



**GETTING TO THE CORE OF BEHAVIOUR PROBLEMS  
(HET: HOLISTIC EDUCATIONAL THERAPY  
STEPPING STONE 6)**

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***Throughout this book you will be directed to a fully interactive companion website for personal support and many interactive films and projects. If you are using a computer or iPad you only need click on the link to be taken to the webpage you need. However if you are on Kindle, you may need to make a copy of the link to paste into your browser bar next time you go online.***

***At the end of this book you will find the opening chapters to another book called HETties. This is aimed at young people aged approximately between the ages of 8 – 13 (depending on their ability levels). This is provided here for you to work in an introductory step by step, (HET stepping stone approach) with a child or young person and to help them through their challenges in a proven, positive and productive way. More materials are also available for younger children and older adolescents as well as adults.***

## Core Issues

Welcome to Stepping Stone 6! This stepping stone is all about **CORE ISSUES** and by that I mean that it is all about the **CORE** that....

**IS-YOU!**

Here is a video presentation to give you an overview:

<http://www.hetwebsite.com/file/cache/coreissues/core%20issues.htm>

Imagine for a moment what it would be like if your life was a computer. It would consist of a whole load of data being typed in. Day after day, you would have information keyed in about all sorts of things. All this information would come in from your senses, which is what you interpret experience through. That data would be saved, for when it was needed and stored on your hard disk and when needed elsewhere, it would be copied onto other files or disks. However, in the meantime it will be stored, until needed in a file, in a folder somewhere on that hard drive.



Now let's say you are going to need that information. On your computer, you have a programme that could be a word processor programme or a data base or a spreadsheet or a graphics programme. These programmes all work in different ways with different types of information. They are designed to go to the right place on your computer and pull out that information and to act upon it in some meaningful way.

Well, this example is exactly how your life experiences work. We all have experiences along the way. The ones we have in childhood are far more intense by the way, because our

brains as children operate on a particular level that makes learning a very powerful and intense process, because it forms the foundation for the rest of our lives.

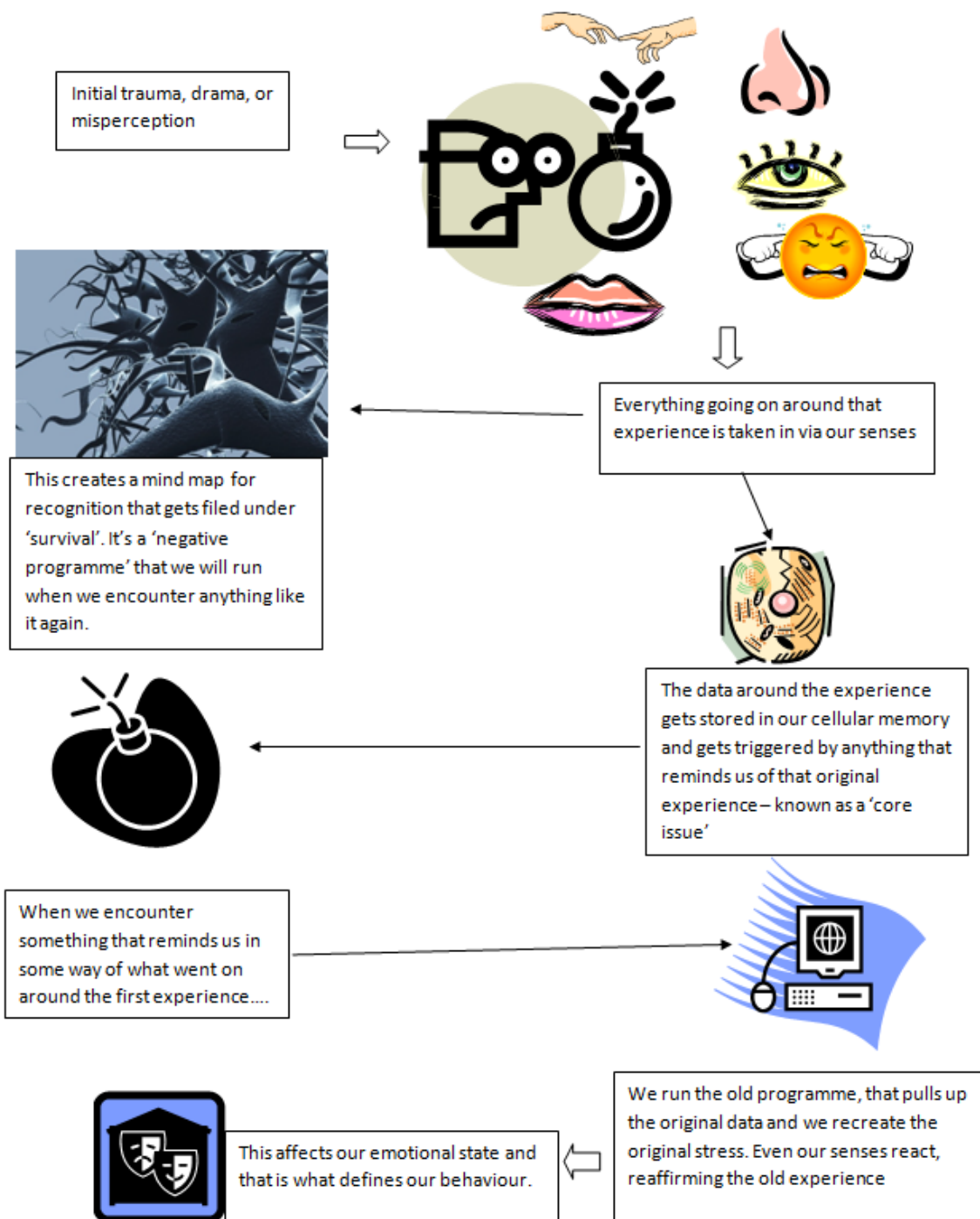
Anyway this information is received via the 5 senses and transmitted as information signals (just like the way in which the computer does it) and this is stored away, filed for when it is needed.

