

Noetic Balancing



This article is a reprint from

Energy magazine
Sharing Energy - Transforming the World

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Rick Haltermann

Every moment we have thoughts, feelings, sensations and experiences - all of which comprise our consciousness. But what happens to that information? For the most part, it eventually becomes unconscious. An example would be a child growing up with parents who are emotionally unavailable and avoid the language of touch. That child will develop a similar behavior in order to be accepted and loved by the parents. This strategy works well while growing up but is potentially disastrous in an adult relationship. The child has unconsciously come to believe that a normal relationship between parents, and hence other adults, is in fact natural without emotion or touch. As our egos are preoccupied with identity, who we are is based on what we believe. It follows that the child may come to believe that they are untouchable or even unlovable - thus he or she interacts accordingly with the world. This is the meaning that the child may take from observing his or her parents. In the same way, conscious or not, all that we are taught by our families, our friends, our schools, universities, and our culture will have an impact.

Now put all of those beliefs together and a lens is created through which one perceives the world. Our child may find work and relationships that require little emotional expression but, inevitably, they will need to confront and be affected by the emotional world. This could manifest as a heart event that

would require medical attention or perhaps the sabotaging or destruction of a relationship. Something has to change. Our culture encourages and approves of external solutions. This is initially helpful in cases of trauma be it physical, emotional or psychological. However, once the immediate effects of trauma are dealt with, how do we find balance again? How does anyone return to an anxiety free daily life much less to a state of grace and the fruitfulness of an ongoing practice? How do we investigate our unconscious beliefs if we are not even aware of them? Self-reflection is useful and available to all of us. Yet often we need the help of a fresh perspective. This is where Noetic Balancing can be particularly useful.

The child above has interpreted a behavior that seems to provide safety and security. True, events of the past cannot be changed but what was internalized surrounding those events can. During a balancing, the focus is not on the stories of our childhood but on the underlying beliefs that were created in response to an event. Beliefs that grow out of love further our sense of well-being. Beliefs that are not a true expression of who we are will show up as some sort of trouble. From the perspective of Noetic Balancing, cancer cells can be viewed as cells that do not know who they really are. New research has shown promising results for a certain type of leukemia. Rather than "fighting" the cancer cells, they are reprogrammed



with the help of medication to “mature” rather than run amuck, hence becoming healthy and functional. Noetic Balancing has employed this same approach for many years but through the use of self-forgiveness rather than medication.

As brought forth by Dr. Robert Waterman, Noetic Balancing is unique as a process in that it can track any number of specific beliefs and/or judgments that inhibit the movement of the soul. As I have pointed out, *“Though we may not be able to change past situations, we can change the meaning we carry within us*

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regarding those events” (Waterman, *Self-forgiveness, An Act of Life*). This idea is so important. The real question is why did the ego react to the stimulus? “The meaning we impute” (Waterman, *ibid*) on people or situations is what needs to be investigated. That “meaning” is almost always related to either a belief or a judgment. In the forgiving of a belief or a judgment, something radical takes place. “Self-forgiveness instructs the basic self to change, and invites the *high self* to promote change,” wrote Dr. Waterman in *Eyes Made of Soul*. Now a whole new paradigm has been created internally.

In general, a balancing will address issues ranging from safety, security, self-worth, abundance, one’s place in the world, sexuality, creativity, the capacity to love, to speak our truth, the ability to face the world and our connection with the divine. Within these issues are usually deeper questions about worthiness and whether one feels good enough, lovable, safe, heard, seen, etc. The role of the Noetic practitioner is to discover the underlying issue, then create statements for the client to repeat such as *“I forgive myself for believing. . .”* or *“I forgive myself for judging. . .”*

For example, I worked with a woman who never

had any luck in relationships. She had been married, divorced and was continually attracted to much younger men. One of her forgiveness statements was, *“I forgive myself for believing that I need to invest the cash of my self-worth into emotionally bankrupt men.”* In her case, the themes of lacking in financial abundance and failure in relationship were intertwined and mirrored her relationship with her father.

Another woman also struggling with relationships had a tendency to get involved with emotionally unavailable men like her father. *“I forgive myself for con-*

fusing my longing with my loving.” The longing towards another to which her father had never responded always took priority over loving herself. Yet another woman was having difficulty with abundance in general and finding a job in particular. As a child, the family went to a country club on occasion and she noticed that everyone seemed to be unhappy. Her statement related to this experience was, *“I forgive myself for believing that abundance equates unhappiness.”* From the eyes of “her child”, abundance had a negative connotation.

One last example has to do with a man who was raised by a grandfather who had a strong military background. Childhood was composed of chores rather than love or nurturing. His central statement was, *“I forgive myself for believing that there is no such thing as home.”*

In a balancing, the forgiveness work is done in conjunction with finding the location where there is a stuck place in the “field” around a client. The “field” is an aura of energy that surrounds the body. *“This field reflects our physical, emotional, mental, archetypal and spiritual levels.”* (Waterman) That stuck place will dissipate after one or several self-



forgiveness statements thus freeing up the “field” to a natural state of flow. The results can be dramatic. I had a client who claimed that one balancing was the equivalent of nine months of weekly therapy. My own experience as a recipient has been an overwhelming sensation of peace like basking in the last golden rays of sunlight before sunset on a summer afternoon. I have tried many modalities from psychotherapy to Emotional Freedom Technique (EFT) and found value in each one. However, as far as shifting consciousness, I have found nothing quite as powerful and efficient as Noetic Balancing.

Sessions generally run from one to three hours. The client lies on his or her back, usually on a table. The

practitioner will work in the “field” silently to clear any blocks in the physical and emotional levels. With the information provided during this process, the practitioner can then ask questions of the client to form forgiveness statements - thus clearing blocks in the remainder of the “field.” Balancings are done in person and by long distance with the same results. A detailed description of the actual process of Noetic Balancing can be found in Robert Waterman’s book, *Eyes Made of Soul*. Practitioners can be found at the website www.noeticbalancing.com. Should you have any questions, feel free to contact me at bluecoyote@bluebottle.com. 