



TheFeel and the Seven Fields Model: A Guide to Holistic Self-Healing

TheFeel's **Seven Fields** model is a holistic framework for understanding ourselves at every level – from the physical and emotional to the energetic and spiritual. Drawing on ideas from Touch for Health kinesiology and Eastern/Western wisdom, this guide explains each field (retaining terms like *TheFeel*, *TranceDucer* and *Touch for Health* as originally used) and shows how they interweave in everyday life. Each chapter introduces one field, supported by insights from science and tradition. We'll also explore emotional sabotage, “energy memory,” muscle testing, symbolic rituals, and the vital need to align body, mind, and spirit. Throughout, real-life examples and exercises illustrate intuition, empathy and inner guidance – helping you integrate all seven fields into a balanced, self-aware life.

By Roland Nansink

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Prologue – Listening for the Inner Pulse

Close your eyes for a moment and bring awareness to a single heartbeat. Beneath its soft percussion lives an entire universe: memories woven into muscle, silent beliefs steering hormones, whispers of intuition nudging your next decision. Most of us spend decades marching to the outer drum of obligations—until illness, burnout, or a flash of insight makes us ask a deeper question: *What if health is not just physical, but the harmony of everything I am?*

TheFeel approach answers with seven intertwined Fields. Rooted in kinesiology, behavioral science, and ancient wisdom, the model suggests your body, emotions, mind, and spirit converse constantly. When the conversation flows, you feel ease, clarity, and purpose. When it clogs, symptoms appear—physical pain, emotional sabotage, spiritual numbness.

This book is an invitation to eavesdrop on that inner dialogue, then actively guide it. Whether you are a practitioner, a lifelong seeker, or someone simply tired of treating surface symptoms, the pages ahead will show how to *listen* with your muscles, feed your cells as wisely as your thoughts, decode synchronicities, and enlist invisible allies. Above all, you'll learn that healing is less about adding new techniques and more about removing the static that blocks the vibrant intelligence already inside you.

Take a breath. Feel the pulse. Let's begin.

Introduction: The Seven Fields Approach

and simple body-mind practices can help realign us. By the end, you'll see how aligning all seven fields can guide you toward healing The **Seven Fields** model views us as multi-layered beings. It draws on Touch for Health (TFH), an established kinesiology system that describes health as the balance of body, mind and energy touchforhealth.us. In Touch for Health, muscle testing and acupuncture are used to “*restore natural healing energies*” touchforhealth.us. TheFeel builds on this with seven distinct domains:

- **Cyclus** (Sociaal-maatschappelijke leeftijd) – the *social/societal cycle* or life-stage role we occupy
- **Fysiek** (Biologische leeftijd) – our *physical/biological age and condition*
- **Chemisch** (Energetische waarde) – the *chemical-energy balance* of nutrition, hormones and biochemistry
- **Puls** (Spiritueel bewustzijn) – our *spiritual pulse or awareness*, akin to Qi/prana or intuition
- **Atomair** (Karma) – the subtler *action–reaction* imprint or “karmic” dimension in us
- **EMK** (Ziel) – the deep *soul essence* or core of consciousness (EMK stands for an inner energy concept)
- **Veld** (Bondgenoot) – the broader *field of allies*, energies or support around us

Each field corresponds to a layer of experience – social, physical, biochemical, energetic, spiritual and relational. We'll translate these Dutch terms and explore how each level affects our emotional, physical and spiritual health. Along the way, we'll integrate research from psychology, neuroscience and integrative medicine, and also draw on Taoist, Eastern and Western mystical traditions (e.g., ideas of vital breath, yin-yang, chakras, synchronicity) to illustrate TheFeel's principles. Practical

examples and exercises will show how inner saboteurs, beliefs and energies play out in life, and how methods like the TranceDucer correction tool, symbolic rituals (burning written intentions), and wholeness.



Cyclus: Social/Societal Age

Translation: **Cyclus Sociaal-maatschappelijke leeftijd** means the *social or societal cycle (age)*. This refers to our perceived role and maturity in society – our “social age” versus chronological age. For example, one 40-year-old may feel socially very “young” if they act as a creative student or free spirit, while another may feel “older” as a parent or community leader. This field covers life stages, generational influences, social roles and the patterns of development we go through in society.

From a psychosocial standpoint, how we feel about our age and role can affect well-being. Studies show that subjective age and emotional well-being are linked to health: people feeling chronologically older (loneliness, anxiety) show faster biological aging [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov). In fact, one study found feeling unhappy or isolated can *add up to 1–2 years* to one's biological age [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov). Conversely, people with a youthful social outlook often enjoy better health and longer life. In other words, how we *feel* about our social role (the Cyclus field) actually influences the *Fysiek*(biological) field.

