

See how many therapies you can match to their definitions!

1) Positive Thinking Therapies

Choices for this section:

Ayurveda

Imagery

Positive Affirmation

Meditation

Regression

Visualizations

Transformational Healing

Altered-State-of- Consciousness

- _____ – A state of being where the subconscious takes over.
- _____ – Set of practices promoted by users of transcendental meditation.
- _____ – Similar to visualization, but it is pictured while meditating.
- _____ – Relaxing and clearing the mind. Usually accompanied with Yoga or controlled breathing. This is taking the time to stop analyzing. Note: This is different from the Biblical idea, which is to take the time to focus on God.
- _____ – This is a therapy of positive talk.
- _____ – This therapy seeks a transcendental state taking you back to your childhood to bring healing to the areas you were hurt.
- _____ – The process of renewing the mind to lead to a transmutation (states of being are changed – hate turns to love, etc.)
- _____ – This is a “mind over matter” concept that chooses a patterned thinking or naming of a goal to create change.

2) Balancing Energy

Choices for this section:

Acupressure

Applied Kinesiology

Aroma Therapy

Bach Flowers

Chinese Medicine

Color Therapy

Copper Pyramids

Chiropractic

Biofeedback

Acupuncture

Copper Pyramids

- _____ – Same as acupuncture but without needles. Rather, finger pressure is applied to the spots.
- _____ – This therapy applies needles to certain points of the body to balance the energy and open blocked circuits. These needles can have low frequency, burned herbs, drugs, vitamins, etc. applied to them to make it more powerful.
- _____ _____ – Technical term for muscle testing. This is a form of testing which tests muscles in the body to find out what is going on within the body.
- _____ _____ – A therapy that inhales scented steam and fragrances.
- _____ _____ – A therapy that uses these special flowers to clear emotional energies and blocks. Used in particular to deal with issues passed on from childhood.
- _____ – This therapy uses instruments to monitor brainwaves and skin resistance with a goal to change those signals. Participants can learn to control their heart rates and brain waves at will. Many do this to enhance the capacity to relax.
- _____ _____ – Often called “Oriental Medicine.” This is a large body of medical practices that believe the body’s energy (chi) flows through meridians from chakras to the organs and that they need to be balanced and free to flow for health.
- _____ – This therapy manipulates the back to treat musculoskeletal problems and help the flow of energy.
- _____ _____ – Experts in interior decorating and psychology have documented that color alters moods, emotions, and attitudes. This therapy uses colors to release and balance energy within the body and stimulate certain organs. Some of the tools used in color therapy are gemstones, candles, wands, prisms, colored fabrics, bath treatments, and colored eyewear.
- _____ _____ – This therapy has a person sit inside the pyramids to help channel the flow of energy.

Choices for this section:

Craniosacral adjustments
Crystals
Massage & Body Work
Electrodermal Testing

Muscle Response Testing
Iridology
Kundalini
Electromagnetic Devices

Homeopathy
Ear Coning
Pendulums
Quigong

- _____ – This therapy attempts to manipulate the bones of the skull.
- _____ – Because of their transparency, color and symmetrical shape crystals are used in color therapies. Also, because crystals have been found useful for transmitting electronic frequencies in oscillators they are believed to be effective in transmitting healing vibrations. Salt Rocks are a form of crystals that when warmed up release negative ions in the air thus making the air more pure.
- _____ – This is acupuncture or acupressure along the ear.
- _____ – This therapy uses instruments to take electrical readings on the skin at acupuncture points of the hand to determine what the body needs.
- _____ – These are various devices that enable the therapist to conduct an electronic interview with the body.
- _____ – Based on the principle of similarities, the therapist interviews to discover the totality of signs and symptoms, then gives a medicine that creates similar results in provings with healthy people.
- _____ - A diagnosis of the body by looking at the color patterns of the eyes.
- _____ – a form of yoga that seeks to focus the Chi within
- _____ – These therapies relax the body, but can bring healing by massaging the energy spots.
- _____ – Using the muscles of the body to read the electrical field to find out what is going on and what the body needs.
- _____ – This therapy uses pendulums to balance energy
- _____ – Various practices used to influence to the flow of energy, such as breathing, concentrating, and relaxing. This practice also uses sounds with color to stimulate different organs.

2) Balancing Energy

Choices for this section:

Reflexology

Tuning Forks

- _____ – This is specialized hand and foot massages on the parts that correspond to major organs in the body.
- _____ – this therapy uses the sounds and vibrations emitted from the forks to work on stimulating certain organs.

3) Nutritionally Fit

Choices for this section:

Macrobiotics

Yoga

Nutritional therapies

Chelation Therapy

Colonic Irrigation

Orthomolecular Therapy

Clinical Ecology

Rebirthing

Sweat Lodges

- _____ – This is a series of intravenous infusions with various substances being inserted into the body.
- _____ – Also known as “environmental medicine.” This therapy tries to discover the foods and chemicals in the environment that creates the symptoms of an illness.
- _____ – Also called “Colon Hydrotherapy.” This is a therapy that cleanses the body through placing a rubber tube into the rectum then pumping warm water, herbs, coffee, etc. in and out of the tube.
- _____ – This therapy enforces a vegetarian diet for good health.
- _____ – This therapy believe good health, lack of illness, and healing can come from proper diet.
- _____ – This therapy applies massive doses of natural nutrients into the body to treat illness with the body’s own substances.
- _____ – This is breath work therapy. It is also used to enter an altered state of consciousness.
- _____ – This therapy cleanses or detoxes the body.
- _____ - This is physical, mental, or spiritual exercises that are designed to aid in self understanding and to help you “contact the energy” within.

4) Psychic

Choices for this section:

Reiki

Physic Diagnosis, Healing, & Surgery

Shaman

Touch for Health

- _____ – A practitioner like this never touches the body, he induces and performs it in the spiritual.
- _____ – A massage without touch. The therapist moves their hand just over the body to balance and redirect energy.
- _____ – A Siberian word for healer. These people can enter an altered state of consciousness to find and return a lost piece of your soul, help you find the power animal within you that protects you from illness and mishap, and do an extraction (a battle in the spiritual world with an illness and when returning spits out an insect or plant in physical form symbolizing a release from disease)
- _____ - a specific form of Reiki