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
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 - 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

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

MAP OF THE SACRED SITES OF THE BODY FOR CHILDREN

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**Thumb – Resilient Embodiment**
The Inju of holding the thumb helps promote 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.

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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

1. Hold the crown of your head with your right hand, using any fingertips or the palm of your hand. This is the anchor for this flow and you will hold this position until the last step.

2. With your left hand hold the center of your forehead. You can use any fingertips or the palm of your hand. The most important thing is to be comfortable. This combination of sites will strengthen the functions of your pineal and pituitary glands.

3. Leaving your right hand on the crown of your head, move your left hand to the tip of your nose. You can use any fingertips. This position will strengthen all of your hormonal and regenerative functions.

4. Now move the left hand to the "v" of your neck and hold that area in any way that is comfortable. This will relieve fatigue.

5. Moving the left hand after you feel complete with the previous position, place it in the center of your chest. You can use the palm of the hand or any fingertips. This position will balance and harmonize your emotional experience.

6. When you are ready move the left hand to the base of your sternum. This position will relieve any residual stress or anxiety.

7. Now, when you are prompted by the release of energy, move your left hand to an area approximately two inches above your umbilicus. You can place your entire palm or your fingertips there. This position will strengthen your sense of rootedness, centrality and courage.

8. Moving the right hand from the crown of your head when you are ready, place it at the base of the tailbone or the coccyx. Then move the left hand to the tip of your pubic bone. This combination will give you grounded stability and embodiment.

9. You can further increase your rootedness and balance by placing one hand to either side of your pubic bone in the inguinal area and moving the other hand to the sole side of your foot, under the mound of the big toe. This may be accomplished easily by either bending your leg or coming to a seated position.
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.
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 Iino 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.
**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.