Social wellness: Many social science theories echo this. Erik Erikson's stages (infancy trust, adolescence identity, adulthood generativity, etc.) describe the tasks we cycle through. A midlife person reconnecting with friends or learning new skills (staying socially “young”) can feel rejuvenated. By contrast, someone stuck in a role that doesn't fit (e.g. forced retirement) may feel out of sync. Feelings of purpose, community and belonging are vital. Research confirms that “*mental and physical health rely heavily on each other*”: for instance, people with mental health challenges have higher risks of conditions like heart disease frederickhealth.org, suggesting social/emotional integration matters for the body too.

Real-life example: A young graphic designer in her 30s feels more in-tune with her generation and peers, even though by the calendar she's middle-aged. She goes to concerts, mentors start-ups, and feels vibrant – her “social age” is young. In contrast, a 25-year-old veteran who runs a business might feel older than his years, having taken on major responsibilities early. The First is likely to have higher energy and positive outlook, which may in turn reflect in better health (Fysiek) [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov).

Practice: Pay attention to your social roles. Reflect on questions like: What life stage role do I most identify with (student, parent, elder, etc.)? Am I living in the social cycle that *resonates* with me, or am I out of alignment? Discuss with friends of different ages, or try a new social activity – this can shift your inner Cyclus and boost wellbeing.



Fysiek: Biological Age

Translation: **Fysiek Biologische leeftijd** literally means our *physical or biological age*. Beyond the number of years since birth, this field represents how old our body “really is” – determined by metabolism, fitness, cell health, hormones and more. In TheFeel, Fysiek covers the body’s state and aging process.

Modern science underscores that this biological age isn’t fixed at birth. Lifestyle and mind play big roles. For example, diet, exercise and stress-

management can slow biological aging. A Northwestern study showed that people with accelerated biological aging had higher rates of depression and anxiety [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov). In other words, our *mental states* and habits affect how “old” our body actually becomes. Feeling chronically stressed, for instance, raises stress hormones and inflammation, speeding up aging. Conversely, positive emotions and self-care can keep us physiologically younger. A Fortune report noted cases where intense lifestyle changes (diet, mindfulness, exercise) reversed certain biological age markers by several years [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov).

Health insights: Researchers emphasize that psychological factors contribute substantially to biological aging [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov). So the Fysiek field is tied to the Cyclus and Puls fields: how you live socially and how you manage stress both affect your cells. Good medical science (nutrition, exercise, sleep) is important here, but so is emotional balance. For instance, maintaining a nutritious diet rich in proteins, healthy fats, vitamins and minerals is known to reduce risks of depression and heart disease frederickhealth.org. Every nutritious meal nourishes not just your body but your mood and energy (the “energetic value” that links to the Chemisch field).

Example: Consider two 60-year-olds: Person A eats well, stays active, meditates, and volunteers in the community; Person B smokes, eats junk, feels chronically anxious and isolated. Although they’re the same chronological age, Person A’s body likely functions more like that of a typical 50-year-old, whereas Person B’s heart and organs might be in “worse shape” than average for 60. This illustrates how keeping Fysiek aligned with body-mind practices can literally keep us younger in health.

Tip: Track simple markers of biological age like strength, flexibility, sleep quality or even routine blood tests. Small changes in diet, or adding 30 minutes of exercise most days, can improve those markers. Notice how your energy (Chemisch field) and mood change with what you eat and do. Over time, aligning your lifestyle with your well-being can literally slow the clock on your Fysiek (biological age).



Chemisch: Chemical/Energetic Balance

Translation: **Chemisch Energetische waarde** refers to our *chemical energetic value*. This encompasses the body's chemistry and energy resources – nutrients, enzymes, hormones, vitamins, and the balance of acids/bases. In practical terms, it's the internal “fuel tank” and biochemistry that powers the body-mind system.

This field relates closely to nutrition and metabolism. Every bite of food, every neurotransmitter, every blood sugar spike is part of Chemisch. Emotional health research shows diet and body chemistry profoundly affect feelings and energy. For example, a balanced diet of proteins, good fats and complex carbs can improve mood and cognitive clarity frederickhealth.org. Conversely, deficiencies or imbalances (like low vitamin B, excess caffeine, or chronic dehydration) often manifest as fatigue, irritability, or anxiety – essentially body signaling “chemical sabotage.”

Brain-body link: Neuroscience and physiology make it clear: our brain and gut communicate intimately (gut-brain axis). TheFeel’s Chemisch field suggests that if this energy is “off” (poor diet, toxins, or nutrient gaps), it disrupts physical vitality and emotional balance. It echoes concepts in Integrative Medicine: e.g., exposure to toxins or chronic inflammation is linked to depression or fatigue. Behavioral science also notes habits (smoking, alcohol, sleep deprivation) accelerate wear-and-tear (add to biological age) [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov).

Energy medicine parallel: In some healing traditions, body chemistry is seen as part of an energy field. For instance, Touch for Health uses nutritional testing via muscle response to suggest what the body needs (vitamins, minerals). While the science on muscle testing is debated, the insight remains that the body often knows what chemistry it lacks.

