experience disdain, one must first believe and feel that the world should revolve around oneself. "Disdain is a principal emotion in allergic reactions", says Robert Ebert, PhD (Ebert, 2003, part 1, p. 3). According to Ebert, disdain attracts allergy which begins as a negative energy pattern. Over a period of time, the energy pattern becomes denser and the person experiences a functional disorder. As the process continues, it becomes denser still and tissue changes may be observed as a diseased state such as chronic allergy. Everyone does not experience allergy. Sensitivities may be masked. Most persons may not be aware or conscious of this process and have no idea of what causes the symptoms. They resist becoming aware.

Consciousness

Consciousness may be defined as awareness of awareness, an ability apparently confined to human beings. All spiritualities deal with consciousness and have as a goal increased consciousness. The word consciousness is also used in the sense of being aware of a condition and, in this case, seeing what the basic problem is and the way to solve it.

It is difficult to experience increased consciousness because in a general sense it represents the unknown. Further, it is a threat to the prideful position because a person does not want to see the reality of his or her faults and limitations. Therefore, all persons at least most of the time resist expanded consciousness. Sometimes increased consciousness occurs spontaneously. Occasionally some persons seek it.

Traditionally, increased consciousness is seen to follow positive religious experiences and occurs in and from mystical practices. Any number of spiritualities has various ways of dealing with the pride and ego which blocks increased awareness. Contemplation or meditation is usually a part of such practices. Ritual and discipline may be involved. Increased consciousness also occurs in positive learning experiences and in therapy. The resulting positive energetic awareness of increased consciousness changes the ego's subjective awareness or self-consciousness. The "me" or pride-state moves into a freer awareness or openness. The "me" resistance to part of or all else melts away. If there is allergy involved, it may diminish in intensity. Along with meditation, Richard Moss, MD, seeks to channel energy through the body by walking and singing (Moss, 1986, pp. 60, 61). He seeks to remain open and unobstructed instead of contracted, that is resisting. "As a person lets go of egocentric boundaries, he or she also lets go of resistance and turns loose allergic symptoms", he says (Moss, 1986, pp. 98-102). This process also enhances the power of love.

Using the techniques advocated it is possible to deal with specific issues of pride and over a period of time and practice, gradually move from prideful self-assertion to loving relationships.

Healing Love

While it is important to develop all positive emotions, I focus on love and loving in this article. While love is a positive emotion, persons often resist it. It may be difficult to deal with love or loving and to accept love from others and oneself. Persons often associate love with pain and hurt. But keeping hurts and other emotions out keeps energies, positive as well as negative, at bay. This resistance activates the allergic response just as in the case of reaction to substances. While a person may resist love, as an energy love has the power to overcome the resistance of other energy.

I have developed a CD in which I speak of healing love. Negative emotions may make a person's muscles go weak. When the CD is played, a person who formerly tested weak will test strong to the negative emotions. Love appears to be a "covering", so love not only "covers a multitude of sins", but also a multitude of negative emotions. The CD appears to clear negative emotions if used over a period of time. It may also be used to clear allergic reactions. I have transferred the CD energy pattern into vials with a homeopathic potentizer and imprinter. The vials work the same way as the CD when persons hold them.

At first, most persons listening to this CD test weak. They are resisting love or its energy. (They may also be resisting my voice energy.) After treatment, persons may use the vials to help clear emotions

from current experiences as well as old ones. The persons may need to be treated on more than one occasion. Hopefully, they will learn to use these tools on their own.

Transmutation

It is possible, with practice, to transmute from one level of energy frequency to another without such a CD. All energy, at least created energy, is the same energy. Anger and love are the same energy but the patterns are different.

To transmute, a person may surround the offending energy pattern with thoughts and feelings of love and nudge it upward. One even loves the allergy. One must not resist negative energy but let love change the pattern. It is necessary to feel love, not just have the idea of love. For example, one may return to a sense of God's love at some special spiritual occasion. One may imagine the love of parent or partner. In this process, one does not try to generate or force love.

David Hawkins says force always moves against something; power doesn't move at all. Force creates counterforce or resistance (Hawkins, 2002, pp. 132, 133). Such resistance may increase allergic reactions.

