



## Articles for your pleasure

### The Evolution of Neuro-Training

The use and implementation of the principles of **recuperation**, the development of innate **competence** and the challenge of developing **congruence** is what Neuro Training is moving toward.

The universal laws of recuperation, their principles and practice are woven into Neuro-Training. Throughout the evolution of what has become Neuro-Training today, there has always been a focus on training people to use their strengths and their resources to move beyond their current limiting metaphor in life.

For more than two decades Neuro-Training, has believed that teaching 'techniques' was only part of the picture. Our important tool, the change of muscle response, simply tells us to notice something to explore further. It does not tell us who you are, why you have challenges or symptoms, or what is maintaining your inability to recuperate.

**The understanding that symptoms are from the inability to express your true nature, to expand and evolve, and that symptoms are simply pointers to a particular contextual conflict is a major awareness we use in Neuro Training.**

In our introductory workshop, The Art of Solution Oriented Neuro-Training (ASONT), (previously known as The Beginning of Understanding Kinesiology) we apply a working model based on solution oriented results. We teach the new learner to not focus on problems, but instead to find what someone needs to recuperate to express the resources that have been deeply suppressed by life challenges. For example, some of the material explored in ASONT is the context of 'Positive Future', the context of 'Solution Orientation' and the context of 'Suppressed Expression'. Linking these contexts with the anchoring effect of muscle monitoring, leads to powerful responses in people.

**Resources and new options are built within your neurology and solutions to your individual conflicts become as natural as breathing. You become your own solution.**

This is a very powerful way of re-directing yourself from focusing on your problems toward what you want. Focusing on what you want is one of life's secrets.

**Neuro-Training builds resources and better options so that you can implement your resources in the best way using complete 'neuro systems'.**

It is our basic right as human beings to express the true nature of the Self, free of the conditioning that comes from our experiences and of our inherited or genetic behaviours and beliefs. Symptoms are a form of expression that are simply pointers to a problem that exists somewhere. Focusing on the problems and fixing the symptoms are not enough. Inappropriate techniques can create suppressions and the real problem is pushed deeper into the nervous system.

Neuro-Training teaches to work with your philosophy as a 'person', how you have lived, how well you are able to recuperate from your conditioning, work with your potential and your expression of your true self. Neuro-Training continues with this philosophy of re-training your nervous system to function as it was designed to do. To deal effortlessly with conflicts, contexts, patterns, ideals and aspirations.

The continual research and development philosophy of Neuro-Training is knowing, understanding and using your genetic references and genetic resources, observing the influence of these on your life and how you express who you are in this world through family, society and the universal laws.

This is the artistry of Neuro-Training, allowing true self-expression.  
**Neuro-Training builds on your strengths, adding more value both neurologically and consciously and lays a solid foundation for further growth.**

It is not up to the Neuro-Trainer to change the individual, to fix anything or take anything away, rather it is our responsibility to provide options, the best possible options (as opposed to just any option) for you to continue to evolve and develop in the best way possible.

**Over many years, we have been evolving from the old technique driven and problem focused approach, to building and transforming the applications of those techniques into a person based and solution focused neurological training.** From the moment you are born you are training your nervous system, your abilities, not only things like how to walk, but also how to use your innate intelligences, your inherited resources, and your natural recuperation abilities.

**Neuro-Training can train people to access their natural abilities.**

Neuro-Training now represents the transformation that we have been going through for many years. Our plans include a Registered Training Organisation (RTO in Australia) offering a Certificate in Neuro-Training, (incorporating a Certificate IV in Kinesiology in Australia). Our workshops have a clear purpose. There are new terms and understanding as well as changes of naming, certificates and with RTO certification.

We still do what we have always done; train the nervous system to function better, naturally.  
We have gone from educating people to the alternatives, to living the better alternative - Neuro-Training.

Best wishes in your life,

Jenni, Geraldine, Valerie, Rhonda and Andrew

Neuro-Training executive

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