Example: Think of drinking coffee on an empty stomach. The caffeine rush can give quick energy but often leads to a crash and jittery anxiety later – that’s a Chemisch imbalance affecting the body (spike of sugar/adrenalin, followed by withdrawal). Or consider how a high-sugar diet can lead to mood swings or inflammation. On the positive side, many people find that regular supplements (like omega-3s or vitamin D) lift their mood and clarity, showing how tweaking chemistry affects overall well-being.

Integrative tip: Pay attention to how specific foods, supplements or environmental chemicals (air quality, skin care products) make you feel. You might keep an “energy log”: note your diet for a week and record mood/energy patterns. Small tweaks (more hydration, whole foods, sunshine for vitamin D) often have big effects. In each TheFeel session, balancing the Chemisch field means ensuring the body has what it biochemically needs – akin to filling the tank with quality fuel.



Puls: Spiritual Pulse or Consciousness

Translation: **Puls Spiritueel bewustzijn** means the *pulse of spiritual consciousness*. This field represents our inner awareness, intuition and life-force energy (similar to concepts of *Qi* in Chinese thought or *prana* in yoga). It is the “spark” that animates our awareness beyond the physical. In practical terms, it shows up as our intuition, creativity, dreams, gut

feelings and synchronicities – the subtle, non-rational signals we receive from within or the universe.

Many spiritual traditions emphasize **breath and pulse** as bridges to spirit. For example, the Chinese word *qi* literally means “breath” or “air” en.wikipedia.org. In Taoism and Traditional Chinese Medicine, an unobstructed flow of *qi* (life breath) is essential for health – illness is seen as stagnant or blocked energy en.wikipedia.org. Similarly, yogic teaching speaks of *prana* (life-energy) moving with the breath through chakras. Modern integrative science is also exploring this: neuroscience finds that paying attention to bodily signals (interoception) actually builds self-awareness and empathy drdansiegel.com. Dan Siegel, a leading psychiatrist, describes the heart and gut as “*parallel processing networks*” – sophisticated systems that subconsciously guide us drdansiegel.com. In his words, “our whole being...is processing information,” so that we often “listen to our gut” when making decisions drdansiegel.comtheguardian.com.

Intuition and synchronicities are expressions of the Puls field. Carl Jung called meaningful coincidences “synchronicities” – events that *appear* connected in purpose even without a direct cause en.wikipedia.org. Many people encounter these: a song lyric that perfectly answers a question, or running into someone who has the exact advice you need. Jung believed these were manifestations of an underlying field of meaning beyond our logic. Similarly, TheFeel sees these as evidence of the Puls (Spiritual Consciousness) linking us to higher guidance.

Support from research: Cognitive science suggests intuition is real: one study notes that intuitive hunches are “ideas or feelings that...guide our thoughts and behaviors” based on unconscious pattern recognition pubmed.ncbi.nlm.nih.gov. Another interview with intuition expert Joel Pearson defines intuition as “*the learned, positive use of unconscious information for better decisions*” theguardian.com. In other words, intuition isn’t magic, but your brain summing up subtle sensory and memory clues. By listening to that inner pulse – the quiet “knowing” in your gut or heart – you tap into a powerful source of guidance.

Example: Have you ever arrived somewhere and immediately “known” it was the right path, without factual evidence? Or had a hunch about

someone that proved true? That's Puls at work. For instance, you might feel unusually drawn to a book in a bookstore and discover exactly the advice you needed on the next page. Another example: a frequent insight is to suddenly feel uneasy and skip a routine commute – only to learn afterward of a hidden hazard on that route. These synchronistic nudges illustrate the connection of body intuition with external events en.wikipedia.org/pubmed.ncbi.nlm.nih.gov.

Practice: Cultivate Puls through mindful breathing and observation. Daily, spend a minute focusing on your breath and any sensations (“As I breathe in, I feel...; as I breathe out, I notice...”). This stills the mind and amplifies subtle feelings. Pay attention to dreams or daydreams – they often communicate symbolic wisdom. Keep a *synchronicity journal*: note coincidences or intuitive hunches you had, and later check how they unfolded. These simple exercises train the spiritual pulse to guide you. As Siegel noted, engaging our “heartfelt feelings” is a “very important” way our whole being processes information drdansiegel.com. In TheFeel work, recognizing your Puls field means honoring these subtle inner signals as part of your wholeness.

A young monk sits in meditation, embodying the Puls field. Quiet mindfulness awakens inner awareness and intuition, as modern neuroscience confirms that interoceptive focus (listening to body signals) boosts empathy and consciousness drdansiegel.comdrdansiegel.com.



Atomair: Karma (Atomic Cause-and-Effect)

Translation: **Atomair Karma** literally links the idea of atomic particles with the concept of karma. It refers to the universal principle that every action has a reaction – a spiritual “cause-and-effect” imprint. In TheFeel, this field acknowledges that our choices and intentions sow seeds that ripen later. It’s the subtle accumulated energy of our past deeds, beliefs and patterns, which can influence our present and future reality.