Just to give you an example of how powerful this is Bruce Lipton in his ground breaking book, 'Biology of Belief' described this as imagining the wall in front of you is made up of 20 million bits of information – think of the analogy of pixels on your computer screen. Each of these tiny bits of information represents the same amount of bits of information that are coming to you every second. Now, if you think of every second since you were conceived multiplied by 20 million you have an idea of the amount of data that your human mind, body, and spirit system is capable of holding.

But here's the crunch – you are only conscious of 1 bit of that information per second. That is all you are capable of knowing about – the CONSCIOUS information is that 1 bit of information out of 20 million bits of information per second.

**ON THE NEXT PAGE IS WHAT IT ALL LOOKS LIKE!**

**You may remember this diagram from the Introduction to HET book: Managing problem behaviour in children through the HET journey.**



Here is the story that explains how it all works from the Introduction to HET book. Here is where we put it into context and understand the full significance.



A little girl, three years old sits in her child's chair and table set, eating her dinner, Shepherd's Pie. She is experiencing the taste, temperature and texture of her food as well as everything else happening around her. The whole experience is being interpreted via sensory data. Impressions are coming in from the five senses of sight, hearing, tasting, smelling and touching.

It is a summer's day but the weather is heavy and humid as a thunder storm starts to build up. She has a pet budgie in a cage in the same room. The telephone starts to ring and is left unanswered.

Why?

Because...

Suddenly, Mommy and Daddy start to have an argument. She is aware of the build up of tension (vibes) around the situation.

Then Daddy hits Mommy!

In that moment, her very survival is threatened and she will go straight into an adrenalin reaction - the fight or flight response. But she can do nothing about the situation. All she can do now is throw her hands around her head to cut out the situation.

At that tender age - she is the centre of her own universe - she is responsible... she is to blame...It's all her fault - she will only perceive everything in relation to herself!

That data that is held onto in cellular memory and is what HET addresses as a 'core issue.'

That experience will be recorded. It will be stored in a 'little filing cabinet' somewhere in her mind / brain system. It is filed under '**Survival**' so that if anything like that should ever occur again, it is logged as a point of reference. This is so that the "Mind Brain" can pull it out at a moment's notice and say "Aha, we've survived that before! Now this is what we have to do!" and a programme is put into place to inform the body of what needs to happen in order to deal with this.

Now, not only is the actual act of violence logged in, but all the other associated sensory input at the same time - so, is the fact of the meal, that the phone was left ringing unanswered at the time, the fact there was a budgie in a cage screeching, that it was July and a thunderstorm was building up that day.

All this information is logged. Held just like data on a computer. The issue!

It is mapped by pathways of synaptic responses between nerves in the brain (the patterns, see Stepping Stone 7). If any sensory input is experienced which is similar to the original experience, then those survival maps are accessed and a programme is activated which triggers cellular memories, which are stored in every cell of the body, and which are constantly replicating themselves? Each cell is capable of holding information far greater than the biggest quantum computer we can imagine.



