

A unique Stress Reaction Based System of Healing assistance

Locked Stress Release™

The human body and all other life forms are designed by the Creative Force to be self-regulating, self-repairing and self-healing. Without that inborn survival ability, life could not exist. For many thousands of years, the searching for the answers to critical questions has perplexed the thoughts of the earliest Stone Age healers and has driven our most modern scientific research and clinical investigations.

The questions include why, all too often, does the body fail to self-repair, self-regulate, and self-heal? The questions also center on how can that natural ability to self-heal be reestablished. Those failures of self-healing have been the primary cause of great suffering and countless untimely deaths.

The Locked Stress Release™ system of healing assistance is based on and represents discoveries that give some very important answers and solutions to those **critical questions**.

Locked Stress Reaction™ Sites

The Last Japanese Soldier Analogy



For most of the Japanese people, the end of World War II came when their government surrendered in 1945, but it was not until 1974 that the last Japanese soldier surrendered. Heroo Onoda continued to conduct guerrilla warfare on the Philippine island of Luban for almost 30 years past the official end of hostilities; he was still defending his country interests in service to the emperor.

"You are absolutely forbidden to die by your own hand. It may take three years, it may take five, but whatever happens, we will come back for you. Until then, so long as you have one soldier, you are to continue to lead him, if you have no one to lead, continue to fight on."

The last soldier under his command was killed in a sabotage raid burning the local farmers' rice crops the year before and it took his former commanding officer Major

Yoshimi Taniguchi, who had given the order to continue to fighting, to convince Heroo that the war was over and he then obeyed the order to surrender.

Otherwise he would have probably continued, with rusty gun and samurai-sword in hand, to be on-duty at war for the rest of his life. From a military command perspective he was the perfect soldier, continuing to do exactly what he had been directed to do. The only problem was that he was not aware that his services were no longer needed and had not been needed for a very long time. He returned to Japan, reunited with his family and reintegrated into peaceful society. He later, operated an Outward Bound program and ecological education based Wilderness Park in South America.

The Last Japanese Soldier is a very good analogy for those Stress Responses continuing on, out of time of need, to become Locked Stress Reactions*. Those Locked Stress Reactions*, like the good Japanese soldier, are continuing to do exactly what they were required to do that had served real time survival need at one time in the past. But are no longer needed or appropriate.

The Triage System

There is a priority organization system that is used in the treatment of patients in busy emergency wards of hospitals and military battlefield MASH units. A triage nurse or medical officer examines the incoming wounded and makes judgments. Those with severe injuries or conditions needing immediate assistance are treated first. Treatment of those with conditions or injuries that are not immediately life threatening are most often postponed until those more critical have been at least stabilized.

Scientific investigations are now beginning to allow a fuller appreciation that the human body has a similar but far more complex network of organizational systems. These systems are responsible for recognizing all defects and threats to body functions. When operating correctly, these systems automatically and accurately identify the body's triage priority of need. They also control the allocation of energy and direct the delivery of necessary nutrient substances needed for repair. Aspects of these systems also focus on protection to guard against cell destruction that includes the fighting of infection and protection from the effects of damaging vibration impacts.

The basic patterns for the systems of organization are all present in the human baby as it begins to form, when two cells unite, and as the cells continue to divide and develop. It continues on when the fully formed infant is born. As the child continues to grow and develop to adulthood and through life, all that growth, development, repair and protection is dependant on inborn automatic

organizational processes.

The Power That Creates and Maintains Our Lives

The Creative Force that manifests our lives is also represented in the Intelligence that maintains our lives. It has been called the Divine Intelligence and also the Innate or Inborn Intelligence. This Intelligence is different, and on many levels, much greater and more complex than the intelligence we have from learning facts from life experiences, and through parents, teachers and schooling. No matter how smart we are or how much more we learn, we could never acquire enough education to be able to intellectually correctly direct all the automatic process of our, or someone else's human body functions and neither could any machine do it. There is not enough collective computer power in the world to run the body processes we presently know of, much less the processes that have not been discovered yet and may never be fully intellectually known.