“Karma” here isn’t about reward or punishment in a moralistic sense; it’s more like the ripples we create in a pool when we throw a stone. Modern science has analogues: Newton’s third law states “for every action there is an equal and opposite reaction.” On a quantum level, physicists talk about entangled particles and nonlocal connections. Metaphorically, our *intentions* also reverberate. For example, countless personal stories attest to the idea that when we send out kindness and help, support seems to return unexpectedly. Jung’s synchronicity theory even suggests acausal,

meaningful connections between mind and events, implying a hidden order beyond ordinary causality en.wikipedia.org.

Psychology note: While western science doesn't formally study "karma," it does recognize self-fulfilling prophecies and subconscious patterns. Cognitive and behavioral research shows that beliefs and expectations can shape outcomes (e.g., placebo effect, confirmation bias). In practice, if someone believes "I always fail," they may unconsciously choose scenarios that reinforce that belief. This psychological karma aligns with TheFeel's concept: unresolved negative patterns will "keep repeating" until consciously addressed.

Spiritual parallels: Many traditions echo this field. In Buddhism and Hinduism, karma is central: our ethical actions plant seeds that yield future states of being. Even Christian teachings ("you reap what you sow") reflect a similar idea. TheFeel's seven fields model uses "atomair karma" to emphasize that these forces are deeply ingrained, as if at the smallest atomic level of our being.

Example: Imagine you consistently cut corners at work. Even if no one confronts you, a kind of "karmic" consequence might appear: your reduced effort leads to a critical mistake later. Conversely, if you habitually cheerfully volunteer your time, you may serendipitously meet someone who later helps you in an unexpected way. These are intuitive illustrations of Atomair Karma – your past energy patterns influencing present circumstances.

Reflection: Notice patterns in your own life. Are there situations that keep arising (e.g. recurring relationship dynamics or career challenges)? These may hint at underlying "karma" – old beliefs or behaviors that need resolution. TheFeel suggests that by bringing awareness to these and consciously choosing differently, you can change that field's imprint.



EMK: Soul Essence

Translation: **EMK Ziel** refers to the soul or deepest essence of the individual. (In context, “EMK” stands for an inner energy concept used in BodyTalk/Energy Kinesiology as “Energetic Tactic Memory” or similar – essentially a blueprint of the soul’s purpose.) This field represents your innermost self – the unique spiritual identity or consciousness beyond mind and ego. It’s the core “I” that experiences all other fields.

All spiritual traditions speak of the soul or spirit. In Western mysticism, the soul is often called the divine spark or true Self; in Eastern thought, it’s Atman or pure consciousness. TheFeel’s EMK field aligns with those ideas: that deep within us is a part untouched by doubt or sickness. This aspect carries our fundamental purpose, gifts and the lessons we choose for this lifetime.

From a psychological angle, Carl Jung talked about the **Self** as an archetype of wholeness – an inner guiding force striving for balance

en.wikipedia.org. TheFeel similarly sees the EMK field as providing inner wisdom and guidance. When our external identity (the persona) clings too tightly or the ego is misaligned, our soul-level guidance can get “forgotten.” Emotional sabotage often blocks EMK expression. For example, an artist with great talent may ignore her calling due to fear, neglecting her Soul’s impulse.

Cultivating EMK: Practices that connect to the soul might include deep meditation, prayer, creative flow or spending time in silence/nature. Many people describe moments of oneness (e.g., gazing at stars, deep love for a child, profound meditation) as encounters with their soul. These moments illustrate the EMK field shining through – a clarity beyond the usual chatter. Although science doesn’t “measure” the soul, neuroscience acknowledges altered states: brain imaging shows that meditation or awe can change brain activity in ways that feel like ego boundaries dissolving.

Example: A person might have a recurring dream or vision showing their life purpose or a spiritual truth – that’s their EMK expressing itself through the unconscious. Alternatively, someone devoted to inner work often notices a “voice of the soul” when making moral decisions, rather than just social norms or personal gain. Honoring this voice (through reflection or journaling) keeps EMK aligned with daily life.

Exercise: To touch your EMK field, try a quiet centering practice: sit or lie comfortably, focus on your breath, and gently ask yourself, “What does my soul need to tell me right now?” Don’t judge or seek an answer intellectually; instead feel for any impression or subtle image that arises. Even if words don’t come, the feeling of calm openness itself can be an EMK signal. Over time, noticing these intuitions becomes trusting the soul’s guidance.



Veld: Field of Allies

Translation: **Veld Bondgenoot** means *field ally* or *ally field*. This subtle domain represents the supportive forces around us – the collective field of consciousness and unseen helpers that we can connect with. It may include community (the people around us), nature’s spirit, ancestors, spiritual guides, or the “morphic field” (a concept by biologist Rupert Sheldrake suggesting a collective memory influencing patterns). In essence, Veld is the sense that we are not isolated: we are interlinked with a larger energy field.

In science, there isn’t a direct equivalent of this field, but certain ideas hint at it. Quantum physics shows interconnectedness (entanglement) that defies simple separation. Ecologists speak of Gaia theory – Earth itself as a living, regulating system. In psychology, the concept of the **collective unconscious** (by Jung) describes a shared reservoir of archetypes and intuition influencing us. In social sciences, we know social support

networks (friends, mentors, community) significantly affect health and resilience.

