

A NEW PARADIGM FOR TREATING ADDICTIONS

by R. Barry Chalfin

A Perspective on Addictions

Let's face the facts: all of us are susceptible to becoming addicted to something or someone in our lifetime. It's a part of the fabric of humanness. There doesn't seem to be a simple explanation of why someone becomes addicted. Theories abound about past abuse, trauma, genetics or other life circumstance that caused the addiction to take hold. But, in fact, there are very many dynamics that lead one to become addicted or at least so attracted to something that 'professional' help is called for. However, the range of help that is available is actually quite limited, considering the number of people who have problems with addiction and the ravages many of those addictions engender.

Considering the technological and medical advances of the past 25 years, little progress has really been made in addressing addictions. Name, if you will, a successful long-term solution to alcoholism, bulimia or obsessive compulsive disorder that is available to the general public. The ubiquitous 12-step programs which are an integral part of the majority of today's addiction therapies yield a very low response rate. Detoxification centers are revolving doors for many suffering with alcoholism and drug addiction. Rehab centers have become the socially acceptable and in many instances the 'fashionable' route to trying to get sober. So where can those suffering with addictions turn?

Emergence of Energy Medicine

Paralleling recent technological and medical advances, there has been a movement to educate us about an ancient form of medicine and healing and it has been getting the attention of the medical community and general populace. 'Energy medicine' has made its mark on the 20th, now 21st century seekers of an 'alternative' solution to their health concerns.

Many holistic and alternative medicine publications are replete with practitioners providing healing from a seemingly endless list of alternative therapies and modalities. Some ancient techniques that move or manipulate energy such as acupuncture and chi gong, along with new or rediscovered techniques of healing including Reiki, polarity, healing and therapeutic touch and reflexology, are examples of such modalities. Many of these energy-based healing methods are designed to re-balance the unhealthy energy field

of those who are suffering with physical or psychological maladies and help to return them to a renewed state of health. However, when it comes to addressing the problem of addictions, the choice of modality is very narrow. There is one, however, that has been quietly making dramatic inroads onto sacred 12-step ground - The Lenair Technique.

About The Lenair Technique

Located in the seacoast town of Newbury, Massachusetts (and soon to be in the Champlain Valley region of Vermont) there is an energy healer who is changing the world's perception about how addictions can successfully be put to rest - and saving the lives of many who experience her unique method. Practicing her hands-on technique since 1985, Rhonda Lenair, founder of The Lenair Technique, has helped over 30,000 clients who were suffering with a range of addictive, emotional and stress-related problems with an extraordinary rate of success. Clients from around the globe come to see her based on her documented success and the words of those who respect her work.

The Lenair Technique is a non-invasive energy method that effectively corrects the part of the bioelectrical system in a client's body that equates with an addictive state or related problem. It effectively rewinds their biological clock to the state prior to their addiction or destructive thought process taking hold. This unique energy modality has helped thousands to totally eliminate their dependence on alcohol, marijuana, food, nicotine, sex and all other addictions, compulsions and fears. The problems of abuse and trauma, obsessive compulsive disorder, bulimia and other eating disorders, as well as stress and anxiety-related problems also yield an extraordinary rate of success. This process eradicates the addiction, and in the case of alcoholism or chemical dependency, and does so without the client experiencing pain or withdrawal symptoms.

So what is this unique energy method and how does it differ from the label of other energy-based offerings that exist today? The Lenair Technique is an integration of both electromagnetic and bioelectric modalities that effectively changes, through Ms. Lenair's own energy system, the bioelectrical system of the client. Not unlike other healing modalities, the practitioner manipulates energy to effect change. However, The Lenair Technique is a system that is very specific and targeted to the explicit problem, e.g. addiction to alcohol. It provides a definitive and absolute, not an abstract, result. Simply stated, a patient comes in with a problem and leaves without one.