*This is an artist's impression by John Fuller of the sensory data being transmitted by nerve messages to be stored as data which creates a subconscious reality. It brings up emotions around the original trauma when similar experiences are encountered.*

Now the nearer the match for the sensory data coming in, is to the original trauma or experience, the more the associations will fit into place. This is called a 'trigger'. It will call up the original data or memory and the way we survived it that will come into play – so we will respond on a subconscious level in exactly the same way as we responded then – a 'trigger response'. What is more, we won't even know we are doing it because it is subconscious. Over 95% of our behaviours are subconscious that means we are not aware of them. Those behaviours will be determined by the emotions that hang around the original experience and which defined the behaviour (be that a fight or flight type of behaviour) at the time.

## HOW WE CAN TEST FOR THIS INFORMATION?



*A HET therapist working in a school with the galvanometer researching phytobiophysics with a galvanometer.*

The body's system can release those cellular memories. These can be analysed in a system called 'Phytobiophysics', in which I trained in the early days of taking HET out into schools. This is possible through a system called 'The Heart Lock Theory' developed by Diana Mossop. This is done by using a piece of equipment called a galvanometer, introduced in this country by a Dr Voll back in the 1950s.

Our cells work a little bit like a photocopier, photocopying a master copy. If that master copy has a taint on it then the copies will also carry an imprint of that taint. If the taint is 'Tippex'ed out, then the copies will come through clean. The body retains a cellular memory, projected like holographic lasers onto each cell. This is like the same way that we can copy laser disks with information from the hard disk in our computer. We can programme the new cells that our body is making with the same information it carries, through a complex protein structure called DNA and RNA. These complex protein structures are made up of smaller simpler patterns of amino acids. These lie inside the cells and the shapes and patterns are defined by incoming signals from outside of the cell. The signals tell of what is happening in the environment outside the cell from the emotional responses to the sensory data coming in.

Very often we can suffer from what can be seen to be a 'blocked drain syndrome'. We can become so blocked with unresolved past traumas, issues and life experiences, that nothing can flow easily in our lives and we become stuck, entrenched in the same old patterns, doing the same old things and getting the same old results! One thing gets stuck behind the next and it all needs to be cleared away.

What do we do to get rid of the initial blockage?

In working with behaviours ( which act as a barometer for this very process in young people), the core issue formulas system has proved to be very beneficial in getting to the cause of the initial blockage, clearing it away and getting the 'flow' process into motion.

How many times do we come across people who are always ill at the same time of year for example?



The closer the situation that we encounter is to the original trauma or 'innocent misperception', the greater the impact through the sensory perception (hearing, seeing, touching, smelling, tasting etc) is going to be. It will re-run the original programme releasing the stored data within each cell of the body.

The original sensory receptor cells that interpret the information coming in through the senses, will also be impacted and send out alarm signals - it's kind of like they jump to conclusions about what is going on and those signals set patterns in process that can recreate trauma.

Let's go back to the example cited above. We can assume that little girl has grown up and is working in an office - she had developed an intolerance to meat (from eating shepherd's pie) and she is allergic to budgies. The phone rings but the office is busy and it keeps ringing out - it is July and a thunderstorm is building - think about how she is going to experience stress levels at this point and the emotional reaction she will have - throwing her hands over her head because she can't cope and doesn't want to see any more.

We are each of us unique and we all have individual experiences which shape the way we behave. Those behaviours can hold us back from being who we were always meant to truly become.

The core issue formulas have been refined and defined to reformat the hard disk if you like, so it can cope with incoming data that is meaningful and relevant to now and not corrupted by old outdated and irrelevant information that has no meaning in a current context. Or, to put it another way and go back to the photocopier metaphor, we can Tippex out the misperceived data (information) from the original experience, so that it is not carried over to a new generation of cells.

The Core issue formulas will work very differently to the Bach Flower remedies, which work with our emotions. When we take the Bach Flower Remedies we **feel** differently. We find ourselves acting differently in different situations because the way we **feel** about those things has changed from a negative to a positive feeling.

The 'Core Issue formulas', have a very different affect compared to how the Bach Flower Remedies work. With Bach we feel differently, they turn our emotions around and then we behave differently. With Core Issues, it doesn't affect our emotions, so we don't 'feel' any different but we still find ourselves behaving differently. An example of this is one client on core issues had always wanted to recycle and was passionate about the environment. However he only ever managed to hoard all kinds of rubbish over the years. After taking Core Issues, he started to let go of some childhood issues. At this point he suddenly started to take his "Recycling to the tip". A big difference in behaviour but he didn't 'feel' any different. It is as though we know that something has changed. Something is different and we don't know why or when or where, but something has changed within us. Very often people around us notice this before we do. It can be likened to walking on a crutch because we hurt our leg a long time ago. However we kept on using the crutch long after the leg healed, somebody comes along and takes it away from us. Suddenly we are walking very

differently. What we have learned to lean on all these years has gone and now we are moving forward in a different way.