Practical view: Veld can be experienced as luck, serendipity, or the kindness of strangers that show up just when needed. For example, when you're going through a hard time, you might meet a mentor or friend seemingly by chance who offers crucial guidance – this feels like the ally field in action. From a spiritual viewpoint, some believe in “spirit guides” or angels who nudge us. TheFeel encourages trusting that such allies exist in the Veld.

Example: Consider a stranded hiker who suddenly finds a group of helpful locals in a remote village – that's the Veld stepping in. Or a creative writer feeling “stuck” but then discovering an inspiring book in the library (by synchronicity): the content from that book feels like a direct answer to the writer's problem, illustrating unseen support. While these can be seen as coincidences, in the framework of the Seven Fields they are evidence of the Field Ally offering aid.

Practice: To align with your Veld, cultivate gratitude and openness. When you have a problem, trust that help can appear in many forms. You might even set an intention and see what unfolds – keeping an eye out for helpful signs or people. In meditation or prayer, you can ask to be connected with your guides or supportive energies. Remember the principle from positive psychology: communities and relationships strengthen well-being, so building real friendships and being of service also activates the ally field.

Emotional Sabotage and Energy Memory

Throughout the fields, **emotional sabotage** is a key challenge. This term refers to unconscious patterns or beliefs that *work against our well-being*. Psychologists describe it as undermining our own success: for example, just when you start to feel proud of progress, a sudden wave of self-doubt can drag you down [psychologytoday.com](https://www.psychologytoday.com). Often this comes from unresolved childhood conditioning. One therapist notes how people learn early that “*feeling good was bad*” when expressing pride brought punishment or disapproval [psychologytoday.com](https://www.psychologytoday.com). The result is inner conflict: part of you moves toward growth, but a hidden part triggers sabotage.

Energy memory is a related idea: the notion that unprocessed emotions and traumas get “**stored**” in the body’s energy. In TheFeel and Touch for Health, it’s believed that the body “remembers” negative events as patterns of blocked energy. Modern trauma science supports a version of this: Bessel van der Kolk’s research shows that traumatic events literally change our neurochemistry and physiology. He writes, “*Trauma affects the entire human organism – thinking, feeling, relationships, and the housekeeping of one’s body.*” It leaves survivors vulnerable to chronic pain, insomnia, depression and other health issues besselvanderkolk.com. While mainstream medicine describes this in terms of stress hormones and brain changes, it aligns with TheFeel’s view that emotional wounds live “in” the body until healed.

In practice, we see emotional sabotage and energy memory when, for instance, someone repeatedly attracts the same type of toxic relationship or fails at the last hurdle in projects. The Feel model would say the unresolved energy (karma or EMK lesson) is replaying. Healing requires bringing these patterns to consciousness. One method is *muscle testing*: TheFeel practitioners might test a muscle while thinking of a problem. If the muscle weakens, it indicates an internal conflict or “incongruence” with that thought. Though mainstream research finds muscle testing unreliable for diagnosing health conditions [healthline.com.en.wikipedia.org](http://healthline.com/en.wikipedia.org), practitioners use it as a metaphorical tool to reveal hidden stress.

To address emotional blocks, TheFeel suggests techniques like the **TranceDucer energetic correction** and symbolic rituals. For example, writing down a persistent fear or hurt on paper and then physically burning it can be powerful. As one Pagan healer notes, “*items that are associated in some way with trauma can be ritually burned, as a symbolic burning away of that energy.*” wildhunt.org. This act uses the cleansing element of fire to help our psyche let go. Coupled with affirmations or prayer, such rituals reinforce releasing the old pattern.

Integrated health tip: Modern therapies echo this mind-body approach. Techniques like EMDR, somatic experiencing, or yoga integrate movement and awareness to release trapped emotions. Even VA and military therapists now *prescribe yoga* for PTSD – research found yoga outperformed drugs in PTSD trial besselvanderkolk.com. The key is

increasing the **mind-body feeling of safety**. Van der Kolk recommends practices that give survivors a sense of bodily control and calm besselvanderkolk.com. In TheFeel terms, this is aligning Puls and Fysiek: calming the nervous system (e.g., deep breathing, meditation) directly down-regulates stress hormones and resets the body's pulse field.

Muscle Testing and the TranceDucer

A signature Touch for Health method is **muscle testing** (Applied Kinesiology): the practitioner holds a client's limb and applies slight pressure while the client thinks of a statement. A “strong” muscle response means coherence, whereas sudden weakness is interpreted as a hidden stress or imbalance. TheFeel extends this idea (e.g. the TranceDucer device purportedly gauges subtle energetic responses), using it as feedback on our fields.