The Method Specifics

The Lenair Technique method is psycho-physiologically based, meaning that both the physical and psychological components of any problem are addressed simultaneously. However, it is defined as a physical modality because the medium for change is the electrical frequencies within the body. The problem is removed from its root so it doesn't transfer to another addiction or problem. From a simplistic view, Ms. Lenair maneuvers her energy to positively affect the bioelectric energy system of the client.

Ms. Lenair is also a world-renowned medical intuitive, an ability that is an integral part of the process and used in an isolated form on the phone, unlike the hands-on aspect of her work. Through her extraordinary skill in this area, she is able to fully understand (by integrating and articulating) the client's system in its entirety (physical, mental, emotional, spiritual). In trying to explain part of this work, one might consider the 'law of the conservation of parity', a quantum mechanical law in physics that basically means that two physical systems [people or any other living organism], one which is a mirror image of the other, behave in identical synchronicity. During the treatment, Ms. Lenair will adjust her own bioelectrical frequencies to perfectly match those of her client. Thus, by becoming a mirror image of the patient, she not only can see and feel what the patient has or is experiencing, but also reports on those findings at all levels - physical, emotional and psychological, including any level of consciousness - conscious, subconscious or super-conscious.

Ms. Lenair's medical intuitive ability, coupled with her experience and highly tuned expertise to pinpoint and change miniscule frequencies within a client, accounts for the almost immediate cessation of the problem being addressed. During the sessions the client's system is changed resulting in not only problem cessation but also elimination of pain or withdrawal symptoms in the case of alcohol, marijuana, nicotine, sweets, caffeine, prescription drugs and other substances. It's like a light switch being turned off to the problem.

The Lenair Technique, however, goes far beyond simply removing the problem. In fact, Ms. Lenair wants so much more for her clients than they consciously want for themselves. She does not subscribe to one particular school of thought or philosophy concerning health; the world at large is her resource when she is in her energetic state and she brings that expertise to her healing practice.

During a session Ms. Lenair fully comprehends all aspects of a person's being and provides specific recommendations based on what their system discloses to her. This information is documented in a protocol unique to them, addressing any imbalance within their system. These

recommendations include, without boundaries, specific nutritional, botanical, supplement, exercise and lifestyle changes that allow the client to achieve their optimum state of health. These recommendations are, in effect, the composition and choreography that is matched to the individual - their inner bioelectrical fingerprint and is anything but patented or generic.

Program Results and Success

The results of The Lenair Technique are exhibited by the relief and joy of those being freed from their dependence on alcohol, eating disorders, abuse and trauma, nicotine and so many other addictions. Books stuffed with letters, postcards and emails are in the waiting room of Ms. Lenair's office. I personally receive calls almost daily with appreciation from thankful patients. It is heartening to hear from so many people who had almost given up on trying to resolve their problems, especially those who have been frustrated or failed by trying a 12-step approach. People from around the world have heard about The Lenair Technique and as a result Ms. Lenair has an international following. The late King Hussein and members of the Jordanian Royal Family, Hollywood celebrities, rock stars, executives and people from every walk of life have sought her assistance.

This new paradigm in addressing addictions has been steadily gaining national attention and Ms. Lenair's work has garnered a great amount of recognition. For years she has received requests to teach this proprietary modality and that endeavor is definitely part of her future plans but for now she is dedicated to helping clients one by one.

The Lenair Technique is truly a new paradigm for treating addictions. 12-step programs, although effective for some, do not provide the help that has been promised. The Lenair Technique offers a painless and effortless method of addressing the problems that have been with society forever. This powerful form of energy medicine is an effective and viable option to those who feel they've been left by the wayside and empty.

R. Barry Chalfin is Program Administrator at The Lenair Technique and has been working closely with Ms. Lenair since 1993. As the primary interface to clients, he has personally witnessed the healing of thousands of clients and the gratitude they have bestowed on Ms. Lenair and her work. For further information, call 978-465-7711 or visit: www.lenair.com.