In this example, the particular gentleman I worked with. His father had abandoned the family for another woman when he was quite young leaving him at a very tender age to 'Take care' (as he perceived it!) of his mother and his sister, with no role model to follow. The outcome was a very controlling and domineering attitude towards women. The core issues played out in his marriage when his wife left him to take care of 3 small daughters on his own as she could no longer bear the controlling and cruel mind games he played out. He repeated the pattern over and over again in various relationships with women, including personal relationships and business partnerships.

When this person started taking the core issue formulas, things started to change. The first behaviour was that he no longer started to hoard the rubbish, but took it recycling centres instead of keeping it for when it "came in useful one day". A classic sign of letting go!

Another interesting observation with these formulas is that very often we can repeat patterns across generations of families as well as generations of cells. By this, I mean that very often there are distinct experiences that follow through a family from one generation to another. Now I understand at this point we can debate the old 'nature / nurture' argument but I am talking about something that goes beyond that, to some very strange family coincidences.

For example, one of my clients was a lady who married at the same age as her mother, was the same age as her mother when she had her first baby, and also the same age as her mother when she divorced. She even married a man with the same name as her father. Now none of this was planned, only realised in her hindsight and is the kind of strange family coincidence that I refer to as 'spiritual DNA'. It is as if a programme had been planned and put into place that transcends rational coincidence across the generations. Patterns are repeated in strange ways sometimes that defy explanation. The bible refers to a saying that 'The sins of the fathers shall be visited on the children'. So sometimes these 'core issues' can carry forward in the DNA patterns from one generation to another.

I worked with a young man with some very severe behavioural problems. His Mom had 5 children; his maternal grandmother also had 5 children. His mother was taken into care at 3 years old; he also was taken into care aged 3. His mother started absconding from school at age 14 and he too started to abscond at age 14. The interesting thing is that he didn't know any of this history until he was 15 years old when a social worker sent him a life story. He had repeated so many patterns even to drug and alcohol abuse that echoed his mother and his grandmother's journey and didn't even know that.

One of the interesting observations that we have made with the 'Core Issue' Formulas, is that when one generation takes them, the behaviours can change across the generations. In other words the differences can be seen in behaviour along the ancestral lines, affecting negative core issues behaviours in parents and children.

When 2 people come together to form a relationship part of that relationship will involve the 'playing out' of core issues which will be projected onto one another. This is a game I refer to as passing 'Sh\*t parcels"! I use the graphic and humorous description for impact here – so I would like you to think of the visual, of a group of people not accepting responsibility for their own stuff and passing it over as someone else is to blame. This 'Stuff' is like a game of musical chairs it has to get passed on to someone else and when the music stops that person has to open it. And it is not very pleasant!

It is always "somebody else's fault" that they are in the situation that they are in. And so in a relationship, those deep seated issues get projected onto each other and a whole load of mirroring goes on with people blaming each other for things that reflect aspects of themselves and their own 'Sh\*t' parcels. When the core issues get passed to one another, that forms a 'dynamic' when children are growing up they will always be exposed to the family dynamic and those dynamics will ground 'core issues' of their own – see how it all works? This is how the cycle continues. How do you break into this?

The core issue formulas have been formulated through years of research within HET. Following training with an incredible woman called Dame Professor Diana Mossop (of the Institute of Phytobiophysics) in Jersey and researching the effects that Phytobiophysics had on behavioural problems in children. I came to understand the process. Diana's kindness and generosity at the time enabled me to learn the techniques of combining thousand of essences (in the same way as Dr Edward Bach did all those years before). However this was taking the flower essences, which are so safe and so simple, (that the worst thing they can do is not work,) to a whole new level of application.

Diana's wonderful 'Phytobiophysics' formulas are all available from Nutri (sole distributor in the UK), but our work together in the early days of pioneering HET led to the development of core issue formulas which I was able to develop following on from the basis of this wonderful training from Diana.

I developed 10 core issue formulas from simple plants in the same way as Dr Bach made his original formulas and tested them alongside our HET practitioners for results as part of a research programme.

They are made in a very simple way by immersing the original flowers in water outside over 24 hours, straining the plant material from the liquid infusion which holds the memory of the plant information. This is then mixed 50:50 with vodka as a preservative and becomes what is known as a mother tincture. This is then tested by validating the remedy with someone who is exhibiting the negative behaviour and tested on a galvanometer. From the mother tincture it is possible to copy the information on a piece of equipment called a homeopathic remedy maker. This simply transfers the information from the original mother tincture to a blank. This is done in the same way a photocopier, or computer scanner transfers information from one medium to another.