In practice, a person might hold a thought (“I am worthy”) during a muscle test. If the muscle weakens, TheFeel might interpret this as an “inner incongruence” – perhaps a subconscious belief conflicting with the conscious statement. It's akin to saying: your body “knows” a deeper truth you might not consciously realize. While many find this phenomenon compelling, science urges caution. Numerous studies conclude that muscle tests **do not reliably diagnose health issues** [healthline.com](https://www.healthline.com/en.wikipedia.org#muscle-testing). The American Cancer Society and allergy associations have stated that applied kinesiology lacks evidence for diagnosing illness [en.wikipedia.org](https://www.healthline.com/en.wikipedia.org#muscle-testing). One review flatly found that beyond testing physical muscle strength, “muscle tests are useless for diagnosing medical conditions” [healthline.com](https://www.healthline.com/en.wikipedia.org#muscle-testing).

So how do we reconcile this? In TheFeel context, muscle-testing is not used like a thermometer to measure disease, but as a therapeutic signal. Think of the arm muscle as an “*honest spokesperson*” for your body. Many practitioners use it not for medical decisions, but as a gentle biofeedback: “yes/no” cues guiding an intuitive conversation. Just keep in mind the mainstream view that these tests are not medically validated [healthline.com](https://www.healthline.com/en.wikipedia.org#muscle-testing). Use them as a guide to personal insight, not a substitute for professional diagnostics.

The **TranceDucer** (an energetic correction tool in TheFeel) likely serves a similar purpose. While there is no peer-reviewed research on any specific TranceDucer device, the concept sounds akin to other biofield devices (like Rife machines, PEMF mats, etc.). The idea is that by placing the device against the body, one can “tune” or reset the body's energetic patterns. This

resonates with the principle that vibration and frequency affect biology (for example, light therapy for SAD, or binaural beats for brain waves). Even though definitive science on such devices is limited, we can view the TranceDucer as a means of focusing intention on the energy body. It symbolically embodies “correction” of imbalances in the seven fields.

Exercise: If you have a partner, you can try a simple muscle-feedback check: stand and lift one arm horizontally. Have your partner gently press down while you hold a specific thought or memory. Note if your arm feels weaker with certain thoughts – this may reveal an emotional charge. (This is not a medical test, just an experiential one.)



Rituals and Symbolic Healing

Human cultures worldwide have used **symbolic rituals** to transform energy. These are conscious acts that engage the mind and body together to facilitate release and alignment. TheFeel incorporates rituals like *symbolic burning* as part of clearing the energy fields. Burning a written worry or fear, for example, helps the mind *visually and viscerally* mark a transition. As one practitioner describes, taking an object associated with trauma (even a drawing or paper with negative thoughts) and burning it is a “symbolic burning away of that energy” wildhunt.org. It’s a way for the psyche to acknowledge the intention to let go. Similarly, ritual baths (water for cleansing) or lighting sage/incense (smoke for purification) tie into the other elements.

From a psychological viewpoint, rituals work on multiple levels. The Wild Hunt columnist notes that burning as cleansing taps into ancient attitudes – fire has always represented purification (think of passing blades through flame to sterilize) and connection to the divine (sacrifices, offerings) wildhunt.org. Modern psychology agrees that performing a deliberate

ritual can create a meaningful break in mental patterns. For example, writing down a grievance and physically altering it (burning or tearing) can help the emotional brain release the grip of that memory.

Exercise: Try a simple ritual on your own: Write down a fear or limiting belief you want to release (e.g. “*I am not enough*”) on a piece of paper. Find a safe, contained space (perhaps outdoors in a fire-safe bowl), and *mindfully* burn the paper (or tear it and scatter the ashes). As the smoke rises, visualize the negativity dissolving. You might say to yourself: “I release this old pattern.” Afterwards, take a few deep breaths and feel the difference. This combines action (handing the fear to the flame) with intention (the conscious decision to let it go), engaging several fields at once (Puls, EMK and others).

Congruence of Body, Mind, and Spirit

A central theme in TheFeel is the importance of **congruence** – alignment among all fields. A healthy person experiences harmony between their



body (Fysiek), emotions (linked to Chemisch and Cyclus), thoughts, and spirit (Puls/EMK). When one field is out of sync, it often shows up as discomfort or disease in another. Modern integrative health emphasizes this: “*the body keeps the score*,” meaning that psychological turmoil often manifests physically besselvanderkolk.com.

Neuroscience and trauma research highlight this mind-body unity. As Dr. Bessel van der Kolk explains, trauma survivors literally embody their stress: they remain in a chronic “biology of threat” with altered stress hormones and alertness besselvanderkolk.com. Their bodies are on edge even when safe, showing how unresolved emotional pain translates into physical symptoms. Importantly, he finds that body-based therapies (like yoga, movement, breathing) can *rewire* this. One study he cites found “*yoga had better results than any drug*” tested for PTSD

besselvanderkolk.com. Why? Because practices like yoga reconnect individuals with bodily sensation and inner safety, something talk therapy alone often cannot provide besselvanderkolk.com.

This underscores TheFeel's logic: balancing our fields requires holistic methods. For example, if someone has anxiety (Puls out of balance) they might hold tension in their muscles (Fysiek) and crave certain foods (Chemisch). Simply addressing one aspect may not work. Instead, practices that engage all levels are effective. Mindfulness meditation calms nervous (physical) tension while shifting brain activity. Chanting or mantra work vibrates sound energy (Puls) through the body. Biofeedback and HeartMath techniques literally teach body rhythms to match calm states.

