

WHAT IS SPLANKNA THERAPY?

The Splankna Therapy Institute offers a Christian protocol for Energy Psychology developed from an integration of Neuro-Emotional Technique, Thought Field Therapy, E.M.D.R. (Eye Movement Desensitization and Reprocessing), and spiritual warfare. It provides a straightforward, mechanistic treatment procedure for alleviating a wide range of psychological and physical symptoms through both a Healing Protocol and a Creative Protocol. It attempts to address symptoms comprehensively; attending to the spiritual, emotional and physical aspects of client problems and solutions.

Emotional and Physical Aspects:

Splankna's *Healing Protocol* is based on the following assumptions...

#1. There is a subconscious mind and it catalogues one's life experiences like a hard-drive in a computer. The emotions felt during painful life experiences seem to be stored physiologically in the body almost like electrical charges. The body seems to store these emotions in different organ points depending on the type of emotion. This storage system is called the Meridian System of Energy and is what Chiropractics and Acupuncture are based on. It is theorized to be the path along which the body's energy/electricity flows.

#2. "Symptoms" are understood to be the result of a current life experience "triggering" an older stored trauma and re-activating the old emotional content creating some form of overreaction. The clearest example is a phobia. If, for example, a client had a bad fall as a child, the memory and emotion of that experience are stored in the body and subconscious mind "fueling" a fear of heights. As an adult, the client's conscious mind recognizes that a fear of heights is irrational. Logically he knows he is perfectly safe to look out of a four-story window. But when he tries that, it's as if his computer system says "What do we have stored on height?" It double-clicks that old file and up to his screen comes all the stored emotion and his body has a panic attack against his conscious will. There is no amount of reasoning with himself that can undo that emotional trigger. The best he can do through cognitive/behavioral efforts is get better at managing those triggers when they come up. Through our *Healing Protocol*, those triggers can be released, cleaning out his file, and the symptom lifts.

#3. How do files get cleaned out? The body is capable of resolving or releasing these stored emotional charges so that the "fuel" behind a symptom is no longer present. What the body needs to accomplish this is some style of "Circuitry + Intention": **Circuitry** refers to making some physiological connection to the body's storage system that accesses the targeted emotion. **Intention** refers to what the client is thinking of, focusing on, remembering etc. So, the physical storage point is activated while the client is focusing on the emotion stored there. All mind-body treatments that are effective use some combination of physical circuitry + intention. For instance, the client will think of

feeling anger at 6 years old when one parent had an extra-marital affair, while touching the liver alarm point on the body where the anger is stored. In just a few seconds, and usually with some spoken forgiveness, the body seems to release the electrical/energetic charge of emotion, as if the “file” is cleaned out. When all the emotions fueling a symptom are resolved, the symptoms caused by that trauma tend to lift.

Muscle-testing (applied kinesiology) is the tool used to access this stored emotional content. Any major muscle in the body (deltoid in our case) that is fairly well isolated, will respond to electrical/energetic shifts that go off in the body. So, when the client says something with which they are incongruent, there is a small electrical/energetic shift created. This shift shows up in the muscle by causing it to momentarily de-activate. When a muscle is de-activated it will give-way when pressure is applied rather than bouncing back. This simple body mechanism provides a way for the body/system to respond to ideas. Since the subconscious mind has all of the person’s life experiences catalogued, a practitioner can ascertain, for instance, how many emotions are fueling a particular symptom, when they occurred, where they are stored in the body, etc., by noting the muscle reactions to questions and statements. It is important to mention that muscle-testing, though very useful, is also imperfect. There are many variables that affect a muscle-test and it must always be “taken with a grain of salt.”

Spiritual Aspects:

When traumas occur in our lives, our enemy seems to attempt to capitalize on our vulnerability by offering deals/ bargains, similar to his style of tempting Jesus in the desert. In our moments of fear, pain or anger, the enemy offers coping strategies, makes promises etc., and sometimes our hearts are deceived and will make agreements that end up supporting symptoms in our lives. In the *Healing Protocol* we ask God to reveal any agreements the client made in conjunction with the identified trauma and we assist the client in repenting of the agreement and breaking it, including all the enemy’s claim to the person and entities attached. In this way, every effort is made to resolve the symptom from *all angles*, *Spiritually*, *Emotionally* and *Physically*.