*The plant is infused in pure mineral water in the sunlight and moonlight for over 24 hours.*

For preparing the core issue formulas, the blanks are simple sugar balls that are bought in from a homeopathic supplier, bottled and placed in the remedy maker. The information is transferred across from the original and doesn't contain any molecules from the original tincture, only the information that it held at a particular frequency (or strength). These create the core issue formulas. Which ones that are relevant to take can be worked out by a simple muscle testing technique that is available for you to watch on a video film presentation.



*A simple muscle test shows which remedy to take and what the dosage need to be.*

To watch the video – please click here:

<http://www.youtube.com/watch?v=HWSN68eRoBA>

Not only is it possible to work out which formula is most appropriate through the muscle testing technique, but you can also work out an individual dosage, which will be different for everybody. You can also work out how long a period they need to take that remedy for and how many drops a day.



## The Core Issue Formulas:

When you have worked out which ones are the most relevant (usually this is only one but sometimes there can be 2 that complement each other,) then you can look up in the key provided below what they are all for. This should make a lot of sense to the person taking them as to what is underpinning their particular core issues.

“There is a correlation between that ‘over self’ or spiritual part of us and our well being and the state of our physical health. When people are traumatised at a very deep level, they can fall degenerately ill without some healing taking place at that deep level. “

Formula	Core Issue	Physical areas affected
Core Issue 1  Balance + clearing	<p>This is about balancing the masculine and the feminine. The past and the present.</p> <p>The unresolved core issues that come from mother and father and that got projected onto the 'Wounded' child. It balances the intuitive and the rational aspects of one's self. It is also about bridging where the past is impacting on the present – so that one can move on</p>	Right / left brain / liver
Core Issue 2  Being in the flow	<p>This involves flow and also being in the flow: This remedy will impact on the mental, physical and emotional aspects of life... When these are aligned then life flows better – the blockages are moved. When this flow happens, it affects our confidence, that quiet confidence..." I could do this... I am doing this!" – Moving into the flow of achievement.</p> <p>Getting left and right brain working together. Again balancing parental projections that have been ingrained as core issues in childhood. Particularly autism – that bridge across the centre (Corpus Callosum) – where the two halves of the brain are supposed to be connected, but in the case of autism there is a misfiring across this bridge and so a misalignment which creates a minimal connection. The remedy – can help bring both lobes in to work together. Helping to bring into balance the parallel dimensions which fragment those who are not fully engaged in 'the here and now'</p> <p>In these clients there could be frustration where things are of neither one way nor the other – it presents as a self frustration. It is also about Responsibility... the ability to respond accepting that it's OK to do certain things... and that are not held back, a burden, responsibility.</p>	This remedy is about Circulation.

Core Issue 3 Finding your feet.	<p>This remedy enables the client to be able to stand up for themselves in an appropriate way. It is about assertiveness (not aggressiveness!). The remedy balances the frontal lobe of the brain, also the sacrum, and the feet. It helps those who are not sure what they're doing. In this respect it enables them to stand in their space appropriately, (not necessarily, standing their ground) – this is an empowered Assertiveness... that feeling that .....“ I Just am...” – not vicious response to situations.</p> <p>It is a feeling that can be felt – coming up through the legs... It is helpful in situations where children cower; this is about bringing them 'up'! it is about compassion</p>	
Core Issue 4 Acceptance	It addresses sadness. It is the balance of the impact of accepting that not everything can be happy all the time – there can be sad bits but it's OK. The remedy supports Acceptance and acknowledgement. It allows the client to be quiet with that feeling of acceptance – like Mum holding you saying “It's OK to cry”. It addresses those issues around painful / tearful emotions.	This remedy works with supporting the Heart / emotional system / eyes.
Core Issue 5 Connection	It is about being able to move more freely but can also help clients to calm down as well. In this respect the remedy is able to help both ends of the scale. It supports sensory connection and assists peripheral nerves reacting especially to touch and in this respect can help clients in recognising touch. It will assist in cases of uncoordinated movement e.g. dyspraxia, hyperactivity etc	This remedy assists and supports the brain, the Cerebellum. It is helpful in supporting movement and co-ordination.
Core Issue 6 Harmony	This remedy also supports brain function and focuses on the areas of the Pons and medulla and the brain centre. It also supports the thalamus and harmonises basic instincts. It can support brain injury, around birth or where there has been assault or physical abuse around the head. The remedy supports the effects of this going down the spine as well. Where the flow has been interrupted – this remedy changes that, puts flow back again.	Brain function
Core Issue 7 Support	Where there is a rise in respiratory and allergic reactions like asthma this can sometimes represent a Counteraction to ozone layer which some might not find tolerable. The remedy also assists in Balancing CO2 and O2 in the blood along with other gases. The remedy provides supports with gases. What can happen is that Gases will have detrimental effect on the brain tissue if overloaded e.g.	On a physical level this remedy supports the Lungs, bronchial tubes and the