Example: A person struggling with chronic pain often finds that Western medicine alone isn't enough. Integrative approaches (acupuncture for energy flow, meditation for mental calm, gentle yoga for body ease) can make a breakthrough. This is the power of congruence. As an aphorism from Taoism suggests, the Tao (the whole) arises from the interplay of yin and yang – only when these opposites are balanced does true harmony emerge.

Practice: Seek activities that merge body and mind. This could be a mindful walk in nature (breath awareness + physical movement), a yoga or tai chi class (movement + breath + intent), or even expressive art (creative intuition + emotional expression). Check in with yourself: when your thoughts say one thing but your body feels another, take note. Are you trying to force something that feels “off” in your gut? TheFeel teaches that such dissonance often precedes illness or burnout. Aim instead for small daily acts of congruence: listening to your body when it says “slow down,” or aligning your goals with what truly inspires you.

Research supports holistic healing: Dr. Bessel van der Kolk notes that trauma patients who practice yoga (a body-based, mind-body field exercise) gain “a sense of control and safety” that medication alone did not provide besselvanderkolk.com. Here, a person stretches at sunrise – merging body movement with mindful awareness – exemplifying how physical exercise can also be spiritual and therapeutic.



Sensitivity, Intuition and Inner Guidance: Exercises

Developing the subtle awareness of the Puls field can be practiced. Here are some *real-life examples and exercises* inspired by TheFeel principles:

- **Gut-Feeling Check:** Before making a decision, pause and notice any bodily sensations or emotions. For example, try this: think of two options (A vs. B) and gently place one palm upward on your belly or chest, focusing inward. Say quietly, “I choose A,” and note how your body feels (open, tightened, warm, cold?). Then try “I choose B.” Often one option will feel more relaxed or right in the body. According to Dan Siegel, these “gut” and “heart” signals are not just metaphors but *actual parallel processors* of information drdansiegel.com. Respecting them can guide you beyond rational analysis. (Be aware: this is a personal sensitivity exercise, not a lab test.)
- **Synchronicity Journal:** For one week, carry a small notebook. Write down any interesting coincidences or intuitive hunches you

have each day. Did you dream about someone before they called? Did you notice a repeated theme in songs or conversations that seemed “significant”? After a week, read through your notes. Often, you’ll find patterns or messages emerging. Psychology today notes how our unconscious can produce rapid shifts in mood or insight based on early learning [psychologytoday.com](https://www.psychologytoday.com) – journaling helps us catch those moments of inner wisdom.

- **Empathy Practice:** Sit quietly and imagine someone you know going through a challenge. As you visualize them, pay attention to what you feel in your body or heart. Emotions like sadness, worry or warmth may surface. Neuroscience calls this *interoceptive empathy*: being aware of your body’s mirror reactions. Studies show people who are more attuned to their internal states tend to have greater empathy and social awareness [drdansiegel.com](https://www.drdansiegel.com). Try offering yourself compassion as these feelings arise (“May they be peaceful”), which also opens your own intuitive heart.
- **Energy Clearing Ritual:** Build on the symbolic burning idea. Each night before bed, take a few deep breaths and name aloud one worry or limiting belief (e.g. “I release fear of failure”) then imagine it dissolving like smoke. You can light a small candle or hold a crystal, symbolizing light and grounding. Such nightly rituals create a clear boundary between your conscious mind and these “energy memories,” helping you feel lighter. Bessel van der Kolk notes that rituals like yoga or even simple breath practices can physically shift the nervous system out of a chronic trauma response [besselvanderkolk.com](https://www.besselvanderkolk.com).
- **Yoga or Movement:** Incorporate gentle yoga, stretching or dance into your routine. As one moves, imagine energy flowing through each part of the body (common in practices like kundalini yoga). Research on trauma found that movement practices give people a vital sense of control over their bodies [besselvanderkolk.com](https://www.besselvanderkolk.com). Even simple stretching with attention can signal to your brain that “I am present and safe.”
- **Mindful Breathing:** Finally, cultivate a daily habit of 5–10 minutes mindful breathing. Sit comfortably, focus on your natural breath.

Notice the rise and fall, without trying to change it. This simple practice tunes into your *pulse*— your heart rhythm and gut sensations become more noticeable. Neuroscience shows that breathing regulation can quickly calm the amygdala (fear center) and align brain networks pubmed.ncbi.nlm.nih.gov. Over time, you become more sensitive to inner cues throughout the day.

By performing these exercises, you actively strengthen the Puls and EMK fields – training yourself to notice guidance from within. Combined with the other fields (making sure your body and chemistry are supported, and your social life is healthy), you build congruence between inner guidance and outer life. Remember, intuition and synchronicities often speak softly; these practices help you turn up the volume on that inner voice.



