

## Relationship Harmony Process and Techniques

### ***Process and Techniques:***

The one-day workshop's framework is a synthesis of universal transformational approaches from various cultures and traditions. The framework is both multi-dimensional and holographic.

Relationship Harmony uses a client-focused narrative approach to assist students and clients. Following the model (energy, balance, focus, harmony, other) and assisted by muscle-monitoring, they observe **energy patterns** and encourage **balance** by **focusing** on attention and on presence in the moment. They also identify personalized positive actions to facilitate and to anchor optimal conditions for **harmonious** living. They can learn this to assist themselves and to assist others.

By processing personal issues, students and clients practise to give up their relationship with themselves so they can be present in the eternal now with feelings of lightness, clarity and deep inner peace. The outcome is that with free will they transcend resistance and limitations. In this way they practise alchemy by transmuting suffering into consciousness and develop greater awareness to make enlightened choices.

Students and clients can learn techniques to value that we are one step away from bliss; the techniques include simplified: Facilitated Discussion, Muscle Balance, Muscle Balance with Emotional Replacement, Body Alignment, Cloacals Balance and External Transformers Balance. The basis of these techniques comes from the work of Margaret Fields Kean.

A recent subject's impression included a sense of a lot going on and "how did you do that" ... in her words two weeks after a Relationship Harmony consultation:

Thomas has the ability to take my present intentions and show them to me in a whole new way. I left feeling more motivated and in touch with who I really am. I felt at ease with Thomas as his friendly and knowledgeable manner were with me from the start. Since our session I am actually doing more of what I love to do!

S. Smith

### ***Instructor: Thomas M. Tegtmeyer, Energy Kinesiologist,***

Specializes in relationship harmony for caregivers and facilitators including personal health, family relationships, business, healing groups, animals and universal peace. Thomas blends together the essence of SelfCare, energy kinesiology and conflict transformation.

**For more information, see:** [www.maclarencentre.ca](http://www.maclarencentre.ca), [www.thomasMtegtmeyer.energyk.net](http://www.thomasMtegtmeyer.energyk.net), [www.iask.org](http://www.iask.org), [www.cicr.org](http://www.cicr.org) <http://www.cinemind.com/atwater/beyond.html> (**Margaret Fields Kean**)

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## What makes Relationship Harmony Process and Techniques different.....from other holistic healing systems...

It is a simple model of exploration of transformation of energy in relationships with oneself, others, groups, business, animals and universal peace.

What sets it apart from other systems is its simplicity in:

- synthesizing the powerful commonalities of cross-cultural models of transformation.
- condensing the narrative story of a subject in a holographic cycle of four to five stages for the subject to observe energy patterns
- sets the conditions ripe for bringing attention, presence and consciousness into the moment of the eternal now
- incorporating advanced holistic energy techniques that have been simplified for easy learning and application as taught by Margaret Fields Kean with further simplification added.
- blending in communication transformation tools to uncover deep-rooted human identity needs e.g., Fisher and Ury and Vern Redekop.
- referring first to the subject's toolkit before going the narrator/facilitator's toolkit or beyond.

The stages of the cycle are metaphors that relate to a creation or growth cycle regardless of the cultural background of the subject:

Cycle of 4	Heaven Integration	Qabalistic Worlds	Solar Day	Chinese Five Elements	Redekop's Human Identity Needs
1. Energy	Life	Fire	Sunrise	Wood	Security
2. Balance (Letting Go and Opening up)	Death and Re-birth	Water	Mid-morning and Mid-day Sun	Fire and Earth	Recognition and Connectedness
3. Focus	Resurrection	Air	Setting Sun	Metal	Action
4. Harmony	Ascension	Earth	Star-time	Water	Meaning

### ***Six Advanced and Simplified Energy Techniques***

Facilitated Discussion of Goals and Concerns

Four Direction Muscle Balancing

Four Direction Muscle Balancing with Emotional Replacement

Tree of Life Simplified Body Alignment

Cloacals Balancing

External Transformers Balancing