

Life Alignment

Life Alignment is a powerful healing modality that accesses the cellular memory of the body to tap into the body's own innate intelligence as to where the blockages in the body are and what causes them.

Cellular memory

The body is made up of cells and all the various cells of the different organs and glands in our body vibrate at specific optimal frequencies that can be measured. Think of the analogy of water. Water has 3 distinct phases of different vibratory frequencies, and we are just like that as well. When water vibrates at its highest frequency, the cells are moving quickly and far apart, we call it steam. It is very powerful and moves and is expansive and free. This is how we are when we are at our optimal in health and happiness.

If we slow down the frequency of steam, by lowering the temperature, the molecules move closer together and we have water in its liquid form. It can still be powerful, but it is not as free as the steam is. All the molecules have to move closer together. The same thing begins to happen within our bodies when we start to suppress our emotions. The emotions exist, and they have energy. That energy has to go somewhere, and if we are not expressing it outwards, it goes inwards, into a related organ or gland, or area of our physical body. Anger often goes into the liver (I am feeling livid!) Our language often gives us clues to the area that is being affected. "I have a broken heart" "I can't stand the sight of him". This is also referred to as cellular memory, as the cell contains the memory of the event or the emotions. The only way that this area can accommodate this extra energy is for the cells to slow down in vibration.

Then we get the final phase – the solid. In water this would be ice. Here the molecules have moved so close together and the frequency has slowed down so much that crystals form and we have a solid. The same thing happens in our body if we keep on suppressing an emotion or an event. It becomes embedded in our cells, and they have to slow down so much to accommodate this invasion of emotions that they begin to form little crystals. If you have ever had a Reflexology treatment and felt those crunchy areas – you might have been told that those 'crunchies' are crystallized emotions. They are quite toxic, and often after treatments where they are broken down you might have felt quite emotional, as the emotions that were held within those crystals came to the surface. This slower frequency affects the immune system of the cells natural defenses and so invading diseases can penetrate the cells and cause illness.

LIFE ALIGNMENT

Life Alignment is the umbrella name or term, for a whole system of vibratory healing that was developed by Dr. Jeff Levin. It consists of Body Alignment, Vortex alignment, Body Spin, Life Purpose Alignment, Astrological Alignment, and Iris balancing. It can be used on humans, groups, animals, homes, companies, farms and land, and in home and business environments.

Body Alignment

Body Alignment Technique is made up of 5 Modules, and aims to heal and align the physical and subtle bodies. Using kinesiology and dowsing, practitioners are able to identify the correct order or priority in which to work on the body, by tapping into the body's innate intelligence or Higher Self. Any trauma, the source of imbalance, the "story" behind it and the energy pathway that is affected, thus become identified. Healing energy is then sent through the hands directly into the body through vibrational energy points connected to specific organs, glands, systems and chakras. The story is then balanced using a variety of emotional re-patterning techniques including forgiveness and empowerment work, affirmations and visualizations, role dialogue, or even calling in help from spiritual guides.

Body Spin

This is the latest development in Life Alignment and now forms the basis of Life Alignment and is the base training for all the other off shoots of Life Alignment. It is quick and easy to learn. Body Spin is a simplified version of Body Alignment, using the same vibrational body points. It uses two Vortex Cards, the Seed of Life and Resonance, which open a gateway or vortex through which a stream of energy flows into specific centers in the body. Like Body Alignment, it works on all levels, physical, emotional, mental and spiritual, for energetic clearing and balancing.

Vortex Alignment

The vortex cards are a result of many years of exploration and research into the field of environmental pollution, and electromagnetic radiation and their harmful effect on our bodies. Electromagnetic radiation comes from computers, microwaves, mobile phones and electrical appliances, geopathic stress and much more. The purpose of the Vortex Cards is to balance and clear these harmful energies, creating a more harmonious environment for us to live in and to enhance our vitality and well being. They can be used in our homes and workplace, for energising our food and water, protection against the harmful effects of mobile phones, personal protection and healing.

Astrological Alignment

In Astrological alignment the relationship between the cosmic forces and the client's astrological chart is identified and balanced. This is often very deep work and can facilitate healing at the early stages of life. It is undertaken by identifying blockages and the emotions that are causing these blockages on the astrological chart. Once these are resolved the client finds they can flow through life much more easily.

Iris balancing

In iris balancing blockages are located by identifying specific features in the iris. This is similar to iridology, where it is understood that specific fibres of the iris correspond to certain parts of the body. Once again emotions that are causing these imbalances or blockages in the body are identified. Often changes are then noticed in the iris within a few hours to a few days after the balance. Changes are also mirrored by physical and emotional changes being experienced. As the eye is believed to be the mirror of the soul many factors impacting of soul peace or happiness can be balanced using this modality.