Core Issue 7 continued	ammonia. This will also affect the psychology and the emotions. The remedy works with sinuses and air pockets around the skull and the brain. It does not work with supporting specific emotions (see the Bach Remedies for this), but it links with panic attacks! Which are associated predominantly with gases in the body being out of balance.	respiratory system.
Core Issue 8 ADHD – Attention Deficit Hyperactive Disorder.	This remedy supports those levels of hyperactive behaviour which are where the cycles of the brain per second are very high and cause the person with this condition to be out of balance with everything around them, it causes them to be lacking in concentration, unable to finish tasks and to settle down – often affecting sleep patterns – this remedy helps to align the sympathetic and parasympathetic aspects of the autonomic nervous system to create a balance in the subconscious operating of the physical aspects of the body which are linked with psychological performance of the Individual through behaviour.	
Core Issue 9 Autism	As mentioned earlier with CORE ISSUE 2 formula, this condition is about failure of certain connections within the inner and physical self that fail to fully connect the interaction between the inner and the outer worlds. The symptoms can manifest as habitual behaviours, lack of interaction with present environment and fixations and ritualised routines as well as resistance to changing situations. There can also be certain sensitivities to external stimulus e.g. touch, colour, taste etc	
Core Issue 10 Self worth	This formula is about finding the pot of gold at the end of the rainbow. Many people go on this quest throughout life looking outside of them. In fact it starts with finding the relationship with yourself and looking inside. The pot of gold at the end of the rainbow is found in the heart. In accepting and loving oneself. When that sense of self value and self worth is found, it can open the floodgates to financial abundance because we all have issues with money from our parents. At that developmental age, we feel it is our fault and embeds a programme of low self worth which can manifest as lack later in life.	Low energy conditions



## HOW TO TAKE THE CORE ISSUE FORMULAS:

THESE REMEDIES may be used in 2 ways:

On an introductory level, where there are specific or potential problems which are already apparent although they could be used at earlier stages to start unravelling psychological or physical trauma holding emotional problems.

They may also be used to go on to support long-term degenerative physical problems which have their origin in the holding of trauma.

### So... How do you take them?

Well, this is where you need to refer back to the short video presentation which will give you a short practical and simple demonstration of how to muscle test.

Here is a checklist to the entire approach.

- You will need a small amber dropper bottle
- A bottle of mineral water
- A small amount of vodka to be used as a preservative
- A set of the core remedy formulas

To test for the remedy:

