

## Learning Points: Module 7 ~ Class 13

### Dec 3, 2021

### Dr. Fleet's Zone Healing

- Who Dr. Thurman Fleet?

Dr. Thurman Fleet was an amazing chiropractic healer and teacher of metaphysics. (1895 to 1983) San Antonio, Texas

His office caused traffic often to be re-routed as patients would come in masses and from far away.

After an illuminating experience in 1931, Dr. Fleet focussed on healing the limiting and negative concept of the subconscious and he developed Zone healing. Also, he called the removal of limiting beliefs *Concept Therapy*.

Also, he began to write on every scrap of paper he could get...even the wallpaper. After the strange writing were sent to a professor of ancient language, it was discovered that he had written in Sanskrit. He began to download knowledge related to health and his practice grew to the extend he could almost not handle.

- What is Zone therapy? How does it work?

Zone Therapy says that there are six systems or zones that govern the body. Each zone is governed or regulated by a specific part of the brain which associates to its opposite pole (magnetic) in the body.

The brain is the positive pole to the spinal cord which is negative.

Any zone can be disrupted which causes health issues.

Chiropractic adjustments can use the Zone Technique to focus on restoring full communication between the brain and spinal cord.

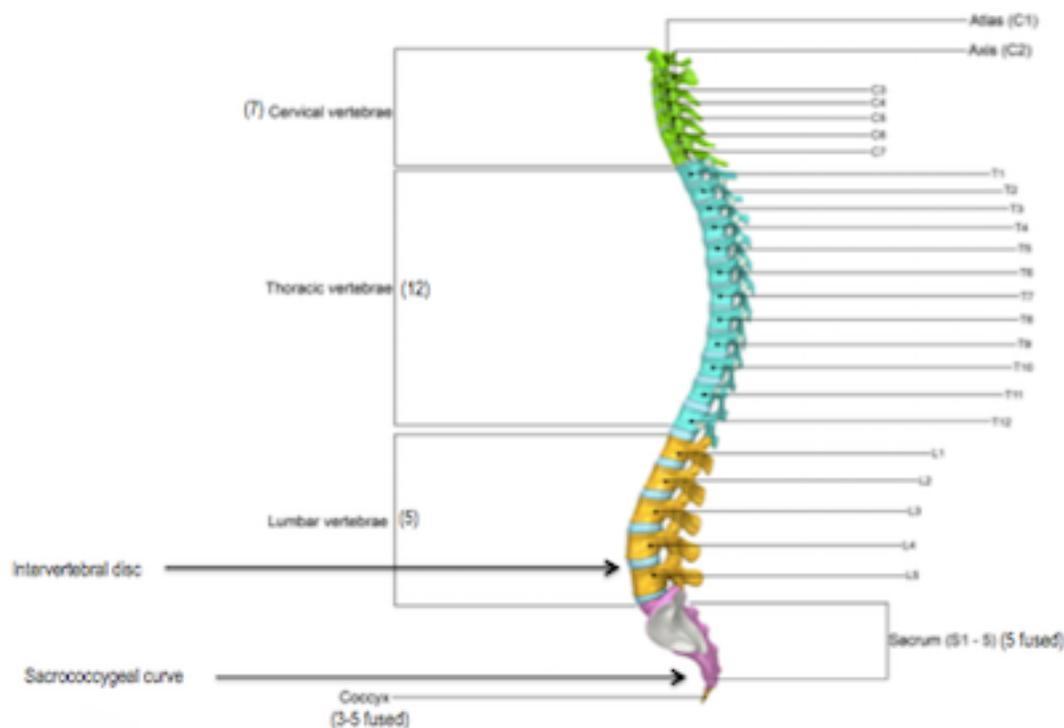
As energetic healer and/or spiritual healer we can utilize this brain-spine polarity-zone system to restore proper communication between the head and the spinal cord which then brings about restoration of health.

- What are the 6 Zones?

Spine has 33 of which some are fused.

7 Cervical – 12 Thoracic – 5 lumbar – 5 sacral (3-5 fused)

### Vertebral column: Lateral view



- Zone 1-Glandular System
- Zone 2-Elimination System
- Zone 3-Nervous System
- Zone 4-Digestive System
- Zone 5-Muscular System
- Zone 6-Circulatory System

- What to Do and what Not to Do?

Based on Dr. Fleet's approach of removing subconscious limiting beliefs (concepts), we would not touch nor verbalize what the problem that is presented by the client. We focus on what I would call "goal language" and do NOT touch the ailing body part but as the healer fully focus on the zones that are needing correcting.

- **How to Correct the Brain-Spine Disconnect?**

1. You work remotely or in person.
2. You may send light.
3. You may send energy.
4. You may put your awareness on zones
5. You may touch the vertebrae of the zones that need correcting.
6. You may tap.
7. If you are a chiropractor, you will do a chiropractic adjustment.
8. Most importantly, you decide the person is restored. You hold the goal in your awareness.

## **Remote Cranial Sacral Therapy (basics) & Fascia**

### **1. What is Cranial Sacral Therapy?**

Originates from Osteopathy (Dr. Sutherland). Dr. Upledger made it available to non-physicians. This therapy utilizes the gentle natural, rhythmic flow of the spinal fluid to restore fascial function inside the spinal cord and all over the body using the bones and diaphragms as handles, while listening to the rhythm of the cranial sacral pulse. Through one's proprioception we know how long or where to hold for releases.

A pulse, like a tidal wave, 6-10 per minute, causes tiny movements throughout the entire body. This movement goes in and then outward and passes over a zero point or still point that is a "doorway" to source and is an entry and exit point of energy and light.