HISTORY AND BACKGROUND

Life Alignment was developed by Dr Jeff Levin, who was born and raised in South Africa. When he was 17 he decided to go to live in Israel, first at a Kibbutz, and then as a paratrooper in the army, where he became ill with dysentery and intense intestinal symptoms, which continued after he left the army. Jeff visited many doctors looking for a cure. He began his studies in architecture and at the same time started looking for other ways of curing his illness.

After graduating from University, Jeff returned to South Africa and was later conscripted into the South African army. The army life and food did more harm to his digestive system, however, this seemed to bring on some deep knowing that there was a deeper purpose to it all. Jeff became inspired to connect to his own healing powers for himself and for others.

He realised that the subtle energy fields were at the level of cause and that conditions in our physical bodies were merely the result of that cause. He saw that disease was initiated in these subtle fields and slowly permeated the physical energy field. He noted that as the energy field cleared, the effect on the physical body became immediate and profound.

His healing practice developed rapidly and Jeff began to study various healing disciplines, including massage, reflexology, Body Electronics, Touch for Health, iridology, colon therapy, radionics, homeopathy, acupuncture and Chinese medicine, Total Body Modification, nutrition, Health kinesiology, Educational kinesiology, One Brain and a variety of other forms of kinesiology.

In 1976 he went to hear a lecture of a world-renowned chiropractor and healer, Dr. William Bahan. Both men connected deeply which resulted in Dr Bahan inviting Jeff and his family to study and work with him in the United States.

They studied various healing techniques with Jeff coordinating an Attunement practice, working as an architect, and developing energy-efficient and ecologically sound buildings utilizing solar, wind and other alternative energy sources. This gave him an opportunity to tap into earth energies and become aware of the powerful but delicate relationship with the planet. He soon became an expert in this field and found himself lecturing widely on the work he was doing.

In 1983 Jeff founded the Natural Health Institute in Toronto which consisted of about twenty health practitioners, including two holistic medical doctors, a chiropractor, and a host of complementary health practitioners. He also completed a B.Sc. in Nutrition. When hearing of a Tissue Cleansing Program formulated by Dr. V. Irons and Dr. Bernard Jensen, Jeff tried it and was finally relieved of all digestive symptoms and Merle, his wife, who had previously been an asthma puffer, no longer needed one. Through these experiences Jeff became aware of the importance of detoxification as a key to eliminating many adverse physical conditions.

He then offered the cleansing and detoxification programs to others, both at the retreat and later in Europe and Israel.

In 1991, Jeff was guided to spend several days at the retreat on his own, and in a deep meditative state, he received a map of reflex points on the body and a simple system for balancing them, which was different from anything he had previously done. This was the birth of Body Alignment.

In the Autumn of 1992 he began to teach the Body Alignment Technique module one. Some time later he again went on retreat and Module 2 came together with more points and procedures. He was then invited to teach in other places, first in Vancouver then in Hawaii. When it appeared that the existing Body Alignment Technique students were ready to receive more, Module 3, 4, 5 and all the other later modules came together in a similar way.

Much research has been conducted on all of Jeff's work in Life Alignment, which has culminated in the award of a DNM certification (Doctorate of Natural Medicine) from the Doctorate of Natural Medicine Board in Canada. This is an International body which includes some 81 countries – visit www.boardofnaturalmedicine.org for more information.

What you can expect from a Life Alignment session

In Life Alignment the aim is to bring the client back to a place where they are living their life purpose consciously. In the process a lot of physical healing occurs as blockages or issues are shifted and toxins and disease are released from the physical body - so healing occurs at all levels - physical, emotional, mental and spiritual. Balance is achieved, and so a session is called a balance.

The client is in full control of the balance, as the first part of the process is to ask permission of the client by means of a muscle test. The client's higher self determines the whole session with the practitioner using a combination of muscle testing and pendulum to determine exactly what needs to be balanced. The practitioner has a list of body and emotional reference points, and by using dowsing can match the frequency of the client to the words and thereby find the root cause of issues. This means that months of therapy can be avoided, as the client's body indicates where the practitioner needs to go, along with any related issues that are causing any imbalances.

Sessions are undertaken fully clothed as there is no need to manipulate the body in any way, so in this manner the client is able to feel in a safe environment. Sessions can also be conducted remotely (by phone, email or mail) as the practitioner works on a body chart in place of the clients body, talking the client through the process. This is very effective if the client is really ill in a hospital, or if the treatment is sought for an animal or a small child.

Shifts are often felt after just one balance, but for long term issues, a few sessions will be needed. Many clients like to come in for monthly sessions as they use the balances to help them stay on track for where they want to go in life.

Life Alignments are suitable for everyone and have been shown to help numerous psychological and physical conditions including: structural conditions and pain, neurological conditions, brain dyslexias, learning difficulties, ADD and ADHD, hormonal imbalances, suppressed immunity, fatigue, allergies and infections, digestive complaints and toxicity, depression, anxiety, stress, and negative emotional patterns.