In seeking to minimize resistance, the action such as loving needs to happen without effort. There is no force. One part of self is not working against the rest of the self. The total self makes the rest or parts of the self to go. All is acting, parts and whole, conscious and unconscious so there is no strain. Free will acts effortlessly. Examples of this kind of behavior are found in biofeedback in which a person directs blood flow towards the extremities without effort. There are examples of such power in Zen, Judo, and other martial arts. In a religious sense, walking or being led by the spirit demonstrates it.

Help For the Process

While it is possible to make headway on one's own or by oneself, working with an allergy therapist and a counselor or spiritual advisor is of great help. Also, persons seeking to practice this therapy do best when they are a part of a group which is committed to something greater than itself. This focuses and integrates the group. The group and members must be willing and able to relate to each other with the positive emotions, especially and foremost, love. (See the theological significance of participating in such a community where love is received (Author, March 20, 1960, p. 8).

When dissonance or lack of harmonious energy in the group is worked out, resistance to other persons and their energy is lessened. When the members of the group are committed and relate to each other with love, the power and positive energy of the group increases not only as a group but in the experience of the persons in it. Resistance continues to lessen and pride and inflation melt away. However, pride and inflation are never completely cleared out. They can return. A daily discipline is required.

Any lingering or new symptoms point in the direction which persons should go. They are signals to give up pride and willfulness. If one follows the allergic trail backward, he or she will return through resistance to substances, emotions, attitudes and beliefs to pride and inflation. Seen in this light, with continual treatment and with a commitment to love and discipline, one may not only get rid of some allergies, but grow and mature spiritually.

Case Study

The following case study, considerably simplified, illustrates the theory and practice: A young man made a first appointment. The counselor tested whether the therapy would be successful for the person. Discussion followed about the presenting problem. However, while the therapist listened attentively to what the client said, the therapist also muscle tested to determine the basic problem. The two may be the same or they may not be. The problem presented was neck pain. The person said that he had been in an accident. His doctor said that there may be some emotional factors. The therapist determined by muscle testing that the emotions involved were fear and anxiety. Whatever the trauma had done, the negative emotions of fear and anxiety were part of the cause. The fear was in relation to driving. The person's belief that he or she was not a good driver was determined by muscle testing and traced to the age of 15 when his father rushed him through driving lessons. As a boy he remembered a minor accident. It left him further anxious. The original incident and the fear and anxiety associated with it were treated and removed. The current anxiety and fear dissipated. He returned, still somewhat anxious. The therapist

tested and determined pride and inflation were driving the fear and anxiety. On an unconscious level he believed his father related scornfully and did not treat him with proper respect. In addition, because of his pride, he also believed, "Because of who I am, I should do better." There was also an indication of disdain for both himself and his father. All of this was cleared with tapping. The client returned a week later and said that he still had some pain in the neck. Further testing revealed an allergic component.

The substance was wheat. The man remembered that he had been eating a sandwich when he had the wreck. The wheat and the emotion of fear were treated in combination. He experienced fewer pains in the neck. However, the counselor determined that he had several sensitivities and referred the counselee to an NAET therapist who treated the person for several food allergies including wheat. The pain went away.

While the person who had been involved in the wreck discovered considerable release from pain in the neck, tension situations tended to produce some neck pain. The counselor prepared a laser vial for the counselee and taught him how to test and use the vial in conjunction with emotions and substances whenever such problems might occur.

Summary and Conclusion

We have noted allergy in terms of its causes and its development. From an alternative view, we have seen its relationship to energy in the body. NAET is an effective method of treatment. I have adapted it with the use of different ways of tapping, the inclusion of a homeopathic imprinter, and the use of laser vials.

The treatment for emotions is similar to that of substances. Spiritual states also need to be addressed. I dealt with pride and ways to reduce it without reducing self-esteem. Reducing pride increases the ability to love. I have noted the use of love vials and the way persons may transmute negative emotions. I dealt with action without resistance at this point. I considered the need for counselors and directions.

The above treatments for allergy and the promotion of spiritual formation work effectively. While some pride always remains, it is possible to reduce this pride and increase love. In the process, allergic symptoms may be reduced. Most likely, using this method to treat allergy and tracing back to its causes one is able to foster an increase in spiritual formation.

Note: The writer is trained in counseling, spiritual formation and is also a certified, alternative, allergy therapist. Authors included are Kail & Lawrence (2000), Nambudripad (2008), Hawkins (2004), Cooper (2003) and others.

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