

Life Reference Period.

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The Life Reference Period (LRP) includes five very different and yet necessary references for how we do our life patterns and how our life evolves.

The first two references are the equally influential areas of information that come together to create the basics of who we are in the '**Sperm**' and '**Ovum**'. These are accessed through the time these two influences were being developed and their continued role in influencing the fetal development until birth and even beyond. So we refer to these as the '**time of sperm**' and '**the time of ovum**'. Anything that may have influenced the client during these times of development that lead to a negative reaction or defense pattern, will show when these times are used as a reference in combination with muscle monitoring.

The third area of reference, '**Fetus**', is the time we are developing through the organogenesis that will lead us to be a healthy happy baby. Or not.

During this time we are experiencing an innate function and drive that leads to the development of our organs, brain, nervous system and the higher functions the brain learns to develop for itself. Any event that occurs during this period will become associated to all organs in various ways but to some more strongly attached than others.

It is here that the relationship between the genetic system and the behavioral response become real to us and lay the basis of our abilities through life.

The final two areas are a little more abstract than the first three as they are more controlled by the inherited behavioral patterns from our parent's genetic lines. As the 'Fetus' continues along its productive path of creating a new human, the inherited references from the father continue to influence the process. This develops the child's perception of his relationship with others as a '**Male Self**'. While this continues, so too, the influence of the mother creates a reference for what will become the '**Female Self**'.

The subconscious uses these five references in time and function as an ongoing reference for how to know who we are. So our subconscious does not have to depend on our conscious awareness to know who we are. This allows us the freedom to think and create and direct ourselves consciously while at the same time using these inherited references as a backdrop to everything we do. Unfortunately a part of this backdrop includes all the references to events from our ancestry, events we had no choice in.

The person we think we are is based on the inherited material we obtained in the genetic process of becoming a human being. This perception may be very different from the person we want to be.

At least this could explain why there, at times, seems to be conflicts in our lives that we have no idea of where they came from.

Our ancestry gave us all the options of what that ancestry represents, but not all of those options become active in our lives. In going through the genetic process in the 'LRP', we have two simultaneous and parallel functions happening. One is the use of the genetic reference that builds our structure and functions, while the other is the response to experiences we have during this

process. Positive, supportive experiences will create positive associations to the structures and functions developing at the time of the response. Negative experiences will create negative associations. So even though there may be a myriad of possibilities within the genetic system, we will tend only to live out those associations created during the process. This means that most of our responses in life are formed from the experiences we have during the 'LRP'.

When some new event occurs in our life, our subconscious first searches through our conscious experiences for an appropriate response. If it cannot find something there it starts to look through the 'LRP' to find a deeper pattern to create a new response. Without this reference to the past in some way, we feel disconnected from ourselves. We are constantly living out the patterns formed from our ancestors and they become active within the 'LRP'.

If then we have something happening in our lives that we don't want, perhaps it is that the subconscious is accessing a pattern that we activated sometime during the 'LRP' and would be better to disconnect from.

Of course the opposite is also true. If we want to have some pattern active that is not because of the lack of some certain experience in utero, we can 'Infuse' some new information into the 'LRP' which will activate a pattern that will support us in a new way.

Whichever way we look at it, the 'LRP' is an enormous resource for positive as well as negative responses and abilities.

It is not life that will kill us, it's the inherited patterns of death from our ancestors that will do the job. If we can disconnect from the negative inherited patterns and activate the positive, we will have a longer and happier life. Many people try to resolve this problem by eating better and doing all the 'right' things, but still find they have the same problems.

In our profession we have the ability to retrain the nervous system to use new and different references as a part of the 'LRP'. Thus giving ourselves and our clients the ability to change the perception of who they think they are and therefore change how they do life, for the better.

I encourage you to think more and discover more about the Life Reference Period because everything we do in **life** has its **reference** in this **period**.