

These letters were written by students after level 2 of the training. There are 12 levels in all. In other words, at this stage of their training they have barely scratched the surface.

07/17/05

As I tell anyone who ask me about the FK class, I first like to tell them that IK itself will do in an hour to an hour and a half what it takes psychotherapy 10 years to do.

The class itself is extremely intense because you are not only learning, but also getting rid of things that you no longer need - psychologically.

There are no ego's involved in this learning; not from the teacher nor the students. It's just a wonderful learning environment all the way around.

To learn this gift/tool is such a wonderful gift/tool that will help others quickly and I can't wait to begin in that helping.

Thank You to Juliet w/ all of my Heart

& Soul:

Ronald  
Metaphysician

Integrative Kinesiology is a phenomenal opportunity to expand one's learning and experiences with energy patterns, healing methods, and links between emotions and their physical manifestations. It is an exercise which expands one's appreciation of the interactions between systems in the body, between oneself and others, and among all energy in the universe. The value it adds to one's personal toolbox of skills for life is tremendous.

Jody Bitzer  
IT Project Manager  
Essential Oils Trainer  
and Educator

The IK classes I have taken (101 + 102) have been very powerful, both intellectually and emotionally. It is the most efficient way to process emotional pain + issues that I have encountered in my life. I have experienced psychotherapy, polarity energy work, massage + have journalled + done inner child work. It is an honor and humbling to be part of this emerging work, ~~and~~ to be both a facilitator <sup>of it</sup> + ~~also~~ recipient of it. IK allows the access <sup>and release</sup> of deep seated issues by accessing the higher self of the client, thus removing any interference from the client or facilitator's expectations. ~~or~~ The higher self does the work + therefore all is in divine order. I am very much looking forward to the next level of classes.



God is love. Integrative  
Kinesiology is the method and  
practice to discover the divine  
light of love within each of us  
and each other. IK helps to  
identify and release the shackles of  
self doubt, despair and unlave,  
embedded through <sup>the</sup> emotional events  
of life.

Christopher Stallard  
Coordinating Office for  
Global Health (NCTMB).

~~God Naturally~~

7/17/05

I have been a practitioner of body/mind integration therapy for several years, and have completed levels 101 and 102 of Life Spectrum Center's Integrative Kinesiology course. This model of integrative work that Juliet Mathison has developed, is huge in scope and intricately precise in its practice. It gives limitless tools of healing for the practitioner and easy and efficient access to spiritual and psychological depth for the client.

I highly recommend this course for all levels of practitioners of the healing arts!

Jean E. Ahl, NCTMB  
Massage Therapist, Energy Practitioner,  
Body/Mind Integration Therapist.