The managing of the body's need for protection, repair, and allocation of energy and materials are on an internally directed priority basis. It is a very complex triage system, focused on the sites, functions and system adaptations that are most critical and appropriate for maintaining life. The management system that controls these functions must remain internally self-directed. The system, in order to function correctly, must operate in present time making rapid adaptations, to serve constantly changing needs on a moment-to-moment basis. The correct functioning of the system is highly dependant on accurate bio-communication.

The Stress Reactive System™

An aspect of the human automatic processing survival system could also be accurately termed the Stress Reactive System™. This Stress Reactive System™ is an emergency management system that is designed to temporarily override, redirect and alter other inborn automatic survival processes and functions. Recent scientific research has given greater understanding of the role that the Stress Reactive System™ plays in maintaining function and triggering appropriate life saving responses.

Modern and Ancient Stress Related Discoveries

With the rise of modern science in the last two centuries it was discovered that the bodies stress reactive functions operate through the nervous system and its associated hormone system of regulatory glands. Very recent scientific investigations have made important rediscoveries that involve the existence and functions of direct cell-to-cell vibration-based bio-communication networks. We use the term rediscoveries because it appears that the ancient Maya thousands of years ago may have been first to make that discovery. They also discovered that these cell-to-cell bio-communication networks are highly sensitive to and affected by all stress of any cause. The Mayas system of healing was based on working with these pulse based bio-communication networks. Modern scientific investigations also indicate that the direct cell-to-cell bio-communication networks play a critical role in the continued accurate function of the Stress Reactive System™.

Locked Stress Reactions™

The Stress Reactive System™ can become locked or fixated in its functions. Like the last Japanese solder when in a locked state, stress reactions that were designed to be temporary overrides continue when no longer needed. The system then stops operating in real time and is no longer able to fully serve present time needs. We refer to these situations of stress response overrides continuing to operate out of time of need, as Locked Stress Reactions™.

The Causes of Locked Stress Reactions™

We do not know all the causes and factors involved but we do know that a single excessive and or repeated stress can somehow cause overload and failure of the appropriate and accurate triage based operation of the Stress Reactive System™. Stress responses then can, and do become fixated and or distorted, continuing to operate when no longer needed.

Trauma is often associated with failures of the Stress Reactive System™. Sites associated with Locked Stress Reactions™ often involve scars from surgery, direct physical traumas and sites of past infections. Emotional based stress and emotional issues in general can be both a cause and side effect of functional failures of the Stress Reactive System™.

In our modern world, environmental pollution including excessive noise, electromagnetic fields and frequencies, chemicals and organic substances can and do affect the Stress Reactive Systems'™ functions. Environmental stressors can have negative impact individually and collectively. They can interrelate with and magnify the reaction effect of all other stressors. Their effect can be

cumulative in the triggering of excessive and inappropriate survival stress responses.

The Stress Reactive System™ is designed to protect life functions. Locked Stress Reactions™, instead of protecting our life can destroy healthy tissues and disrupt needed functions. The situation of autoimmune reactions is but one of many examples of tissue destruction caused by the Stress Reactive System™ having become distorted by Locked Stress Reactions™. Factors that distort the Stress Reactive Systems™ functions can be highly varied from one individual to another with one being much more sensitive to particular stressors than another individual.

Stress reactions operating out of the time of biological need, deplete energy reserves and distort and limit the ability of the body to reorganize its true survival priorities and ability to self-heal. Locked Stress Reactions™ limit the body's ability to recognize and respond to the ever-changing present time survival needs. On the cellular level, Locked Stress Reactions™ can alter genetic expression. Locked Stress Reactions™ can represent clinically important aspects and can be the primary cause or secondary contributing factor of all chronic health conditions. This includes back and neck pain, functional structural failures in general, recurring physical illness and degenerative disease processes. Cognitive and emotional disorders, and frank mental illness can and do arise secondary to the negative effects that Locked Stress Reactions™ can have on biological organization.

Our health, sense of well-being, emotional stability, and ability to function at our highest potential of capability are impacted by Locked Stress Reactions™. To a greater or lesser extent, Locked Stress Reactions™ universally affects all mankind. Without appropriate assistance in reintegrating them, they can and often do remain in effect, indefinitely distorting and limiting the manifestation of the Creative Force. Locked Stress Reactions™ can last a lifetime, limiting the bodies ability to self-heal. I believe that helping to restore appropriate accurate function within this critical life supportive system is the single most important service that can be done for humanity.

