

BIO INFO magazine, 2007

/By Andrea Réti journalist/

It took me a long time to persuade myself to go into an issue of which the final and sincere conclusion „Because we can live well!“ might be our motto. Of course the problem is not caused by the message of the motto. My thoughts and feelings about the disappointing events of the last weeks whirlpooled in me. The bright autumn sunshine warmed me in vain, I could not feel its warmth in my heart but a sadness filled me in a never experienced grade. I understood this feeling of mine when I scrutinized the faces of people in the streets and in the vehicles. I felt as if the common soul or spirit of the people made me sad, as if in our common consciousness had been wounded deeply again and again. Fortunately there are some people (maybe many) among us, who having met and immersed in sadness consider to find the recovery and the way out to be our duty and challenge.

Let's take back the control above our bodies, souls and spirits.

The gleam of hope was when I met the logical, harmonious still agitating ideas of Ilona Várhidi, Specialized Trainer, International Kinesiology Consultant.

BIO INFO: „Release“ is one of the tools of Three in One Concepts. What does this expression mean in this context?

ILONA VÁRHIDI: Release means: IT IS OVER. The negative feelings with their traumas due to which we could not even speak for years are over.

After the release the suffered offences will be just mere facts. They are just the past. This is what happened long ago. Nothing more.

Forgiving does not mean that we forget the events but we understand at last what why happened. With the apparently simple but thorough methods of 3:1 we can get rid from the pains of the past. With muscle testing we go back into the past, and find, where and when and what happened to whom, causing problems to him or her in the present. The brain and our muscles function in a perfect bio-feedback system, they remember the events happened to them. They record the events in their real sequences. Many times we don't remember these events in our conscious level. But our subconscious records every event happened to us exactly.

BIO INFO: What do you mean by muscle testing?

ILONA VÁRHIDI: By the muscle testing we find exact and precise answers from the memory of the brain. With my two hands we slightly press the extended arms of the client and feel when the muscle-tone in his or her arms change, while we tell different things or put different questions. When by the muscle testing we have found the age when something had happened in the past, with Forehead-Nape Touch we release it and perform the tested corrections.

BIO INFO: Due to our fears we lose a huge amount of energy and mostly we have not the slightest idea what the grounds of our dependencies are and why do we consider the expectations of others to be more important.

ILONA VÁRHIDI: Whenever I teach about self-esteem, I tell a metaphor: What kind of an actor is who fears from her or his audience? Feras from the burst of applause? Or if there is no applause, he or she would be confused and would believe that she or he is a bad actor? Or if the audience applauds, she or he would think he or she played well?

- No. This must be felt from inside, like on every other area of life. I know I did it well or I know I was bad. And if not well, next time I'll do my best.

BIO INFO: Would you tell us a story about overcoming fear?

ILONA VÁRHIDI: The fear attracts the object of the fear as a magnet. When the fear is over, we have found its ground, the attraction would be over, too.

Once an alcohol addicted man asked us to help him to get rid of his addiction. No one becomes an alcoholic just by himself. Mostly some fear is in the background of every compulsive behavior. When releasing, we went deeper into the trauma which had caused the reasons in his childhood.

Then we talked about the circle of life. We were born alone, we will die alone. Our family is just a transient companion of us. Neither our spouse, nor our children, nor our parents are always with us, just for a while. The man understood the point, and he could outline his life alone but without fear.

BIO INFO: Thank you for helping to show the way towards our real personality free from influences from outside. I wish each of us to have the courage to recognize our real problems and our reactions made by fear due to which we become influenced. Let us not punish ourselves and our environment for our weaknesses. I hope we'll recognize that „we can live well” together or alone, with our small and bigger family, with our folk, and with the other nations in this beautiful land of the Earth.