Conclusion: Living the Seven Fields

Integrating the Seven Fields means caring for every facet of our humanity. **Congruence** – when body, emotions, mind and spirit flow together – is the foundation of wellness. Modern medicine and psychology remind us of this unity: people who keep their mental and social life healthy tend to avoid chronic physical diseases like heart disease frederickhealth.org. Likewise, evidence shows that positive attitudes and stress-management literally slow biological aging pmc.ncbi.nlm.nih.gov.

Conversely, neglecting any field invites imbalance. Unaddressed emotional sabotage (negative beliefs) can manifest as illness. Blocked “energy memories” can make us repeat patterns. TheFeel offers tools for all of it: from nutritional balancing (Chemisch) and posture/muscle work (Fysiek), to spiritual rituals and intuitive listening (Puls and EMK). It teaches that we each carry both pain (sabotage/karma) and guidance (intuition/ally field) simultaneously, and that healing requires acknowledging both.

As a holistic guide to self-awareness, TheFeel reminds us that **you are more than your body alone**. You are a social being (Cyclus) whose emotions and community matter, a biological organism (Fysiek/Chemisch) needing care and nourishment, and a spiritual being (Puls/EMK/Veld) connected to something greater. By learning to trust your inner pulse, clear out what no longer serves, and stay aligned with your true self, you open the path to deep healing.

Takeaway: The seven fields together form a map for living integrally. Start small: tune into your breath each morning (Puls), eat one wholesome meal (Chemisch), move gently or dance (Fysiek-Puls), reach out to a friend (Cyclus-Veld), and forgive yourself for old mistakes (Atomair/EMK). Over time these simple acts reinforce each other. Remember the wise words of van der Kolk – even a little yoga or body-mind practice can achieve more than medication alone besselvanderkolk.com. Embrace your journey with curiosity. By valuing every field of TheFeel, you align body, mind and spirit – and invite a fuller, more vibrant expression of your true self.

Suggested Exercises (Bullet Summary):

- **Daily Breathing Pause:** Spend 2–5 minutes each morning breathing mindfully. Notice any gut or heart sensations as you breathe in calm and breathe out tension.
- **Nutrition Check:** Experiment with diet tweaks. For one week, add an extra serving of vegetables or a vitamin supplement (like B12 or D). Observe if mood/energy improves (Chemisch → Puls).
- **Muscle Awareness:** Before bed, scan your body from head to toe, noticing any tension (Fysiek) and consciously relax each part. This reconnects brain and body, easing stress.
- **Synchronicity Note:** Keep a small notebook. Each day, jot down one coincidence or intuitive hunch you experienced. At week's end, review for themes or guidance (strengthening your Puls awareness).
- **Write & Release:** Write down one recurring fear or self-doubt. Safe outside, burn or tear it up, visualizing releasing its hold on you (ritual cleansing of negative energy).

- **Connect & Share:** Tell a trusted friend or healer about an intuitive feeling you had. Sharing can validate your Puls impressions and bring new clarity (Veld and Cyclus fields at work).

By weaving these practices into life, you learn to listen and respond to all seven fields. TheFeel's inspiration is that when we honor *each* layer of our being – from cellular health to cosmic connection – we naturally align with our deepest truth and highest well-being.

Epilogue – From Healing to Whole-Being

You have traveled through seven landscapes—social roles and ageing cells, micronutrients and macro-mysteries, karmic echoes and ally fields. Perhaps the most surprising discovery is that none of these realms is truly separate. A courageous conversation can lower your blood pressure; a balanced meal can brighten intuition; a single act of kindness can ripple outward beyond sight.

Yet integration is not a finish line. Nature itself flows in cycles: inhale / exhale, day / night, birth / renewal. The Seven Fields simply give you a map for walking those cycles consciously. Some days you will feel radiant congruence; on others you will notice an old sabotage pattern tugging at your sleeve. Celebrate both—awareness means the dialogue is alive.

So fold this guide, dog-ear the pages that speak loudest, share its exercises with friends. Most importantly, keep practicing the small daily choices that align body, heart, mind, and soul. Each choice is an atomic vote for the future You are becoming—and for the more coherent, compassionate world our collective Field can create.

May your social cycle stay playful, your biology vibrant, your chemistry clear, your pulse steady with intuition, your karma light, your soul luminous, and your ally field ever-growing. And if you forget, simply return to the heartbeat. Wholeness is always only one breath away.

Sources: Contemporary research and well-documented traditions underpin these ideas. For example, integrative medicine notes that mindful, body-based therapies (yoga, tai chi) improve outcomes where pills alone did not besselvanderkolk.com. Cognitive science affirms that our unconscious processes (“gut feelings”) guide decision-making pubmed.ncbi.nlm.nih.gov theguardian.com. Traditional systems (Taoism, Ayurveda, meditation) have long taught the importance of balancing breath, diet, and spirit en.wikipedia.org healthline.com. Wherever possible,

we have cited peer-reviewed studies and expert sources to ground these concepts. May this guide serve as a springboard to deeper self-awareness, healing, and harmony across **all** the seven fields of TheFeel.