The primary focus of LSR™ and associated procedures is on helping to restore accurate bio-communication in the reintegration of Locked Stress Reactions™. This allows the Stress Reactive System™ to again accurately analyze present time needs and reorganize on an internally directed triage basis its energy allocations, repair and healing priorities.

Ethical Basis Of The LSR™ System Of Healing

The problem with all other known historic and modern day healing systems to my knowledge is they involve the practitioner's intellectually based attempts to alter symptoms through overriding the body's automatic processes and or attempts to redirect the triage systems healing priority.

One of the many examples is in the practice of medicine, which is primarily focused on exterior based control of the internal functions through the use of chemical substances. Also alternative practices have their basis, subtle or gross, in demanding compliance overriding the organization system. Acupuncture and Chi Kung are examples of gross body control system override.

The ethical basis of the LSR™ system of healing involves full respect for the In-Born Intelligence, the Creative Force, which formed and supports our lives. The effectiveness of the LSR™ system of healing directly relates to that respectful focus. We do not attempt to directly treat or diagnose any disease process or medical condition. LSR™ methods do not attempt to control the body's automatic processes. We do not attempt to re-direct the triage self-healing system. We do not attempt the rebalance or in any way alter the flows of vital energy, as is the focus in acupuncture and other alternate or natural healing systems. Our procedures do not involve the removal or addition of so called vital energy.

The procedures we teach do not heal people. They help them heal themselves

LSR™ practitioner works directly with the body's triage system in promoting the reintegration of Locked Stress Reactions™ through the restoration of accurate bio-communication. It is then the persons internally directed reintegration of Locked Stress Reactions™ that allows self-healing to manifest.

There are different types of methods taught in LSR™ procedure that address differing but interconnected aspects of Locked Stress Reactions™.

One focus is on micro sites that can be found anywhere on the body surface often associated with past trauma. Although the sites most often cover a very small area their effects are highly distortive of total body organization and functions.

The second procedure set involve pulse-based sensing contacts at specific sites on the head, pelvis and torso to help reestablish the fuller range of bio communication pulsation strength, frequency and synchronization of pulsations timing with other sites throughout the body.

A third procedure set directly addresses spinal stiffness and distortions that came about secondary to the effects of LSR™ biocommunication distortion and became

fixated.

All the procedures focus on a single goal of assisting the return of accurate bio-communication of present time body needs. The procedures, if followed correctly, are highly effective, very gentle, non-traumatic, and safe to perform with anyone regardless of age or health conditions. LSR™ often helps to manifest long-term beneficial outcomes after only one full basic procedure session.

LSR™ is a complete procedural system focusing on the body's greatest need. It uses procedures chosen for inclusion based on long-term positive outcomes from many thousand clinical experiences. They represent the procedures that have been demonstrated to be the most appropriate and effective in the assisting in the rapid return to health. Those experiences have also repeatedly shown that it is critical, for full positive outcome success, that the procedures must be used exactly as they are taught. This includes following the correct sequence of those procedures as presented in the Procedure Protocol Flow Chart.

THE INSTRUCTORS

Daniel Buffington Canada, the procedures developer, is a retired Life University Professor of Biomechanics. He is of Native American Heritage and is a Native American Studies Research Grant Recipient. That study involved a 12-year in-depth investigation of the healing methods of the J'meen, the traditional Maya healers of the Ketche, Yukatekan and Mopan Maya Tribes of Mexico, Belize and Guatemala Central America. He has conducted extensive literature reviews of modern scientific research into the human body's organizational biocommunication Systems and found that they directly relate to those indigenous self- Healing assistance methods.

Jackie Cherney is a highly skilled practitioner and Certified instructor of LSR™ methods. She holds a Bachelor of Science degree in Biology. Jackie is an effective teacher. Her experience also includes teaching Iyengar Yoga, in both classroom and televised program series. Her past studies also includes Tai Chi, Chi Kung, and Kundalini Yoga. She began her study of LSR™ following her personally experiencing profound rapid health improvement of a so called "incurable" debilitating chronic disease after receiving self-healing assistance through this process.

**For Private Sessions or Practitioner Classes Contact:
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