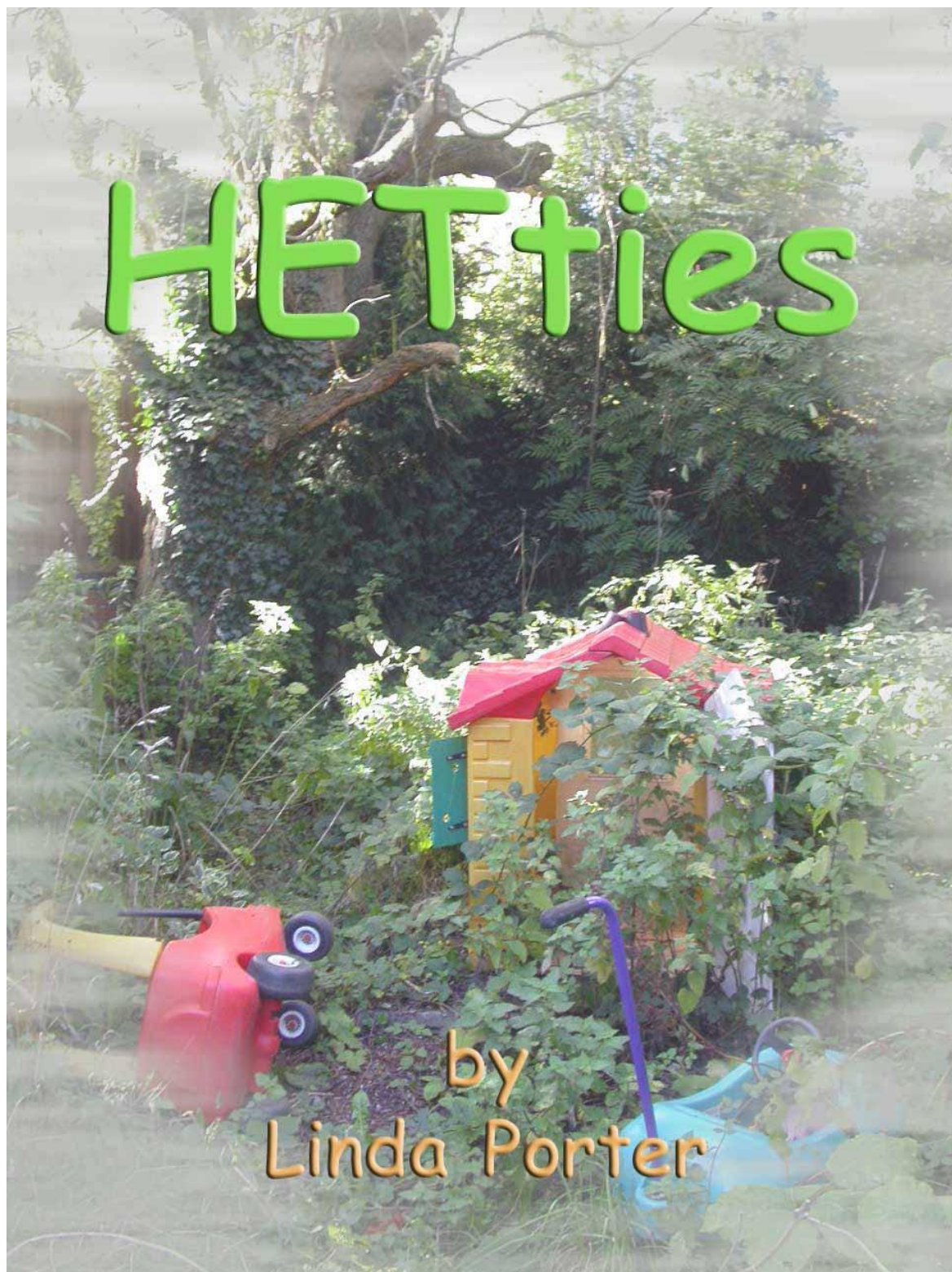
- You will need to ask your client to sit or stand with their arm at right angles to the body
- With your arm on their shoulder with your one hand, press with your other hand lightly down on their arm gently whilst they resist the pressure in order to find their level of resistance / strength. This gives you their normal strength level.
- Repeat the technique, this time with their hand free hand touching their heart. This will give you their 'weak point' level of resistance.
- Now ask them to touch each remedy in the box in turn whilst you test their strength levels
- The remedy that strengthens them the most is the remedy they need. Usually this is just one remedy but occasionally it may indicate 2 remedies that complement each other.
- Prepare the remedy by filling the amber dropper bottle with 1/3 vodka to act as a preservative and 2/3 water. To this, add a sugar ball from the remedy bottle, without touching it. Tip it into the lid and then into the bottle or on a spoon and then into the bottle. Replace the top and shake it until it dissolves. This releases the stored information from the sugar ball into the liquid.
- Now you will need to test for the correct dose. Get your client to hold the bottle in their free hand whilst you test the strength in their arm at right angles to the body, Ask out loud if they should take it for 4 weeks, 8 week, 12 etc when you get the

strong reaction - e.g. 8 weeks then test if you can get it closer, 6 weeks, 10 weeks etc. the stronger reaction is identified, then test again e.g. 7 weeks. The strongest reaction is the length of time that they need to take it for. Do work out the date 7 weeks from today in this example given and write it on the label.

- Now you need to see what the dosage is: 1 drop once a day, twice a day, three times a day and so on until you get to the strongest reaction. This is how you can successfully individualise the dosage. Sometimes people need to take it for a longer time at 1 drop per day or over a shorter time at 3 drops per day for example.
- Check the selected remedies against the key to the core issues given above and see if that makes some sense with the person you are testing. They may wish to discuss this or not, or it may even be too subconsciously buried for them to be aware of the significance.

You will need to be mindful of any behavioural changes over this period and it is advisable to check over your goals from stepping stone 1 and especially your diary of what triggers these behaviours. Write down any changes throughout the period that they are taking the core issue formulas. Also note where there are more frequent occurrences of the desirable behaviours as well as reduction or change in patterns of negative behaviours.

The next section of this book, in the APPENDIX, includes the corresponding chapter from HETties, the children's book for HET. It is included below for you to start working with this part of the programme with a young person as soon as possible.



Right then... Most HETTIES have heard of something called Kryptonite!

Think back to the stories and films you may have seen about 'Superman'. Whenever he came in contact with Green Kryptonite, it instantly weakened him and he lost his powers. He knew that if he stayed in contact with it he could become very ill and even die. The reason it affected him like this was that it had an impact on all the cells that made up his body.