Cerebrospinal fluid (CSF) is a clear, colourless ultrafiltrate of plasma with low protein content and few cells. The CSF is mainly produced by the choroid plexus, but also by the ependymal lining cells of the brain's ventricular system.

## 2. What are the Listening Stations?

- Feet
- Thighs
- Hips
- Respiratory diaphragm
- Shoulders
- Head

## 3. What is Fascia?

Fascia is a thin connective tissue that surrounds and holds in place every organ, bone, muscle, blood vessel, and nerve fiber

## 4. What is its function?

It is everywhere and connects everything.

Fascia expresses the interconnectedness of the ALL-oneness on the physical. It also conducts energy/electricity.

## 5. What happens when you release fascia?

Releasing fascia helps to break down adhesions between the tissues, it softens and re-aligns, it frees up muscles to allow easier and more effective movement. Prana and lubrication can flow there again. Fascial planes when adhered together prevent fluidity of movement and cause symptoms such as stiffness and pain.

## 6. How to keep it healthy?

Hydration and movement.

## 7. How do I use Cranial Sacral Therapy in remote way?

I use Quantum, Prana, Light, Suggestive Healing, as well as the same process as in person by imagining the client's head (bones) in my hands and magnetically connecting and releasing bones and fascia as done in person.

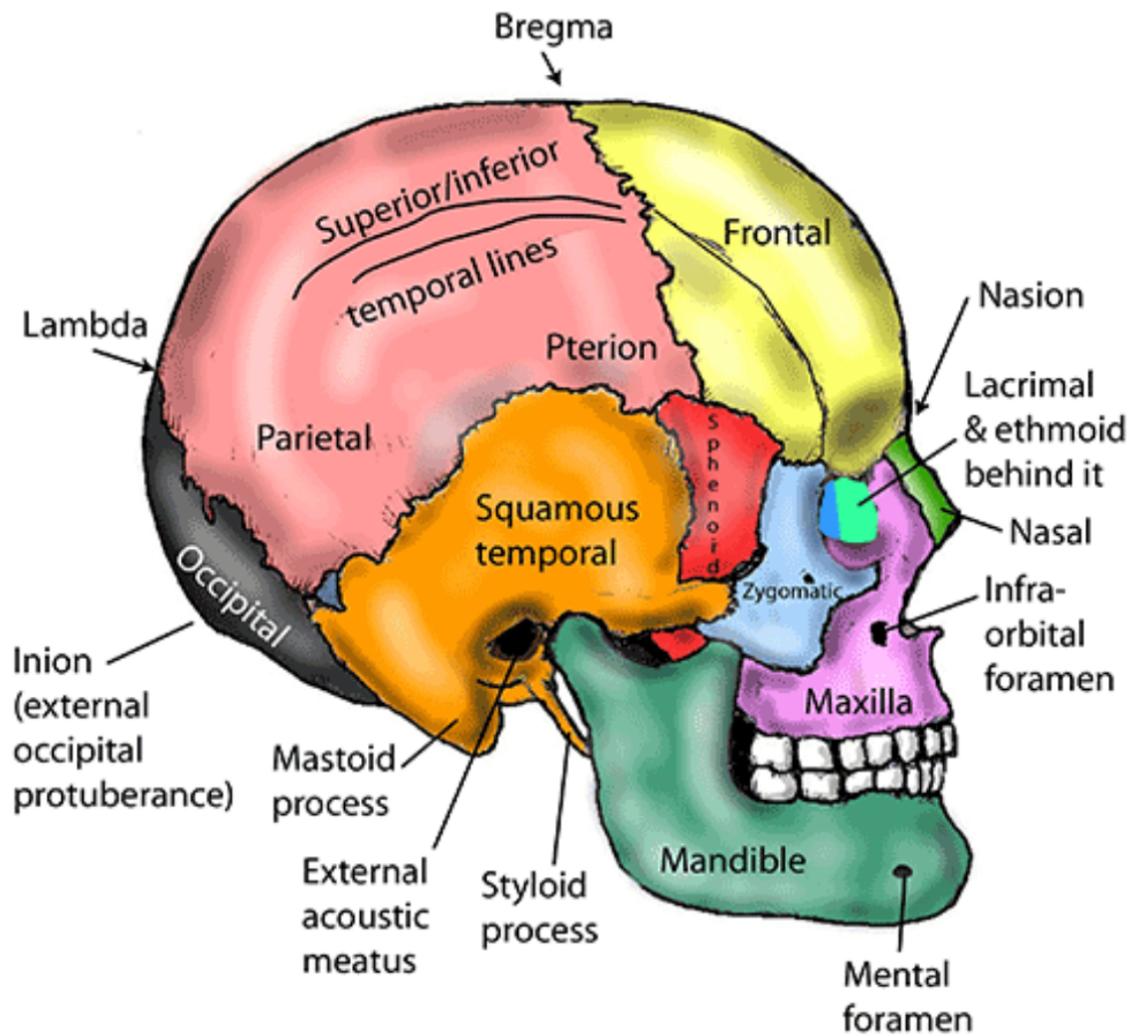
## 8. What to do as the healer?

Be very well hydrated. Drink lots of water. Clear yourself after session.

## 9. When NOT to use Cranial Sacral Therapy?

Do not move bones and fascia when there is epilepsy, brain tumor, aneurysm.

## LATERAL VIEW OF SKULL TO SHOW BONES & OTHER FEATURES



## ANTERIOR VIEW OF SKULL TO SHOW BONES & OTHER FEATURES