Like everyone else living on Planet Earth, Superman's powers all came from our sun. You have heard of solar panels. These are able to capture and store the energy in sunlight.

Superman's cells were like living solar panels or rather solar cells inside him. They were able to store energy from the sunlight. When the light came into contact with what was inside Superman's cells, the energy was released. Things called electrons carried the energy force field out of the cell and this generated his power. This is similar to how a solar panel creates electricity. All living things on our planet have cells that work in a similar ways. We will look more at this in Stepping Stone 11.

Superman's cells probably had more in common with plant cells. Plants can take energy from sunlight to make their own food, turning water and carbon dioxide (what we breathe out into the air around us) into oxygen (what we breath in) and simple sugars which come together in different ways to form the foods we eat. We rely on plants doing this for us to provide our food supply.

Like Superman, our energy is always higher and stronger when we eat foods that are very pure, fresh and are rich in the sun's life giving energy, called PHOTONS. A brilliant scientist named Albert Einstein (who had ADHD by the way), came up with a very good diet to keep our powers strong. This involves eating foods that come as close as possible to that sunlight energy source. This diet is called the 'Einstein Diet' (not surprisingly!) and it is a good idea to follow this diet alongside your Rainbow Diet. Your HET helper will have details of this in their own HET book stepping stone 4 and can help you plan this out.

Your balanced Rainbow Diet can also help to keep you strong and powerful. Different colours play a very important part in all of this, as we can see later on, in Stepping stone 10, the Rainbow Journey.

Light from Earth's yellow sun played a big part in Superman's story; he needed this to make his own very special super power. However, something affected his power when he came into contact with Green Kryptonite. When this happened, he was no longer able to keep up his powerful energy state and would weaken. Somehow, this stuff managed to disrupt the way in which his cells worked within his body and this caused him many problems. He lost his powers!

A similar thing happens to us. When we come in contact with certain things, they can affect the ways our cells work. This blocks our energy from flowing properly and weakens us. We lose our power, just like Superman. The problem here is that Superman knew what green kryptonite could do to him and he kept well away from it. For us, it is a different story, each one of us is different. Different things can block our cells from working properly, stop our energy from flowing properly and can cause us to weaken and lose our powers!!

You have seen how this can happen from certain additives in your food, which we looked at in stepping stone 4 on Diet. By doing the simple muscle test with your HET helper, you were able to see what you were eating that was weakening you.

Well there is another way to use this simple test. This is to find out what strengthens us. By using the same technique and holding something in our other hand whilst we are having our arm tested, it is possible to see how much what we are holding will strengthen us!

So..... Going back to our food examples, if we held a food that was good for us, and then our arm would strengthen. Brussels sprouts should prove the point here!!!

Core formulas work in the same way. By holding different core formulas in one hand and testing muscle strength with the other arm it is possible to find out which core formula works best for us from the one that makes us strongest.

<http://www.youtube.com/watch?v=HWSN68eRoBA>

## **So what are 'Core Formulas'?**

They are little sugar balls that hold a special message. The message is put in there by a process called 'homeopathy'. These are the 'energy' information balls. This means that the energy is transferred from a flower essence, like Dr Bach made in Stepping Stone 3, into the sugar ball by a special machine. This works in the same way that a computer copies information onto laser disks using bands of colour to store the information, only it works with 'energy' messages rather than the data we store on computer. More about this in the 'Rainbow Journey'!

The core formulas come from lots of different plants of different colours because of how they work with sunlight energy. When their energy enters our cells they can release blocks that have been stored in there and that prevent our cells from working properly. A little bit like the way green kryptonite stopped Superman from being powerful.

We all get these blocks from things that happen to us in the past that we don't understand at the time. So we hold onto them until we get to a stage when we do understand them and then we can let go. Sometimes that letting go of experiences takes a long time to understand, even for adults. In the meantime, those experiences, which sometimes are so deep and so long ago that we don't really remember them, just get stuck. They stop the energy flowing around us from our cells, stop them from working properly, weaken us and stop us from finding our own individual powers.

These are experiences that we have all had in the past, and they are different for everyone, all called 'core issues'. In other words, they are at the core of that which 'is – you'

These work like the power of green Kryptonite being removed from Superman, which stopped him from finding his power. Core issue formulas can help us to release the blocks that we all have inside us, to enable us to be powerful enough to do what we are good at. That is different for everyone!

Your HET helper is able to get more information on how Core formulas work from their own HET BOOK on Stepping Stone 6 and can help you with finding right the core issue formulas for you.

**SPECIAL MISSION:**

Earn a HET token. By posting a story of how core issues helped you release a block that stopped you from doing something you wanted to be good at, we will email your HET helper your CORE token to put towards your treasure chest.

